



MEDOVAHA SROTAS & PANCHKARMA CHIKITSA

Ayurveda

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ABSTRACT

Background: Nowadays obesity is a major health problem in all age groups. Obesity is symptom of affected medovaha srotas (fat carrying ducts) which is caused by lack of exercise, eating junk foods, stress, bad health habits. In ayurveda there are various ways to control obesity & gain good health. In this paper we study how or by which way medovahasrotodushti is controlled.

Materials and Methods: In this study we have given Panchakarma treatment to 30 patients having BMI index greater than 30 and are advised to follow strictly sansar jankrama After completion of panchakarma patients are advised to take meal for twice a day.

Conclusion: We have concluded that, to control medovaha srotodushti (obesity) along with panchakarma and sansarjankram, strict diet control is essential.

KEYWORDS

Medovaha srotas, Obesity, Panchakarma, Sansarjankrama.

INTRODUCTION

According to Sushruta Samhita the fat-carrying ducts (medovaha srotas) are two in number and have their roots in the region of the Kati (waist) and the Vrikkas (kidneys).^[1]

According to Charka Samhita medovaha srotas have their root in Vrikka (kidney) and Vapavahan (Greater omentum).^[2]

Greater omentum is considered as vapavahan.^[4]

According to modern science greater omentum is large peritoneal folds attached to the stomach which is storehouse of fat.^[5]

So vapavahan is mulasthana of medovaha srotas.

According to modern science kidneys are surrounded by fat. They have following coverings.

1. The fibrous capsule closely invests the kidney.
2. Perirenal fat is a layer of adipose tissue lying outside the fibrous capsule.
3. Renal fascia is a fibroareolar sheath which surrounds the kidney.
4. Pararenal fat consists of a variable amount of fat lying outside the renal fascia which is more abundant posteriorly and towards the lower pole of the kidney and forms a cushion for the kidney.^[5]

So Kidneys are considered as mulasthana of medovaha srotas.

In kati region (waist) there is abundant amount of fat, so it is considered as mulasthana of medovaha srotas.

Medovaha srotas are affected due to lack of physical exercise, day-sleep, excessive intake of fatty food and alcoholic drinks.

The symptoms of the affected srotas carrying dhatus are the same as those of the respective affected dhatus. So symptoms of affected medovaha srotas are same as affected medodhatu. And affected medodhatu causes stholya (obesity).

And treatment of affected srotas is same as treatment of affected dhatu. So treatments of affected medovaha srotas are same as treatment of affected medodhatu. The treatment of affected medodhatu is described in the sutra sthana, 21st chapter Ashtauninditiyadhya.

In ayurveda atisthula or obese person is considered as nindita purush because of following reasons Obese person have short life span, he suffers from difficulty in sex, weakness, excessive sweating, lots of thirst. Obesity is considered worse than krushta (skinny) because when same majors of

treatment are available, obesity is difficult to treat than krushta.^[2]

According to ayurveda best treatment to treat obesity is langhan. And it is done either by shaman and shodhan.^[3]

To treat obesity (affected medovaha srotas & medodhatu) I have chosen panchakarma as shodhan chikitsa and as excessive food consumption is causative factor for obesity (affected medovaha srotas & medodhatu), I have chosen diet control in the form of 2 time food intake at specific time.

MATERIAL & METHODOLOGY

In this study we choose patients having BMI index greater than 30 and gave panchakarma treatment to them in following order as first vaman, then after 15 days virechan, and then on ninth day anuvasan basti in the morning & niruhabasti in the evening, and patient are advised to follow strictly sansarjankrama i.e. after vaman & virechan they have to take only rice water on first two days, then soft rice with salt on third day, then rice & dal with salt on fourth day, tempered (tadaka) dal and rice on fifth day, half meal on sixth day, full meal on seventh day. After basti there is no sansarjankrama. After completion of panchakarma patients are advised to take meal for twice a day i.e. in the morning between 8.00 am to 10.00 am and in the evening between 5.00 pm to 7.00 pm. In our study whole panchakarma treatment takes one and half month, the advice to take meal for two times is advised for lifetime. During this procedure patient's weight is monitored at equal intervals of one month.

Place of Study:

This study was conducted at Advait Ayurvedic and panchakarma chikitsalaya, 2 Sanchi complex, Jule Solapur, Solapur - 413004.

Inclusion Criteria:

1. Age: 20 to 35 years.
2. Sex: Both males and females are included.
3. Patients with BMI index more than 30.
4. Sample size is 30.

Exclusion Criteria:

1. Age: Below 20 year and above 35 year.
2. Patients suffering from thyroid disorders.
3. Patients suffering from diabetes.
4. Patients suffering from Hypertension
5. Patients undergone any surgical procedure during 1 yr.

The data is collected in the following manner -

Patient No.	Age	Sex	Wt. at first visit (Kg)	Height (cm)	BMI	Rules followed			Weight after (Treatment)			Weight after (month) in Kg.					
						Shodhan	Sansarjan	Diet	Vaman	Virechan	Basti	2	4	6	8	10	12
1	30	F	68	150	30.2	✓	✓	✓	64	62	62	60	59	57	56	56	55
2	27	F	75	157	30.4	✓	✓	X	73	69	69	70	72	73	73	75	75
3	22	M	80	160	31.3	✓	X	X	77	77	78	80	80	81	80	80	81

RESULTS

In our study 8 patients follow all the instructions of panchakarma, sansarjankarma, and taking meal twice a day have lost weight satisfactorily, 16 patients follow only instructions of panchakarma, sansarjankarma but they didn't follow meal timings, their weight lost during panchakarma, but they have again put on weight after it, 6 patients didn't follow any instructions of panchakarma, sansarjankram and meal advice, have not shown any weight loss.

CONCLUSION

We have concluded that, to control medovaha srotodushti (obesity) along with panchakarma and sansarjankram, strict diet control is essential.

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