



## Apatarpan chikitsa in *sthoullya*

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### ABSTRACT

*sthoullya* is a common chronic metabolic disorder . In *sthoullya* *Apatarpan chikitsa* play important role . *Lekhan basti* and *Madanphaladi choorna* used as *apatarpan treatment*. In *sthoullya* there is disturb function of *Jatharagni* which raised apacit *medodhatu* ;also there is kapha and vata dushti ;kapha obstructs other strotasas so only medodhatu increased also due to obstruction vata *vrudhi* is there which increases *jatharagni* and increases food intake and increasd weight. In *sthoullya chikitsa* *Apatarpan. chikitsa* very useful ,also required deepan,pachan, lekhan, rukshan,laghu gunas and katu tikta ras, ushana virya, kapha-medohar,vata shaman. In Ayurveda obesity can be correlated symptomatically with *sthoullya* which is *santarpanjanya vyadhi*. In *Charak samhita Ashtauninditiy purushn* is described from which *sthoullya* signs and symptoms are nearly similar to obese person.

### KEYWORDS

*Sthoullya , Apatarpan.chikitsa, Lekhan basti , Madanphaladi choorna*

### INTRODUCTION

'Obesity' is growing in much of world. obesity has negative impact on health and quality of life. 'Obesity' is considered the world's oldest metabolic disorder. It not single disease entity but a syndrome with many causes including combination of genetic ,nutritional and sociological factors .

The WHO consider obesity as "insidious creeping pandemic which is now engulfing the world". Affecting estimated 300 million people and its prevalence increasing in both developed and developing countries .After so many surveys, it is observed that the increased prevalence of obesity is seen in middle and lower and upper socioeconomic classes respectively .Starchy foods providing bulk of the cheap meals and fast food, oily foods with alcohol causes obesity in lower and life style. There is clear inverse relationship between socio –economic status and obesity. Within some affluent countries however, obesity has been found to be more common in the lower socio- economic groups.

In modern medicine obesity has limited treatment like appetite suppressant, lipid lowering drugs, physiotherapy ,surgical procedure These methods of treatment are not treat Medodhatu dushti and medodhatvagani *mandya* .This treatment is not much effective having side effect also Mind, soul and body these three are like a tripod; the world is sustained by their combination, they constitute the substratum for every thing. This combination of the above three Purusha, this is sentient and this is the subject matter of Ayurveda , it is for Purusha that this Ayurveda is brought to light.In the present context the effect is the equilibrium of tissue elements. The very object of this science is the maintenance of the equilibrium of tissue elements .So an Ayurvedice approach is very useful to improve quality of life in obsess people .

In this study drug *Madanphaladi choorna* Reference *Asthang Sangraha Sutra Sthana 24-Dwividhopkramaniya Adhyaya contain,Madanphal (lekhan, laghu, ushna ,tikta) Triphala (kapha-meda shoshan) ,Musta (lekhan , deepan),Satala (katu, ushna) , Nimb (tikta, katu, laghu, ruksha), Kutaj (katu ,tikta ,laghu ,ruksha) Patha (katu, ushna ) ,Aragwadha (samstrana) Lekhan basti in sushrut samhita chikitsa sthana 38/81 contains Triphalakwath, gomutra,madhu, yavakshar, ushakadigan(shilajatu,kasis, bhasma, hingu,saidhav) all this *dravyas lekhaniya* in nature and easily available throughout year and consider to useful in *sthoullya chikitsa*.*

### MATERIALS & METHODS:

- Study type: Prospective, Open Randomized.
- Subject Recruitment: Patients were selected from O.P.D. and I.P.D of Concerned Institute.
- Name of Study Centre: O.P.D. and I.P.D. of Kayachikitsa Department, of Concerned Institute.
- Group A: - 30 patients
- Drug : *Lekhan Basti Niruha* And *Sarshap tail Anuvasana*(80ml).
- *Anuvasan & niruha* given in 1:2 proportion, means on every third day anuvasan given.
- Dose: 480ml for *lekhan basti* & 80 ml for *anuvasan basti*.
- Duration of treatment: 16 days (*kal basti kram*)
- Followed by *Madanphaladi choorn* orally with *koshana jala*.
- Dose- 5 gm bid After meal
- Duration- 2 month
- Follow up: maintained every one week.
- **Diet Advised-**  
Concept of Pathya Apathya was taken in to consideration.

**Follow Up-**For purpose of symptomatic assessment follow of every one week.

### Lekhan basti Matra : 480ml

*Bastidravaya: granthokta matra* is 960ml .Pilot study was done and it was seen that this *matra* is not retained by the patient.In *sharangdhara samhita* it was said that the lowest *matra* for *niruh* is 3 *kudav* equal to 48 *tola* ~480 ml .So,for this study *bastimatra* decided is accordingly *Aachaya Sharangadhara* and i.e.480 ml.

### DISCUSSION

This is the most important part of any research work. It comprises the discussion of results obtained from Applied Study. Discussion is nothing but the logical reasoning of observations. If all the points are discussed with proper reasoning then they help to draw proper conclusions. It is a bridge which connects the findings with conclusions. Only a properly done discussion can full fill the purpose of research work i.e. to draw some conclusion from the findings and results

*Sthoullya* is one of the disease which is known to mankind since Vedic Era, has been dealt in great details in *Ayurvedic* texts. *Acharya Charaka included ,Atisthula Purusha* under the eight verities of impediments, which are designated as *Nindita Purusha*.

Now a day every person is running after life is goal. Hence does not have time to think and act for the healthy life and not able to follow the proper *Dincharya*, *Ritucharya*, Dietetic rules and Regulations. Due to this artificial living life style, persons have got so many disorders for themselves and *Sthoulya* is one of them.

The signs, symptoms and etiological factor of *Sthoulya* show very much resemblance with Obesity. Obesity is emerging as an important health problem worldwide. It is a metabolic symptom complex disorder which has affected every corner of the World. Obesity associated with troublesome problems like Hypertension, Diabetes Mellitus, Osteoarthritis and dyslipidemia having a considerable impact on personal and national economy. No system of medicine including allopath and related health sciences can completely manage the disease or restrict it.

In Ayurveda management of *Sthoulya* has been described through various aspects. *Apatarpan* therapy with special dietary and exercise regimens are mentioned. According to *Charaka Sthoulya* is a *Bhahudhoshaja Vyadhi* and he has mentioned *Apatarpan* therapy for its management. In the pathogenesis of *Sthoulya*, *Kapha Dosha* and *Meda Dhatu* play an important role. To break down *samprapti* of *sthoulya*, Drug should have a formulation having properties like *kaphaghna*, *Deepak*, *Pachak*, *Medoghna*, *Lekhana*, *Ruksha*, and *Laghu Guna*. *Madanphaladi choorna* As per reference *Astang sanghra* & *Lekhan Basti* mentioned in *Sushruta Samhita* posses all these properties. Taking all these point into consideration, I thought to evaluate the effect of *Madanphaladi Choorna* & *Lekhan Basti* in the management of *Sthoulya*.

## CONCLUSION

- 1) In the current study patients showing classical symptoms of *Sthoulya* such as *Javoparodha*, *Atikshuda*, *Atitrishna*, *Daurbalya*, *Daugandhya*, *Swedadhyka* etc. were included.
- 2) Majority of the patients were from the age group 30-40 & 40-50 yrs.
- 3) There was more number of female patients than male.
- 4) Maximum numbers of patients in this study were from Hindu religion.
- 5) Most of the patient taking mixed Diet.
- 6) Maximum numbers of patients were from middle economical class
- 7) patients were of dominance of Kapha-pitta prakruti.
- 8) patients were of dominance of Tikshna Agni.
- 9) It is Observed that there was significant improvement in symptoms
- 10) Thus it can be concluded that efficacy of *Lekhana Basti* and *Madhanphaladi choorna* in management of *sthoulya*. can be recommended for the management of *Sthoulya*.

All the drugs used in *Lekhana Basti* are *Tikshna*, *ushna*, *katu* ras *tikta* *rasatmak*, *havings* *lekhan*, *medoghna*, *kaphahar* properties. Whole combination acts to break vicious cycle of *samprapti* of *sthoulya*. *Hingu*, *yavakshar* digests the *amasadushta* *annarasa*. *Gomutra*, *shilajit* are having scraping like action on *meda*, *lekhan*. For *strotoshodhana*, requirement is *sukshma guna* fulfilled by *hingu*, *yavakshar*, *madhu*. *Tiltail* is best in *vatashaman*, *hingu* also *shreshtha* in *vatashaman*. *Yakshar*, *Saindhava* are *agnipradipaka*. *Medadhatavagni* is corrected by *tiktarasatmaka* *dravyas* *Hingu*, *triphala*. Hence the above combination of drugs are effective in breaking the *samprapti* of *Sthoulya*.

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