

EFFECT OF *UDWARTAN* ON OBESITY: A CASE STUDY

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Abstract:

Today is the era of modernization and fast life. Everybody is busy and living stressful life. Obesity is most commonly caused by the excessive food intake and less physical activities. In *Ayurveda* obesity is a condition can be compared with *sthoulya* and *sthoulya* is a *santarpanoth vyadhi* so the effective line of treatment is *aptarpan*. So, *udwartan* was selected as an intervention for present study. There was reduction of body weight by 6 kg.

Key words: obesity, *sthoulya*, *udwartan*.

Introduction

Obesity is defined as excess of adipose tissue or fat that imparts health risk. Body weight of 20% excess over ideal weight for age, sex, and height is considered as health risk. Obesity has reached epidemic proportions in India in 21st century, with morbid obesity affecting 5% of country's population. In northern India, Obesity was most prevalent in urban populations, (Male-5.5%, Female-12.6%) followed by urban slums (Male-1.9% female 7.2%). Obesity rates were the lowest in rural population (Male 1.6%, Female 3.8%). Overweight or Obesity may not be considered as a specific disease, but it is certainly the Mother of degenerative diseases in adult life¹

Obesity is emerging as major health problem in the modern era. Hyperlipidemia leads to coronary artery disease, myocardial infarction and cerebrovascular accidents (CVA). Coronary heart disease (CHD) is the number one killer among the diseases.

The most important cause of obesity is an energy imbalance between the calories consumed and calories expended which leads to the accumulation of fat.²

Sthoulya simply is the increased physical *Guruta* of body. It is *Kaphaj Nanatmaj Vyadhi*.³

Acharya Charaka described *Sthoulya* one among eight undesirable physical condition (*Asta Nindita Purusha*)⁴ *Sthoulya* can be described as having heaviness and bulkiness of body due to extensive growth or abnormal increase of *Medodhatu* resulting in to pendulous appearance of buttocks, belly, and breast with decrease in

energy level. Over indulgence in *Kapha & Meda Sadharmi Amarasa* containing etiological factors leads to *Kapha Bhuishtha Dosha Vruddhi* in the body, which due to its very nature, produces *Agni Vikruti* causing the production of *Ama*. This *Ama* goes directly to *Meda Dhatu* & leads to accumulation of *Meda* by creating *Medodhatwagni- Mandya*. Vitiated *Kapha & Meda* causes *Medovaha Sroto Sanga*, leading to *Margavrodha* of *Vata*. This vitiated *Vata* circulates in whole body especially in the *Koshta*, later on causing *Jathragni Sandhukshana* which results in *Kshudha- Adhikya & Shighra Jarana of Ahara*. *Medodhatwagni Mandya* takes place due to which the capacity to digest *Medaamsa* by the *Medodhatwagni* is hampered, leading to the formation of *Apakwa Meda* which is incapable of nourishing the *Uttar Dhatu*.⁵

The *Ama Meda* gets accumulated in *Sarvanga* especially in the *Sphik- Udara-Stana* regions resulting in *Sthaulya*⁶

According to *Acharya shushruta* main role of *udwartan* is *medovimlapan*⁷ hence it is chosen for the treatment.

Material and methods:

Case report:

A 40 year old female Patient came in my OPD presenting with signs and symptoms of *sthoulya* (Obesity) like inability to work, dyspnoea on exertion, thirst, sleepiness, laziness, fat on abdominal muscles, excessive sweating, dull mood and disfigurement of body. Patient took allopathic medicine for it, but doesn't have a significant relief. She was examined on these parameters and following .

- 1.weight
- 2.BMI
- 3.waist circumference
- 4.hip circumference
- 5.body fat calculator((by Deurenberg& co-workers method >32%= obese)

Treatment plan: patient was planned for *udwartan* 14 days with *kolkulathadi churna*.

Udwartan:

it means to move upwards, in this massage is done in the opposite direction of hair follicles.

Material required:

Kolkulathadi churna-500gms

Vessel-2

Towel-2

Procedure-

Purvakarma:after evacuation of the bowel and urine patient is asked to lie down on the dromi in supine position.

Pradhan karma:powder is rubbed on the body in upward direction first in supine position,then in left lateral,then prone position,then right lateral,then supine position and lastly in sitting position.

Duration:30-45 mints

Paschat karma: after the procedure the body is wiped off with towel and mild *sarvang swedan* was given.

Observation and result:

Treatment was completed and readings were taken before treatment and after treatment

Table-1

s.no	Parameter	Before treatment	After treatment
1.	Body weight	94kg	88 kg
2.	B.M.I	43 kg/m ²	39 kg/ m ²
3.	Waist circumference	112 cm	109 cm
4.	Hip circumference	140 cm	136 cm
5.	Body fat calculator	62%	59.5%

Discussion:

As sthaulya is a disease which develops due to deposition of extra fat in the body and udwartan is an intervention that is described in the text as *Kaphahara, Medasah pravilayanam, Sthirikaranamanganam, Twakaprasadakaram. kolkultthadi churna* contains are *Kola, Kullathha, Devadaru, Rasna, Masha, Aatasi Taila, Kushtha, Vacha, Shatapushpa, yavachurna*.these are *Ruksha, laghu ,vaatvardhak and lekhnnya dravya* that helps in extraction of deposited meda and aam dosha⁸during the procedure upwards strokes are made due to which heat is generated that results in dilution of meda and aam pachana and removes the srotorodh,after the

procedure giving sarvang swedan helps in depletion of liquefied meda and aam that came into circulation because of udwartan hence resulting in relief in syptoms.

Conclusion:

Obesity is like a curse for todays world and treatment offered by allopathic interventions are not sustainable and has sideeffect also like loss of concentration,irratibility etc, on the other hand

Udwartan showed significant result in weight reduction,B.M.I,hip circumference and waist circumference was also reduced and is safest choice of treatment for obesity.

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