

A CASE STUDY OF EFFECT OF TRIPHALADI BASTI IN THE MANAGEMENT OF STHAULYA

Dr. Bhagyashri Ashok Kale^{1*}, Dr. Priyanka A Keram², Dr. Maya Gokhale³

¹MD Scholar Panchakarma, Sumatibhai Shah Ayurveda Mahavidyalaya Malwadi Hadapdar, Pune.

²Lecturer of panchakarma department, sumatibhai shah ayurveda Mahavidyalaya malwadi hadapdar, pune.

³HOD of panchakarma department, Sumatibhai shah ayurveda Mahavidyalaya malwadi hadapdar, pune.



*Corresponding Author: Dr. Bhagyashri Ashok Kale

MD Scholar Panchakarma, Sumatibhai Shah Ayurveda Mahavidyalaya Malwadi Hadapdar, Pune.

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ABSTRACT

Introduction: Sthaulya is a predominant metabolic disorder which is described by charaka in Ashtaunindita purusha. In present era people having sedentary life, lack of exercise, faulty food habits, psychological factors along with genetic predisposition play a major role in the aetiopathogenesis of sthauya. According to the Acharyas sthauya is caused due to Medovridhi which includes an abnormal and excessive accumulation of Medodhatu in the body. In the sthauya etiological factors mainly vitiate the Meda-kapha the vitiated meda obstructs the path of vata, which results in the provocation of vata. Acharya Charaka emphasized on the use of drugs like triphala guduchi musta as treatment of sthauya. **Materials and Methods:** A single case study was conducted on 34 yr old female patient present with symptoms of sthauya (obesity). The patient was administered basti therapy for 15 days by using combination of triphala guduchi musta. **Discussion and Results:** The patient shows that, significant improvement in symptoms following basti karma and reduce BMI. The result suggests that triphala guduchi musta basti possess deepana, pachana, medohara, lekhana and rasayana properties.

KEYWORDS: basti, sthauya, obesity, triphala, guduchi, musta.

INTRODUCTION

In today's era, due to disturb life style, person is suffering from various life style disorders, sthauya is one of them. It is a condition in which vitiation of Medadhatu in the body.^[1] Acharya Charaka mentioned it as Santarpanotha vyadhi and Ashtaunindita purusha.^[2]

The cardinal features of sthauya include increase body weight, excessive accumulation of fat over abdomen and hip region, excessive sweating, fatigue, breathlessness and reduced capacity for physical activity.^[3] It can be correlated with obesity in modern medicine. In modern medicine obesity is defined by an elevated BMI and is considered as major risk factor for non-communicable diseases such as type 2 diabetes mellitus, hypertension etc.

Obesity normally caused by sedentary lifestyle, irregular diet, lack of physical activity, disturb sleep pattern etc.^[4] There is no particular treatment for obesity in modern medicine. They mainly focused on dietary habit and exercise for weight loss. Ayurveda provide a unique approach to the management of sthauya through a combination of shodhana (bio-purification) and shamana(palliative) therapies along with pathya apathya.

According to Acharya Charaka Vatanashaka, kapha-medohara aahar, Ruksha ushna udvartana can be used in sthauya treatment. While drugs like triphala guduchi musta can also be used.^[5] Here, triphala guduchi musta basti was selected for the management of sthauya because it has lekhana deepana pachana properties which lowers the Meda and vata.

This case study evaluate the efficacy of triphala guduchi musta basti in the management of sthauya with a focus on its effects on body weight, BMI and obesity related symptoms. The study also highlights the significance of basti karma as a safe, effective and holistic approach for obesity management.

CASE REPORT

A 37 yrs female patient came to OPD of panchakarma department with classical sings and symtoms of sthauya.

Chief complaints

Bharavrudhi
Shvasankashtata
Sarvanga gouravta
Dourbalya
Aalasya
Atikshuda prachiti

Asamadhankarak malapravrutti
Since 1 year

Allergy- no any
Addiction- no any
O/E

H/O present illness

The patient is normal 1year ago. Gradually patient having above mention complaints and came for the treatment in panchakarma department.

BP- 130/90 mmHg
PR- 82/min
Temp- Afebrile
Wt- 94.50kg
BMI-33. 81 mg/m²

H/O past illness

K/C/O – Haemorrhoids 1 year before
S/H/O – no any

S/E

CNS-conscious oriented
CVS- S1S2 normal
RS-AEBE clear

Personal History

Marital status- married
Occupation – housewife

Asthavidha pariksha

Nadi	Pittapradhana vata
Mala	Asamadhankaraka
Mutra	Samyaka
Jivha	Ishat saam
Shabda	Spashta
Sparsha	Anushna sheeta
Druka	Prakrut
Akruti	Sthula

Dashavidha Pariksha


Prakruti - pittapradhana	Satmya -shadrasa
Vikruti- santarpana janya	Satva – Madhyama
Sara- Madhyama	Aaharshakti -pravara
Samhana – Madhyama	Vyayamshakti - Avara
Pramana -madhyama	Vaya -madhyama

Treatment plan


Panchakarma chikitsa
Niruha basti – Triphaladi kwath basti (480ml)
Matra basti – Tila taila(60 ml)
ANNNNNANNNNNNA

Preparation of Triphaladi kwath basti^[6]

Kwath preparation

Triphaladi bhara(28gm) + jala(560ml)  kwath(280ml)

Basti Preparation

Madha(80ml) + saindhava(5gm) + tila taila(120ml) + kwath(280ml)  basti Dravya(480ml)

OBSERVATIONS AND RESULT

Subjective criteria

Symptoms	0 th day	7 th day	15 th day
Shwaskashtata	++	+	+
Sarvanga gauravta	+++	++	-
Daurbalya	++	+	-
Atikshudha prachiti	+++	++	-
Bharavridhi	+++	++	+

Objective Criteria

	0 th day	7 th day	15 th day
Body weight	94.50kg	90.20kg	88.30kg
BMI	33.75kg/m ²	32.21kg/m ²	31.53kg/m ²
Abdominal girth	110cm	107cm	106.2cm

DISCUSSION

In this kwath basti contents i.e. triphala, guduchi, musta having lekhana and kapha medohara properties.

Dravya	Rasa	Virya	Vipaka	Guna	Karma
Guduchi ^[7]	Tikta, kshaya	Ushna	Madhura	Guru, snigdha	Rasayana
Musta ^[8]	Katu, tikta, Kashaya	Sheeta	Katu	Laghu, ruksha	Deepana, pachana
Amalaki ^[9]	Pancharasatmka lavana varjita	Sheeta	Madhura	Laghu, ruksha	Rasayana
Haritaki ^[10]	Pancharasa	Ushna	Madhura	Laghu, ruksha	Anulomaka
Bibhitaki ^[11]	Kashaya	Ushna	Madhura	Laghu, ruksha	Bhedana

All dravyas of basti act by its cardinal properties. They decrease Agnimandya act as Aampachaka and thus prakrut gati of vata will be established.

Most of these drugs having deepana, pachana properties and by these properties mainly corrects Medodhatuagnimandya and checks the further progression of Meda sanchaya by stopping the formulation of meda. According to Ayurvedic principle the root cause of sthaulya lies in the vitiation of kapha and vata dosha, coupled with medodhatu dushti and impaired agni. Basti therapy is considered the most effective treatment for vata disorders as it directly targets the pakwashaya which is the primary site of vata and regulates fat metabolism.

Triphala act as a mild laxative and has lekhana properties. It is also known for its rejuvenating, anti-oxidant and anti-inflammatory actions which help to reduce fat accumulation. Guduchi is a wellknown rasayana dravya and pachana dravya. It enhances metabolic activities. Musta has deepana, pachana properties, which reduces Ama and improving digestion.

When these drugs are used in basti karma, they not only exert local action on the colon but also produce systemic effects. Basti also regulates Apana vayu which is responsible for elimination and metabolic processes.

CONCLUSION

This case study demonstrates the promising role of triphaladi basti in the management of sthaulya. The combined action of these drugs in basti therapy not only contributed to significant reduction in body weight and BMI but also improved associated symptoms such as fatigue, heaviness, constipation and breathlessness. The treatment worked through its deepana(digestive stimulant) pachana(carminative), lekhana(scraping) and Medohara (anti- obesity) properties along with systemic detoxification achieved via basti karma.

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