

**FIGHT OBESITY WITH AYURVEDA**<sup>1</sup>\*Koli Prajakta R. and <sup>2</sup>Bhagwat Madhav S.<sup>1</sup>Assistant Professor – Sanskrit Samhita Siddhant, B. R. Harne Ayurvedic Medical College, Karav-Vangani.<sup>2</sup>Professor - Sanskrit Samhita Siddhant, B. R. Harne Ayurvedic Medical College, Karav-Vangani.**\*Corresponding Author: Koli Prajakta R.**

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Article Received on 20/02/2021

Article Revised on 11/03/2021

Article Accepted on 31/03/2021

**ABSTRACT**

Obesity is an accumulation of body fat, usually 20% or more over a person's ideal body weight. It is a multifactorial disorder, which is often associated with many other significant diseases such as diabetes, hypertension and other cardiovascular diseases, osteoarthritis and certain cancers. It is caused by numerous social and environmental factors that influence people's food habit and physical activity. A research shows that women in India are more likely to be obese. In *Ayurveda*, *Acharya Charaka* had included *Atisthul vyakti* in *Ashita nindit purusha*. The management of obesity is therefore the need of the hour. This article highlights various preventive aspects and treatment of obesity with yoga, *bilwadi panchmul kwath* and diet plan. Yoga affects body and mind. *Acharya Charaka* has mentioned *bilwadi panchmul kwath* with honey for treatment of *Atisthul* (obesity). Diet plans include specific *aahar*, *aahar paddhati* mentioned in *samhitas*. Ten obese women were given treatment for three months which included the above mentioned therapy. A significant weight loss was observed in above mentioned therapy. Body measurements such as BMI and inch wise measurement significantly decreased. No side effects of any kind were observed during the treatment period.

**KEYWORDS:** - Obesity, yoga, bilwadi panchmoola kashay, diet plan.**OBJECTIVES**

To evaluate the efficacy of *Bilwadi panchmool kashay*, *yoga* and diet plan in the management of obesity.

**MATERIALS AND METHODS**

Ten female patients of obesity attending the OPD and IPD of B. R. Harne Ayurvedic Medical College, Karav-Vangani.

**Criteria of diagnosis & selection of patients**

The diagnosis was done on the basis of *sthaulya lakshanas* mentioned in the *Ayurveda* samhita as well as Allopathic texts along with body mass index (BMI). A detailed clinical history was taken and physical examination was done.

**Criteria for selection of patients****(A) Inclusion criteria**

Female patients  
Age group-30 to 50 years.  
BMI between 30 - 40

**(B) Exclusion criteria**

Patients with cardiovascular diseases  
Hypertensive patients  
Hypothyroidism  
Pregnant woman

**Physical examination**

- 1) Weight was noted before starting the treatment, later on after every 2 weeks of the study and after completion of study.
- 2) Circumferences of fatty parts like arms, thighs, and waist were recorded before and thereafter every 2 week, till the completion of treatment.
- 3) *Sthaulya lakshanas* & BMI was noted before starting the treatment, later on after every 2 weeks of the study and after completion of study.

**Group & Treatment**

- ▶ Only one group of 10 female patients were made and they were given the following treatment for 12 weeks.
- ▶ Every patient was given following treatment daily :- 1 hour yoga which includes: *yogasanas*, *mudra*, *pranayam*, *surya namaskar*
- ▶ *halasan* – *ardha (A)*, *purna (P)*, *bhujangasana*, *gomukhasana*, *parvatasa*, *vrukshasana*.
- ▶ *tadasana*, *veerasana*
- ▶ *kativakrasana*, etc.

**2) Diet**

- ▶ Ginger Tea ½ cup twice in a day
- ▶ Breakfast-upama, rava idli, rice dhavan.

- ▶ Jowar, rice, equally mixed with sattu bhakri, fruit vegetables like brinjal, lady finger, roasted rice, soups, and fruit juice.
- ▶ Avoid sleeping in the day and late night working.

#### Method of preparation of drug

Content of Bilwadi Panchmool-Bilwa, Agnimantha, shyonak, patala, gambhari 1 part dried roots of each is used.

- ▶ *Bilwadi panchmul bharad* – 5 gms.
- ▶ Water – 80 ml (2 cups).
- ▶ Boil water till it reduces to 10 ml (1/4 th cup).
- ▶ 10 ml of this *kashay* is taken twice a day with half teaspoon of honey.

#### Criteria of assessment

Subjective-the *sthaulya* lakshanas mentioned in Ayurvedic texts was assessed before, after 2 weeks and after the treatment.

Objective-BMI, inch wise measurements, circumference of arms, thighs and navels

#### OBSERVATIONS

- ▶ In the present series of 10 patients of *Sthaulya*, 6 patients were in the age group of 30-40 years and 4 in the age group of 40-50 years, married 8, unmarried 2, belonging to middle socioeconomic class. All were not doing any sort of exercise at all having irregular dietetic habits.
- ▶ Majority of the patients in this study, were taking Guru (heavy to digest) Snigdha (unctuous) Ahara on daily basis including junk food, sweets, bakery food, packed food. Overeating is reported in almost all patients. 8 patients among all sleeps daily in the afternoon.

#### DISCUSSION

- ▶ As per the hypothesis of the present trial, this combined therapy of yoga, bilwadi panchmool kashay and diet causes significant reduction on BMI and body weight yoga is a known stress buster, but it's also maintain body weight. The reason: Studies show that yoga lowers levels of stress hormones and increases insulin sensitivity. A diet plan which includes special ahar padhhati mentioned in ayurveda like ushna, matratvat ahara, regular meals, foods described in ayurveda texts to decrease *sthaulya*.
- ▶ Bilwadi panchmool kashay which is itself medoghn taken with anupana madha helps in losing weight along with other therapies.

#### CONCLUSION

Results of the study conclude that the use of this combined therapy in the patients of *Sthaulya* (obesity) gave better effect in almost all the parameters of *Sthaulya*. Further, none of the patients of *Sthaulya* developed any untoward symptoms during this course of treatment.

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