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ROLE OF VIRECHAN KARMA IN STHOULYA: A CASE STUDY

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ABSTRACT

Sthoulya (Obesity) is a burning problem in the world scenario and has required the status of epidemic. New world syndrome like is one of the world's oldest metabolic disorder is heating for the rocks with various reasons like urbanization and modernization. The dietary habits, sedentary life styles, stress etc. which are the gift of modern world, are primary predisposing factors for *Sthoulya*. The major risk related with *Sthoulya* is that, it favours complicated pathologies like Diabetes mellitus, Hypertension, Cardiac diseases, Atherosclerosis, Stroke etc. *Ayurveda* has a holistic treatment approach for *Sthoulya*. *Kapha* and *Pitta* vitiation are the major contributing pathological factors in *Sthoulya* manifestation. According to *Ayurveda*, *Abhyantar Snehpan* followed with *Virechan* is considered as the best line of management for metabolic disorder. The treatment planned was *Deepan-Pachan*, *Abhyantar Snehpan*, *Snehan*, *Swedan* followed by *Virechan Karma*. After the whole course of therapy, it was found significant relief in sign and symptoms of *Sthoulya* and remarkable weight loss.

Keywords - *Sthoulya* , Obesity , *Snehapana* , *Virechan*

INTRODUCTION

The global problem, Obesity in *Ayurveda* has been described as *Sthoulya*¹ or *Medoroga*. *Sthoulya* (Obesity) is an enormous socioeconomic and public health of 21st century in both developed and developing countries. According to *Charak*, *Sthoulya* is a *Bahudoshaj Vyadhi*² which are due to excess intake of *Guru*, *Madhuradi Aahar* and lack of exercise etc. giving rise to *Medo Vruddhi*, obstructing *Vata* in *Koshta* causing *Pitta (Agni) Vruddhi* since, all *Tridosha* will be hampered this condition.

According to *Ayurveda*, *Sthoulya* (obesity) is one of the *Santarpanotha Vyadhi*³ i.e. the disease caused by over nourishment. One among the *Ashtanindit Vyadhi* and also as a *Kaphaja Nanatmaja Vyadhi*. *Kapha* is an *Ayurveda* humour which is sticky, dense, slow, wet, heavy and cold in nature. In a balanced state, *Kapha* gives nourishment to the tissues. However, when it is aggravated; *Kapha* which is dense and heavy in nature abnormally accumulates in weaker channels of the body, causing their blockage.⁴ *Sthoulya* causes may be of two types Exogenous causes potentiating diet and regimen and Endogenous causes are *Dosha*, *Dhatu*, *Mala*, *Strotas* etc. *Aacharya Sushruta* and *Vagbhata*, have made mention of the endogenous type by telling that *rasa* is the prime cause for the *Sthoulya*.⁵

In case of an obese person, *Medovaha Strotas* is affected and the site of metabolic disturbances in an obese individuals is *Medo Dhatu* caused mainly due to excess intake of *Madhura* and *Snigdha Aahar*.⁶

When the body produces more fat tissues; it causes an increase in weight. *Nidan* (causative factors) of *Sthoulya* can be classified as *Aaharatmaka Nidana*, *Viharatmak Nidana*, *Mansik Nidana* and *AnyaNidana*.⁷

In India, the prevalence of *Sthoulya* is 12.6 % in women and 9.3% in men⁸ and in Maharashtra is 16.6%.⁹ The incidence of *Sthoulya* is increasing every year. Suffering from this disease hampering the most active phase of life. Therefore, awareness regarding the disease preventive measure and cost effective therapy should be highlighted before it reaches towards severe conditions.

Virechan is one of the important *Shodhan* therapy in *Panchakarma* which is useful in *Sthoulya*. *Virechan* is helpful to eliminate aggravated *Doshas* from *Adhomarga* or toxins from body which is helpful to reduce weight of the obese patient.

CASE STUDY

A 42 years old female patient, housewife by occupation, reported to our *Panchakarma* OPD, presented on 24/12/2020 with well demarcated increase weight. On history, her general health was

good and other major illness like DM, HTN or Asthma was not present. Both physical examination and laboratory examination like blood tests (routine test) were within normal range. There was marked raise in lipid profile. Considering the history and examination patient was planned to post for *Abhyantar Snehan* followed by *Virechan Karma*.

TREATMENT

The patient was administered classical *Virechan* (purgation therapy) after proper *Deepan* , *Pachan* followed by *Snehapana*.

Method of *Virechan* procedure – The *Virechan* process comprises of three stages, which are as follows.

Purva Karma (Preparatory procedure)

Pradhan Karma (Main procedure)

Paschat Karma (Post procedure)

Purva Karma -

Patient was administered with *Shuntisiddha Jala Muhurmuhur* (10 gm in 500 ml. water) for three consecutive days as *Deepan-Pachan*. In mean time patient was administered with *Sarvang Udwartana* ¹⁰ with *Triphala Churna* for three consecutive days. After three days, patient attained *Samyak Rukshana Lakshana*'s. Patient was posted for *Abhyantar Snehan* with *Murchita Goghrita*.

Day	Time	Abhyantar Snehan and quantity	Snehajirna Kaal	Mala Veg
1.	7.00 am	30 ml <i>Murchit Goghrita</i>	2 hrs 15 min	1 time
2.	7.00 am	60 ml <i>Murchit Goghrit</i>	4 hrs	1 time
3.	7.00 am	90 ml <i>Murchit Goghrita</i>	5 hrs 30 min	3 times
4.	7.00 am	120 ml <i>Murchit Goghrita</i>	8 hrs	5 times

Table No. 01

After obtaining of *Samyak Snigdha Lakshana* ¹¹ (symptoms of proper internal oleation like passing stool containing fat ,feeling of aversion of *Taila*) after 4th day of *Abhyantar Snehan* patient advised *Sarvang Abhyang* with *Murchit Til Taila* and *Bashpsweda* with *Dashamool Kwath* for next 3 days. Three days *Vishrama Kaal* was given during which patient was given during which patient was administered with *Pitta Utkleshakara Aahar* to alleviate *Pitta Dosha*. Thereafter, on the 4th day in

morning time at 9.00 am *Virechan* was performed.

Pradhan Karma –

Before administration of *Virechan Yoga*, *Sarvang Abhyang* with *Murchit Til Taila* and *Bashpa Swedan* has been given at morning time on the day of *Virechan*. Pulse, Blood pressure and temperature were recorded. Vitals were recorded at regular interval during the *Pradhan Karma*. As per the classics *Virechana Yoga* was administered after passage of *Kapha Kaal* i.e. early morning time. Accordingly, the *Virechana* drug was 9.00 am on empty stomach. *Virechana Yoga* (purgative formulation) was *Trivrutta*, *Triphala* and *Danti Kwath* 300 ml with warm water. Patient was given hot water repeatedly in little quantities. After that patient were observed carefully to avoid complications. Numbers of *Adhoga Vega* after administration of *Virechana* drug were counted. Till the symptoms of *Samyak Virechan Lakshan’ s* seen in the patient, like stopping of purgation on its own, passing of stool with *Kapha* (mucus) in the last one or two vega, feeling lightness of the body. Patient had 18 Vegas.

Paschat Karma –

Patient had 18 Vega with *Kaphanta* and attained *Pravara Vagiki Shuddhi*. Patient was observed for complication whole day.

No untoward complications were observed. Later patient was advised to follow *Sansarjana Karma* i.e. *Peyadi Sansarjan*¹² for 7 days.

Result

During *Deepan-Pachan* patient was found without any significant relief however improvement was present at the level of *Abhyantar Snehapana* i.e. decrease in the weight and BMI

	Before treatment	After Snehanpan	After Virechan	After Sansarjan krama
Height	162cm	162cm	162cm	162cm
Weight	90kg	84.1kg	81.4kg	79.23kg
BMI	36.3	33.9	32.8	31.9
Chest circumference	102cm	92cm	91cm	91cm
Abdominal circumference	103cm	91cm	91cm	90cm
Waist circumference	115cm	111cm	109cm	109cm
Hip circumference	117cm	112cm	111cm	108cm

Mid arm circumference	Rt	Rt	Rt	Rt
	38cm	35cm	35cm	34cm
	Lf	Lf	Lf	Lf
	39cm	36cm	36cm	35cm
Mid thigh circumference	Rt	Rt	Rt	Rt
	59cm	57cm	57cm	56cm
	Lf	Lf	Lf	Lf
	60cm	58cm	58cm	57cm

Table no. 02

Lipid profiles Before treatment and After treatment

	Serum Cholesterol	Serum Triglyceride	HDL	LDL
Normal Value	150-200mg/dl	150-200mg/dl	30-70mg/dl	Upto 150mg/dl
Before treatment	246.0 mg/dl	191.0m g/dl	51.0m g/dl	121.0 mg/dl
After treatment	194.0 mg/dl	178.0m g/dl	42.0m g/dl	112.2 mg/dl

Table no. 03

On discharge medicines advised were *Amrutadya Guggul* 250 mg , 2BD, diet and exercise.

DISCUSSION:

Patient was administered *Shuntisiddha Jala* for 3 days *Muhurmuhur*. After 3

days of administration *Shuntisiddha Jala* patient felt *Agnidipan* (increases appetite) and feeling of lightness (digestion of *Aama*). Then patient was administered with *Sarvang Udavartan* with *Triphala Churna* for 3 consecutive days. *Udavartan* alleviates *Kapha Dosha*, reduces excess body fat, increases stability of body. Then patient was administered *Abhyantar Snehan* with *Murchit Goghrita* for 4 days. After administration of *Abhyantar Snehan* for 4 days patient felt *Vatanuloman* (regulation of flatus), *Deeptagni* (improvement in digestion), *Snigdhavarcha* (unctuous), *Snigdhatra* (loose stool), *Snigdhatra* and *Mardavta* (softness in the body). After obtaining symptoms of proper internal oleation which appeared after 5th day of '*Abyantar Snehan*', patient were subjected to perform *Sarvang Abhyang* and *Bashpsweda*. After *Sarvang Snehan* with *Til Taila* and *Bashpsweda* with *Dashmool Kashay* for 3 days patient felt *Gourav Nigrah* (feeling of lightness in body). On 4th day, after *Sarvang Snehan* and *Bashpswedan*, patient was administered *Virechan Yoga* (drug) *Trivrutta*, *Triphala* and *Danti Kwath* 300 ml. After the administration of purgative drugs, patient was purgated

total 18 *Vegas* (times) considered as ‘*Madhyam Shuddhi*’. Patient feels lightness in the body, increased digestive power. After *Virechan*, patient loses 8.6 kg weight from *Abhyantar Snehpan* to *Virechan Karma*. Patient was advised to follow *Sansarjan Kram* for 5 days. During that period patient loses 2.17 kg weight. It was observed that from *Abhyantar Snehpan* upto *Sansarjan Kram* patient’s 10.77 kg weight reduced.

CONCLUSION:

As we used *Triphala*, *Trivrutta* and *Danti* as purgative drugs for *Virechan*. In which *Triphala* may act as antioxidants can increase fat burning and boost metabolism by helping you get rid of the toxins produced by fat cells. It also helps to clear our stomach by drawing water from body into small intestine to soften the stool. So, removes excess water from body. Also it helps to reduced waist circumference as it prevent accumulation of fat especially accumulation of fat. *Triphala* helps to keep the stomach, small intestine and large intestine healthy by flushing out toxins from the body. It acts as a colon toner and helps in strengthening and toning the tissues of the colon. This in turn, helps to manage the weight of a person. It also decreases

cholesterol level significantly and helps remove water weight by reducing bloating. *Danti* has *Bhedan* nature and strong laxative property. It speeds up bowel movements and helps in the easy passage of stools. This is more beneficial in reducing *Pitta* and *Kapha Doshas*. It helps to expel waste products easily. *Trivrutta* is an amazing decoction for easing bowel movements.

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