

Role of *Ashwagandha Patra* in the Management of *Sthoulya* (Obesity): A Case Study

Archana Verma^{1*}, Rajesh Meshram²

¹Post Graduate Scholar Kayachikitsa, Pt. Khushilal Sharma Govt.(Auto.) Ayurveda College and Institute, Bhopal, Madhya Pradesh, India

²Reader & H.O.D. Department of Kayachikitsa, Pt. Khushilal Sharma Govt.(Auto.) Ayurveda College and Institute, Bhopal, Madhya Pradesh, India

*Corresponding Author: Archana Verma

ABSTRACT

Background -The present era is more challenged with various lifestyle diseases. *Sthoulya* (obesity) is one such lifestyle disease. In recent years, urban youth have been particularly prone to lifestyle diseases. In a country where 270 million people live below the poverty line, obesity seems to be a distant issue. India is under siege. Junk foods, alcohol, and sedentary lifestyles are leading us to silent self-destruction, making one in every five Indian men and women either obese or overweight. *Ashwagandha Patra*, which decreases *Jatharaagni*, particularly *Abhyavaharana Shakti*, increases *Bhutaagni* and corrects the functions of *Dhatvaagni* and at the same time has *Medo-Hara*, *Kapha-hara*, and *Vatahara* actions, may be suitable for Obesity management.

Aim and Objectives -To evaluate the efficacy of *Ashwagandha Patra* in the management of *Sthoulya* (obesity)

Material and Methods -Selection and source of patient for this clinical study, The patient of obesity was registered from OPD of Kayachikitsa department of IES University Bhopal (M.P.).

Discussion -The patient was diagnosed as a case of *Sthoulya*, predominantly *Kapha Vata* as *Vikrita Doshas* and *Rasa*, *Mamsa*, and *Meda* as *Vikrita Dushyas*. The patient adopted a sedentary lifestyle, lack of exercise and day sleep with excess intake of *Madhur Snigdha Ahara* and improper dietary practices. *Ashwagandha* characterizes three different tastes namely *Tikta* (bitter), *Katu* (pungent), and *Madhura* (sweet). It is blessed with *Laghu* (light) and *Snigdha* (oily) *gunas*. It has *Ushna Virya* (hot potency) and *Madhura Vipaka* (pungent metabolic property). It aggravates the *Pitta doshas* (digestion) and pacifies *Vata* (air) and *Kapha* (earth and water) *doshas*.

Result -The treatment adopted is effective in the management of *Sthoulya* and in improving the quality of life.

Conclusion -Analysis of overall effects showed that *Ashwagandha Patra* provided a reduction in weight, BMI, and other signs and symptoms in the patient of obesity.

Keywords -*Ashwagandha Patra*, Obesity, Weight, *Sthoulya*

INTRODUCTION

Sthoulya (obesity) has become so common in the World's population that it is beginning to replace undernutrition and infectious diseases as the most significant contributor to ill health. *Sthoulya* is included under eight undesirable conditions (*Ashtau Nindita*)^[1]*Shleshma Nanatmaja*^[2]*Samtarpana Nimittaja*^[3]*Atinindita*^[4]*Ati Brihmana Nimittaja*^[5] and *Bahu Dosha Janita*^[6]*Vikara*. Moreover, Sushruta has emphasized metabolic disturbances (*Dhatvaagnimandya*) in the etiopathogenesis of *Sthoulya*^[7]. The patient of *Sthoulya* exhibits a very strange phenomenon. Their appetite is excessive^[8] and whatever they eat is quickly digested, which indicates hyperfunctioning of the *Jatharaagni*. Besides this, the patient suffers from laziness, which may be due to undersupply of energy, which may be due to the hypofunction of *Bhutaagni*. Further *Dhatvaagni* also seems to be disturbed, as in *Sthoulya* patients mainly *Medo-Dhatu* is formed and there is a deficiency of other *Dhatu*^[9]. In recent years, urban youth have been particularly prone to lifestyle diseases. In a country where 270 million people live below the poverty line, obesity seems to be a distant issue. India is under siege. Junk foods, alcohol, and sedentary lifestyles are leading us to silent self-destruction, making one in every five Indian men and women either obese or overweight. In the year 2013, the US topped the list with 13% of obese people worldwide. China and India accounted for 15% of the world population, with 46 million and 30 million

obese people. According to a study, the number of overweight and obese people globally increased from 857 million in 1980 to 2 billion in 2013. India saw a significant rise in obesity from its 19th position for both men and women in 1975 to rankings 5th and 3rd respectively in 2014, reflecting increasing obesity rates among women worldwide.

Based on the above-mentioned facts of the pathogenesis of *Sthaulya*, it can be said that the drug, which decreases *Jatharaagni* particularly *Abhyavaharana Shakti*, increases *Bhutaagni* and corrects the functions of *Dhatvaagni* and at the same time has *Medo-hara*, *Kapha-hara* and *Vatahara* actions, may be suitable for its management.

AIM AND OBJECTIVES -

To evaluate the efficacy of *Ashwagandha Patra* in the management of *Sthaulya* (obesity).

MATERIAL AND METHODS

Selection and source of patient for this clinical study, the patient of obesity was registered from OPD of *Kayachikitsa* department of IES University Bhopal (M.P.).

CASE STUDY –

A 24-year-old Male patient came to OPD of *Kayachikitsa* with a complaint of increased body weight for 5 years. Associated with c/o Fatigue with minimal work and Pain over the right side of the lower back region. History revealed that the patient was not a known case of hypertension, diabetes mellitus, bronchial asthma, or hypothyroidism. There is a family history of increased weight and obesity from his maternal side. *Astavidha Pariksha*, *Dashavidha Pariksha*, systemic and general physical examinations of the patient were done. Investigations showed normal Hematological reports but changes were seen in the bio-chemical tests with special reference to lipid profile. Considering the examinations, BMI ($> 29.99\text{Kg/m}^2$), and lab investigation findings, the patient was diagnosed as obese.

DIAGNOSIS -

The diagnosis was mainly based on the clinical presentation as mentioned in the *Ayurveda* texts as well as Allopathic texts along with body mass index (BMI). Detailed clinical history was taken and a physical examination was done.

DURATION OF STUDY - 30 Days.

FOLLOW-UP -every week for 1 month.

TREATMENT REGIMEN–

Table 1: Treatment schedule

Drug	Quantity	Form	Anupana
<i>Ashwagandha Patra</i>	3 Patra 3 times in a day	Chewable	<i>Ushnodaka</i>

CRITERIA OF ASSESSMENT –

The effect of therapy was assessed based on the following subjective as well as objective criteria.

SUBJECTIVE CRITERIA –

The patient has a clinical presentation of *Sthaulaya* (obesity) as mentioned in the *Ayurveda* texts as well as allopathic texts.

OBJECTIVE CRITERIA –

For the present study BMI of more than 30 was taken for considering the patient as obese.

EXAMINATIONS

Table 2: Examinations

General Physical examination	Dashvidh Pariksha	Systemic examination
<ul style="list-style-type: none"> • Appetite- Good • Bowel- Regular • Bladder- Normal • Sleep- Good, sound sleep • Temperature- Normal • Pallor- Absent 	<ul style="list-style-type: none"> • <i>Prakriti- Vata-Kaphaja</i> • <i>Vikriti- Kapha</i> • <i>Sara- Madhyam</i> • <i>Samhana- Madhyam</i> • <i>Ahara Shakti- Madhyam</i> • <i>Abhyarana Shakti- Pravara</i> • <i>Jarana Shakti- Pravara</i> • <i>Vyayam Shakti-Avara</i> • <i>Vaya- Yuva</i> • <i>Satva-Madhyam</i> • <i>Satmya-Madhyam</i> • <i>Bala- Avara</i> ❖ <i>Ashtavidha Pariksha</i> <ul style="list-style-type: none"> • <i>Nadi-78/min</i> • <i>Jivha-Aliptata</i> • <i>Mala-Samanya</i> • <i>Mutra-Samyaka</i> • <i>Shabda-Samyaka</i> • <i>Sparsha-Samanya</i> • <i>Drik- Samanya</i> • <i>Akriti-Sthoola</i> 	<ul style="list-style-type: none"> • Cardio Vascular System: S₁S₂ Normal, no added sounds. • Respiratory System: On auscultation wheezing sound present. • Gastrointestinal System: No abnormality detected. • Nervous System- Higher function - Normal • Motor functions- Normal

VITAL DATA-

Table 3: Vital data

B.P.	120/70 mmHg
R/R	19/min
Pulse	80/min
Ht.	5.7 feet
Wt.	100 kg
BMI	> 29.99Kg/m ²
CNS	Well-oriented, conscious of time, place, and person
SPO ₂	98 %
Temperature	Non-febrile

INVESTIGATIONAL HISTORY

Table 4: History of laboratory investigations

HB	13.9 gm%
W.B.C.	8,200 cells/cu mm
E.S.R.	39 mm/hr
Neutrophils	54%
Lymphocytes	43%
Monocytes	01%
Eosinophils	02%
Platelets	2.76 lakhs cells / cu mm
RBC Count	4.58 million / cu mm
F.B.S.	76.2 mg/dl
Blood urea	15.2 mg/dl
Serum creatinine	0.7 mg/dl

Table 5: Lipid Profile

Total Cholesterol	181.0 mg/dl
H.D.L. Cholesterol	82.3 mg/dl
L.D.L Cholesterol	84.1 mg/dl
Triglycerides	206.0 mg/dl
V.L.D.L. Cholesterol	41.8 mg/dl

OBSERVATION

the patient was having the symptoms of *Sphika Chalavta*, *Anga Gaurava*, *Anga Shaithilya*, and *Ati Kshudha*. Other signs and symptoms observed were *Atipipasa*, *Daurbalya*, *Ayasena Shvasa*, *Utsahahani*, *Svedabadha*, *Nidraadhikya*, *Gatra Sada*, and *Udara Chalavta*.the patient had a Body weight of 100 kg and BMI > 29.99Kg/m².

DISCUSSION

Ashwagandha is an important medicinal plant that has been used in *Ayurvedic* and indigenous medicine for over 3000 years (Mirjalili et al., 2009). *Ashwagandha* characterizes three different tastes namely *Tikta* (bitter), *Katu* (pungent), and *Madhura* (sweet). It is blessed with *Laghu* (light) and *Snigdha* (oily) *gunas*. It has *Ushna Virya* (hot potency) and *Madhura Vipaka* (pungent metabolic property). It aggravates the *Pitta doshas* (digestion) and pacifies *Vata* (air) and *Kapha* (earth and water) *doshas*. Every part of this miraculous plant is used for treating several health conditions and promoting the vitality and longevity of an individual. The holistic science of *Ayurveda* has been using this powerful remedy for treating health problems including infertility, reduced immunity, arthritis, depression, insomnia, mental disorders, etc. It is classified as a *Rasayana* (a way of attaining excellence) that is purported to promote physical and mental health, rejuvenate the body, and increase longevity (Kuchewar et al., 2014; Kulkarni and Dhir, 2008).

Traditionally, the plant is used to promote youthful vigor, endurance, strength, and health; it nurtures the time elements of the body; and increases the production of vital fluids such as blood, lymph, and semen (Mirjalili et al., 2009). In *Ayurveda*, *ashwagandha* has been used for a wide range of indications, including as a liver tonic, an anti-inflammatory, an astringent, an aphrodisiac, and an adaptogen, for conditions such as insomnia, bronchitis, asthma, ulcers, emaciation, and dementia. According to *Ayurveda*, the patient was diagnosed as a case of *Sthoulya*, predominantly *Kapha Vata* as *Vikrita Doshas* and *Rasa, Mamsa, and Meda* as *Vikrita Dushyas*. The patient adopted a sedentary lifestyle, lack of exercise and day sleep with excess intake of *Madhur Snigdha Ahara* and improper dietary practices. Clinically patient presented with signs and symptoms such as increased body weight, fatigue, and joint pains. Considering *Sthoulya* to be the *Santarpana Janya Vyadhi* the line of treatment mainly includes *Lekhana Karma [Udwarthana]*, *Virechana*, *Vyayama*, *Upavasa*, *Swedana*, *Shamana Aushadhis*. Significant changes were observed, the patient was advised to continue the oral medications for a month was asked to continue the diet and *yoga* regularly, and was asked for follow-up.

RESULT

On the day of admission, dated 09.01.2024 patient's weight was 100 kg, which was reduced to 94.5 kg at the time of discharge on 10.02.2024. The results showed that there were significant changes in the reduction of weight by 6.5 kgs in 30 days. The patient was discharged on 10th February i.e. on the 30th day. He was advised to continue *Shamana Aushadhi*, diet, and exercises (*Vyayama, Asanas, Pranayama*) for 45 days and asked to visit for a follow-up.

CONCLUSION

Based on the signs and symptoms, *Sthoulya* was treated with *Ashwagandha Patra* and showed remarkable changes in reducing the weight of the patient.

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