

To Study Clinical Efficacy of Vacha in the Management of Sthaulya**1)Dr.Abhijeet Hindurao More**

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Abstract:

World Obesity Day was established in 2015 an annual campaign with the goal of stimulating and supporting practical actions that will help people achieve and maintain healthy weight and reverse the global obesity crisis. It has observed globally on 4th March. This year 2023, the theme is 'changing perspectives: Let's talk about obesity', a call to government and leaders to provide stage and indulge in dispelling the misconceptions and misunderstandings about obesity. The industrialisation, stress during the work, dietary habits, lack of exercise and various varieties among the daily diet e.g. fast food, freeze fruits increased amount of soft drinks and beverages, canned foods results into the disturbance of Agni or metabolism and ultimately leads to clinical entity known as Sthaulya. It is an emerging health problem in the modern era. Acharya Charaka has quoted Sthaulya under the eight varieties of impediments which are designed as Astha Nindit Purusha, Ati Sthaulya comprises one of them. In Sthaulya, increased Meda, Agni and Vayu produces complications like Prameha-Pidika and Bhagandara etc. The incidence of Diabetes Mellitus, Hypertension, Angina Pectoris and Myocardial infarction etc. are higher among Sthaulya individuals. Modern anti- hyperlipidaemics like statins are found to have many adverse reactions, so it is need of the hour to find an alternative drug in other system of medicine. Vacha has been mentioned as Lekhaniya Mahakashaya. So present study is an attempt to find clinical efficacy of Vacha churna in the management of Sthaulya.

Keywords: Obesity, Sthaulya, Lekhaniya, Vacha.

Introduction:

Dravyaguna Vigyan is truly a natural science that deals with Dravyas, which play key role in maintenance of health and alleviation of disease in human body. Out of tetrads of therapeutic management of diseases, Bsheshaja (Therapeutic Agent) stands next to the physician for successful management of the disease. Today is the era of modernization and fast life. Everybody is busy and living stressful life. Consumption of fast foods having high calories is also increasing. We have the every comfort of living and we are not doing any kind of physical activity and so the body fats along with cholesterol are increasing in our body, which invites the disorders like Hypertension, Heart diseases and Hyperlipidaemia.

Ayurveda is one of the most ancient system of life, health and cure. This system of knowledge flourished through over 5000 years and has had an unbroken tradition of practice down the ages update. Sthaulya is a growing public health problem

worldwide. A large proportion of the population from middle age onwards is at risk of suffering a hyperlipidemia during their remaining lifetime.

The incidence of obesity continues to surge, bringing the alarming problem to a routine normal life. This sad situation must be reversed as with this trend, 270 crore adults worldwide will be overweight or obese by 2025. The national family Health Survey India – 3 (NFHS – 3) and national family Health Survey India – 4 (NFHS – 4) reported the obesity epidemic in India. It showed that In 2005, 13 % of women and nine % of the men of group of age 15 – 49 years were obese or overweight, according to NFHS – 3. In 2015 - 16, 21 % of women and 19 % of the men of group of age 15 – 49 years were obese or overweight, according to NFHS – 4.¹

Vacha Churna Have katu and Tikta rasa, Laghu, Ruksha and Tikshana guna, Ushna Veerya and katu Vipaka, vatakaphashamaka, Karshana, Lekhaniya, aampachana, Dhatushoshana and Pramathi properties. It normalises state of Agni. It does Srotovibandhanashan and acts against kapha, Kleda and Meda & effective against all signs and

symptoms of Sthaulya. It does Lekhaniya action by this way.

Aims and Objectives:

Aim

- To observe the efficacy of Vacha Churna in Sthaulya.

Objectives

- To study the Ayurvedic Literature of Sthaulya according to Ayurvedic Samhitas.
- To study Hyperlipidemia as per Standard Modern Texts.
- To study the effect of Vacha Churna in Sthaulya.

Review of Literature:

Sthaulya:

A person in which excessive and abnormal increase of Medodhatu along with Mamsadhatu is found, it will result into pendulous appearance of buttocks, belly and breasts and whose increase bulk is not matched by a corresponding increase in energy.² Sthaulya is the disease of Medodhatvagni vikriti. If Agni will be good and potent, through passing from the level of Rasagni, Raktagni and Mamsagni the Medodhatuvridhi will occur and if Agni will be poor, it will create Dhatvagnimandya. So, Rasagata, Raktagata, Mamsagata and Medogata Snehamsa will be increased due to their own Dhatvagnimandya respectively.³ Here, Vasa has been mentioned as upadhatu of Mamsa, which is again muscle fat. The circulating triglycerides, cholesterol and lipids should be treated as Rasa Raktagata Sneha only the fat deposited in adipocytes should be accepted as Medadhatu. So, whenever Rasa, Rakta Mamsagata Sneha starts to increase due to excessive eating and less calorie consumption, overload on Dhatvagni starts to build-up. Patients shows the symptoms of Rasavridhi and Kaphavridhi i.e. Angagaurava, Alasya, Tandra, Nidradhikya etc. Later on actual Meda dhatu gets clinical increase and present with various physical signs like Chala - Sphik -Udara - Stana etc. and later stages difficulty in performing all his daily activities. Further improper nutrition to Asthi, Majja and Shukra dhatu may also occur.

All the causative factors described in Ayurvedic classics can be classified into four groups.

1. Aharatmaka Nidana
2. Viharatmaka Nidana
3. Manas Nidana
4. Anya Nidana

Samprapti Ghataka

- 1) Udabhavasthana - Amasaya
- 2) Sanchar - Rasayani
- 3) Adhisthana - Whole body specifically udara,
- 4) sphika, stana
- 5) Vyakti - Whole body
- 6) Dosha - Tridosha, Samanavayu, Apanavayu,
- 7) Vyanvayu, Pachak pitta, Kledakkapha,
- 8) Dushya - Rasa and Meda
- 9) Srotasa - Annavaaha, Rasavaaha, Mamsavaaha,
- 10) Medovaha
- 11) Srotodushti - Sanga, Vimargagaman, Avarana
- 12) Agnimandya - Medodhatvagnimandya, Jatharagnimandya
- 13) Ama - Medodhatugata
- 14) Pradhanata - Dhatvagnimandya, Santarpanjanya
- 15) Swabhava - Chirakalin

Rupa of Sthaulya

1. Ayusohrasa (Diminution of lifespan)
2. Javoparodha (Lack of enthusiasm)
3. Kriccha Vyavaya (Difficulty in sexual act)
4. Daurbalya (Debility)
5. Daurgandhya (Foul smelling of body)
6. Svedabadha (Distressful sweating)
7. Kshudhatimatrata (Excessive hunger)
8. Pipasa atiyoga (Excessive thirst)

Hyperlipidemia

Hyperlipidemia is an elevation of lipids (fats) in the bloodstream. These lipids include cholesterol, cholesterol esters (compounds), phospholipids and triglycerides. Hyperlipidaemia is a condition in which the levels of lipids in plasma are increased The B.M.I. is the actual body weight divided by the height squared (kg/m²). This index provides a satisfactory measure of obesity in people who are not hypertrophied athletes. The classification of obesity as per B.M.I.

- Under weight - <18.5 kg/m²
- Normal weight - 18.5 to 24.9 kg/m²
- Over weight - 25.0 to 29.9 kg/m²

Obesity (Class-I) - 30.0 to 34.9 kg/m²
 Obesity (Class-II) - 35.0 to 39.9 kg/m²
 Morbid Obesity (Class-III)- - > 40 kg/m²

4. Patients below the age of 16 and above 70 years were excluded.
 5. Severe complicated cases.

Vacha:⁴

Botanical Name: Acorus calamus Linn.

Natural order: Araceae

Sanskrit names: Vacha, Uragandha, Shadagrantha, Golomi

Ayurvedic Properties

Rasa : Katu, Tikta

Guna : Laghu, Tikshna

Virya: Ushna

Vipaka: Katu

Doshagnata : Kaphavatashamak, Pittavardhak

Rogagnata: Sandhivat, aamvata, Agnimandya, Aruchi, Adhmana, Udarshool, Kashtartav

Karma : Medhya, Shamak, Vedanasthapana, Shothahar, Deepana, Truptighna, Krumighna.

Part used: Root, stem

Important Formulations: Sarswat Churna, Medhya Rasayana

Material and Methods:

Source of data- OPD & IPD patients of Yashawant Ayurved medical College and Post Graduate Teaching and Research centre, Kodoli.

Study Design: Open Randomized Controlled Clinical Trial

Inclusion Criteria

1. The patient having age between 16 to 70years.
2. The patients having raised lipid profile on laboratory investigations.
3. Chalsphikudarstana, Swedadhikya, Atiskhudha, KshudraSwasa, Angagaurava Anga Chalatra , Atipipasa, Avyavaya
4. B.M.I. – 25 To 39.91

Exclusion Criteria:

1. The patient having hypothyroidism, Diabetes, cardiovascular disease, severe hypertension, endogenous and Garbhini,
2. The patient having B.M.I. >40 were also be excluded.
3. Any systemic illness.

Intervention:

- Duration of study – 30 Days
- Total duration of study – 30 Days
- Follow up – at 30th day
- Dose: 500 mg after meal two times in a day
- 30 patient will be given *Vacha Churna* orally for 30 days
- Kal : Paschyat bhakti

Parameters for Assessment:

1.Chala Sphika Udar sthana :

Sign	Grade
Absence of Chalatra	0
Little visible movement after moderate movement	1
Movement after mild movement	2
Movement even after changing posture	3

2.Alasya / Utsaha Hani :

Sign	Grade
No	0
Doing work satisfactory with initiation late in time	1
Not starting any work in his own responsibility, doing little work very slow	2
Does not have any initiation of work and not wants to work even after pressure	3

3.Nidradhikya :

Sign	Grade
Normal sleep 6-7 hrs/ day	0
Sleep upto 8 hrs/day with Anga Gaurav	1
Sleep upto 10 hrs/day with Tandra	2
Sleep upto 10 hrs/day with Tandra and Klama	3

4.Snigdhangata :

Sign	Grade
Normal Snigdhangata	0
Only luster of body in summer season	1
Only luster of body in dry season	2
Excessive Snigdhangata	3

5.Swedadhikya :

Symptoms	Grade
Sweating after heavy work	0
Sweating after little work	1
Profuse sweating after minimum work	2
Sweating even in resting condition	3

Results: Effect of Vacha Churna on assessment criteria was as follows

Parameter	Mean		Difference in means	Paired 't' test					Remark
	B T	A T		S.D.	S.E .M.	't'	'p' value		
Chal Sphik Udar stana	2.2	1.13	1.07	0.69	0.126	8.451	<0.001	S	
Alasya	2.13	1.1	1.03	1.129	0.206	5.0137	<0.001	S	
Nidrad hikya	2.23	0.96	1.27	0.863	0.1575	8.042	<0.001	S	
Snigdhangata	2.36	0.93	1.43	0.710	0.1296	11.05	<0.001	S	
Swedadhikya	2.26	0.63	1.63	0.764	0.1396	12.75	<0.001	S	

Discussion and Conclusion:

- The disease Sthaulya is a well recognized disease from the Samhita period. It has been mentioned by Acharya Charaka in Ashtaunindita purushadhyaya. Sthaulya is another term, which is used for the disease Medoroga. Madhavakara has described Medoroga under the individual entity in 34th chapter of Madhava nidana and used Medosvina, Atisthula and Sthula words as synonym.
- Nidana of Sthaulya is divided in 4 categories Aharatmaka, Viharatmaka, Manasa and Anya. Besides these Nidanas, nowadays it can be seen that due highly refined food with maximum percentages of carbohydrates & high-tech machineries which makes a person less active & prone to Sthaulya.

- In this study the drug Vacha was selected which is mentioned by Acharya Charaka as lekhan.
- The rasa of Vacha is mentioned in our classics as Katu & Tikta which is Kaphagna in nature. Due to its Usna virya it also acts as Vataghan. Since Vata and Kapha dosha are involved in the samprapti of Sthaulya, Vacha churna by its katu, tikta rasa can be used in samprapti vighatana of Sthaulya (Anti Hyperlipidemic Activity).
- Meda & Kleda are the chief culprits in Sthaulya. Katu Rasa performs Medokledopashoshana action. Ushna Virya also helps in Kleda and Meda vilayana action.
- Katu Rasa - Ushna Virya encounters Dhatvagnimandya & potentiates the weakened Dhatvagni and help in Ama-pachana thereby alleviates Aparipakwa and Ama Dhatu.
- There is significant reduction in all the symptoms of Sthaulya namely Chal Sphik Udar stana, Alasya, Nidradhikya, Snigdhangata, Swedashikya.

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