

“A CLINICAL STUDY TO EVALUATE THE EFFECT OF DASHAANG GUGGUL ON STHOULYA W.S.R TO OBESITY”

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ABSTRACT:

In Modern days inappropriate food habit is the main cause of Sthaulya (obesity) .It occurs as a result of sedentary lifestyle,unhealthy eating habits, lack of physical activity , mental stress and other Factors. Obesity is becoming more common in both children and adults every day .Obesity is associated with many medical illnesses like (hypertension atherosclerosis and diabetes).

Aims and Objective : To clinical study to evaluate the effect of Dashaang Guggul on Sthaulya.Material and Methods : Self made Dashaang Guggul tablet of weight 1 gm
Results and conclusion: Conclusion will be drawn strictly on the basis of statistical analysis at the final stage of study.

KEY WORDS:- Sthoulya, Obesity, Dashaang Guggul, Aam, Medovah strotas

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INTRODUCTION

स्वस्थस्य स्वास्थ्य रक्षणम् आतुरस्य विकार प्रशमनम् च । च.सु.30/24

Ayurveda is the science of Life. It emphasis on preventive aspects rather than curative treatment. Hence Ayurveda pioneers stressed to maintain the health of healthy individual and to cure the diseased person. In day to day life people do not think that obesity or medoroga is disease because in primary stage it does not create big discomfort. It is generally ignored until it causes difficulties in simple and routine activities. And when it causes some diseases like atherosclerosis, coronary diseases, hypertension, etc.

आचिन्तनाच्च कार्याणां ध्रुवं सन्तर्पणेन च ।
स्वप्नप्रसङ्गाच्च नरो वराह इव पुष्यति ॥ (च.सु.21/34)

Ayurveda explains the basic causes of Sthoulya and the interference of a Varah (Pig) is given to those obese person. So Sthoulya is famous since ancient times.

अव्यायामादिवास्वप्नश्लेष्मलाहारसेवनः ।
मधुराऽन्नरसप्रायःस्नेहान्मेदो विवर्द्धते ॥ (भा.प्र.म.खं.मेदोधिकार /1)

In daily routine we find the obesity in those persons who have lack of exercise (Avyayam). Take day time sleep (Diwaswap), take fatty diet (Snighdha ahar) mainly oils, milk, ghees, etc. & excess intake of sweet foods as explained by Acharya Charak and Bhavprakash.

मेदोमांसतिवृद्धत्वाद्बृद्धस्निग्धुदरस्तनः ।
मेदसोऽयथोपचयान्नरोऽतिस्थूल उच्यते ॥ (भा.प्र.म.खं.मेदोधिकार /9)

In such persons due to excess production of Medo dhatu in body the body parts like buttocks, abdomen, breast, become big in size & they loose their stability. The body parts can't develop in proper way i.e. quality and quantity, such personality is known as Atisthool (Obese). To treat such Sthoulya (obesity) Bhavprakash has told Dashaang Guggul in Medoroganidanam-madhya khand. Due to it's Kaphavataghna & medohar property has selected to study the Dashaang Guggul.

AIMS AND OBJECTIVES

To clinical study to evaluate the effect of Dashaang Guggul on Sthoulya.

Samprapti Of Sthoulya:-

मेदमासवृतमार्गत्वात्पुष्यन्त्ये न धातवः ।
मेदस्तु चीयते तस्मादसक्तः सर्वकर्मसु ॥ (भा.प्र.म.खं.मेदोधिकार/2)

मेदोसाऽवृत्तमार्गत्वाद्वायुः कोष्ठे विशेषतः ।
चरन् संधुक्षयत्यग्निमाहारं शोषयत्यपि ॥
तस्मात् स शीघ्रं जरयत्याहारं चातिकाङ्क्षति ।
विकारांश्चाश्नुते घोरान् कांश्चित्कालव्यतिक्रमात् ॥ (च. सु. 21/5,6)

Due to Hetu Sevan Meda increases and which result in disturbing Kapha Dosha leads to obstruction of Strotas. Its consequence Vimarg gaman of Vata Dosha in Koshtha & leads to increase power of Jadhharagni. Increased power of Jatharagni causes more thirst, hunger & again consumption of diet leads to medovridhi. Vruidhi of other dhatus not done because of obstruction called Strotorodh.

REVIEW OF LITERATURE

A detailed compilation of reference from available ayurvedic , modern text will be done. On the basis of reference a hypothesis will be formed. This will form the basis & will be tested by clinical part. Previous work done by different scholars in this field is being studied & used as primary data.

Previous Work :-

- 1) Thatere S (1992) – Agnimantha Bhavita Shilajatu ki Sthoulya Roga Mein Karmukata – Ek Savikalpa Adhyayana.
- 2) Jain S B (1993) – SthoulyaRoga par Medohara Guggul ka Chikitseeva evam Jaiva-Rasayanika Adhyayana.
- 3) Masurkar N P (1998) – The clinical evaluation of the Vidangadi Choorna on Sthoulya
- 4) Roy Krishna (1999) – A clinical study of Medo Roga (obesity) with herbo mineral compound.
- 5) Kulakarni B (2003) – Medoroga mein Katipaya Medohara-Mishra aushdhiyon ka sammilita Prabhava – Ek Aturalayein Adhyayana.
- 6) Dighade Shivage – Clinical trials on obesity with Lekhana-Basti, Yoga and diet control. (2004)

And all other previous work done with respective subject will be taken into consideration.

Route Of Administration :- oral

Aushadhakala :- Will be given in t.d.s.at the morning with empty stomach that Abhakta & before both meal that is pragbhakta.

Anupana :- It will be given with madhu.

Course Of Treatment :- The duration of treatment will be for 3 months.
Follow-up-Every 15 days for 3 months. A special case paper for the study will be designed.

Material & Methods:- Self made DASHAANG GUGGUL tablet of weight -1gms.

Consent:- An informed written consent of all patients included in study will be taken in the language best understood by them. Their diseases and line of treatment will be explained to them

Selection Criteria :-

A) **Inclusive Criteria**:-

1. Patients will be selected on the basis of weight as per Height- weight chart & B.M.I. (Body Mass Index) >30.

2. The patients suffering from symptoms of Sthoulyagiven in textbook will be selected for trial.

क्षुद् श्वासतृष्णामोहस्वप्नक्रथनसादनैः।

युक्तः क्षुत्स्वेदः दौर्गध्यैरल्प प्राणोऽल्पमैथुनः ॥

यो.र./मेदेरोग/2

3.The patients having age group 16 to 60 will be selected Irrespective of sex and constitution.

B) **Exclusive Criteria**:- The patients below 16 yrs.& above 60yrs.will be excluded and having major diseases like hypertension, diabetes mellitus disease of endocrine glands, medasar, mansara, pregnant women will be excluded.

Observation:-Observations will be recorded on the data collected by clinical study.

It will be prepared in the form of tables, graphs and later on it will be represented statistically by appropriate test & suitable changes will be made if

necessary.

Total Effect of The Therapy :- The total effect of therapy are grouped according to observations on all signs, symptoms & objectives measurement e.g.record of weight, B.M.I. Lastly total reduction in B.M.I.& weight is measured in each group after months treatment of each patient.

1. **COMPLETE RELIEF** :- Where 100% relief has been noted & objectives measurements, biochemical values have return to normal. Total relief in signs, symptoms & objectives measurements – 100% normally in B.M.I. & weight.
2. **PARTIAL RELIEF** :-
 - a. Marked Relief : Up to 75% & above normal in B.M.I.& signs, symptoms
 - b. Moderate Relief : Relief above 50% but below 75% in B.M.I.& signs, symptoms.
 - c. Mild Relief : Relief more than 25% but below 50% in B.M.I. & signs, symptoms.
3. **NO RELIEF** :- No relief or no improvement in signs symptoms & Observational measurements like B.M.I.

Discussion :- An attempt will be made to study the effect of Dashaang Guggul on Sthoulyaand result will be discussed according to statistical data.

Summary :- All events in the present study will be summarized by showing their effect.

Conclusion :- Conclusion will be drawn strictly on the basis of statistical analysis at the final stage of study.

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Commentator - Prof.Ravidatta Tripathi
- 2) Name of Book - Yogratnakar
Commentator - Vaidya Bramhashankar Shastri
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Commentator - Vaidya Bramhanand Tripathi
- 4) Name of Book - Bhavprakash
Commentator - Vaidya K.C.Chunekar
- 5) Name Of Book - Dravyagun Vidnyan
Commentator - Vaidya. Priyavat Sharma

- 6) Name of Book - Kayachikitsa
Commentator - Prof. Vd.Y.G.Joshi
- 7) Name of Book - Davidson's Principle Of Medicine
Commentator - Christopher Haslett
- 8) Name of Book - Principle Of Internal Medicine
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hauser, Longo, Jameson, loscalzo

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