

# Role of Udvartan and Lekhan Basti in the Management of Sthoulya

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**Abstract:** Obesity is one of the common disorder in the luxurious and industrialized society. Obesity is the condition in which there is excess of body fat due to imbalance between input and output. Acharya Charak has described in detailed the causative factor, sign & symptoms, prognosis and management in the chapter of Ashtaunindeetiya Adhaya. It also describe in nanatmaja vikara of kapha. In Ayurveda obesity can be correlated with sthoulya which has similar sign & symptoms like obesity. In present case report a 40 year male patient weight 80 kg. has came to Panchakarma OPD for treatment, who was treated with Lekhan Basti and Udvartana with Kolakulathadi churna.

**Keywords:** Obesity, Sthoulya, Lekhan Basti, Udvartana

## 1. Introduction

A study conducted in Urban Delhi shows the prevalence of obesity as 20% in men and 27% in women. Another study conducted by Nutritional Foundation of India (NFI) shows the prevalence rate of obesity in slum area is 1% in males and 4% in females.

Acharya Charak describe sthoulya in astanindeetiya adhaya. Aisthauya is also describe Kaphaja Nanatmaja Vikara. Charak also given concept of Baddha and Abaddha meda. Baddha meda means solid or obvious fat of the body.

Abaddha meda means free or mobile fat. Susrut defined sthoulya is a daruna vyadhi under the capter of Mahakustha. Astanga hridaya describe atibrimhan janit vyadhi. Sthula purush has eight doshas like Ayusho hrasa, Jabouparodh, Kriccha Vyavayata, Daurbalya, Daurgandha Svedaavadha, Kshudhatiyoga and Pipasaatiyoga seeing the etiopathology of sthoulya mentioned in our Samhitas it can be said that the drugs which having vatakaphahara property, corrects the functions of Dhatwagni & Bhutagni associated with some fat reducing action like Udvartana has to be adopted for management of sthoulya. Both the internal and external measure are applied in Chikitsa of Shoulya which is described in Ayurveda.

## 2. Case Report

A 40 year Male patient weight 80 kg, having complain of Khudraswas, Dourballa, Daurgandhata, Atipipasa, Khudaadhikya from last 6 months. BP – 138/86 mmHg, pulse was 86 per minute, patient was intake fast food and sleep regularly. Hence, he was visited at Ayurvedic OPD for Panchakarma treatment. Patient was thoroughly examined and the reports like T<sub>3</sub>, T<sub>4</sub>, TSH, T<sub>2</sub>DM & HTN are normal.

## Clinical Finding

### Astavidha Pariksha

- Nadi – 86/min.
- Mala – Asamyak prabritti
- Mutra – 4 – 6 times in a day
- Shabda – Spasta
- Drik – Spasta
- Sparsha – Anushnashit
- Akruiti – Sthula
- Jeeva – Saama

### Dasavidha Pariksha

- Prakriti – Vata kapha
- Vikriti – Medodhatu dusti
- Sara – Madhyam
- Samhanana – Pravara
- Pramana – Adhik
- Satmya – Madhyam
- Satva – Madhyam
- Aharshakti – Madhyam
- Vyamsakti – Madhyam
- Vaya – 40 year

## Intervention:

### Details of Udvartana process:

Udvartana means Rubbings the body with powdered medicine. The best time of Udvartana is early morning, after evacuation of stool and urine. Udvartana started from legs, arms, chest, abdomen, back & gluteal region which is done at upward direction. Here Kolakulathadi Churna is used which is vatakaphahara property, agnideepak kledasosak property which able to decrease medo dhatu. Udvartana eliminate the dosa from body and also performed the samprapti bighatan. It open up the minute channel to causes Vasodialatution as well as help to improve the blood circulation & lymphatic circulation.

**Table 1:** Showing the ingredients of Lekhan Basti

Sr. No.	Drabya	Matra
1.	Makshika	80 ml.
2.	Saindhaba labana	10 gm.
3.	Triphala kasaya	400 ml.
4.	Go mutra	150 ml.
5.	Khar	2 gm.
6.	Tila Taila	80 ml.

**Table 2:** Basti Chart

S. No.	Date	Basti Dana Kala	Pratyagamankal	Matra
1.	01.08.22	10.30 a. m.	After 5 min.	70 ml
2.	02.08.22	10.35 a. m.	After 10 min.	70 ml
3.	03.08.22	10.35 a. m.	After 10 min.	70 ml
4.	04.08.22	10.35 a. m.	After 30 min.	70 ml
5.	05.08.22	11.00 a. m.	After 30 min.	70 ml
6.	06.08.22	11.00 a. m.	After 30 min.	70 ml
7.	07.08.22	10.30 a. m.	After 35 min.	70 ml
8.	08.08.22	11.00 a. m.	After 35 min.	70 ml
9.	09.09.22	11.02 a. m.	After 40 min.	70 ml
10.	10.09.22	10.20 a. m.	After 1 hr.	70 ml
11.	11.09.22	10.20 a. m.	After 40 min.	70 ml
12.	12.09.22	11.08 a. m.	After 35 min.	70 ml
13.	13.09.22	10.25 a. m.	After 35 min.	70 ml
14.	14.09.22	10.25 a. m.	After 35 min.	70 ml
15.	15.09.22	10.25 a. m.	After 40 min.	70 ml

### Assessment

Both the subjective as well as clinical improvement were employed for the assessment of the impact of the procedure. All the symptoms were thoroughly examined before and after the trial of the procedure. After the treatment of 15 days there is significant decrease the sign & symptoms.

**Table 3**

Sr. No.	Symptoms	BT	AT	After Follow - up
1.	Khudra swas	3	1	–
2.	Dourballa	2	1	–
3.	Dourgandha	2	1	–
4.	Atipipasa	2	2	1
5.	Khudaadhika	2	2	1

### 3. Discussion

Because of *Medodhatwagni mandya* there is excessive accumulate of *Meda dhatu*. *Sweda* is mala of *Meda dhatu*. *Udbartan* with *Kolakullathadi Churna* having *vata kaphahara* property and create *medovilayana*. It also increase the *medodhatwagni* which is help to proper metabolism of *medadhatu*.

According to *Charak*, *Basti* is *ardhachikitsa*. According to *Susrut Chikitsa* the *Lekhan Basti* is helpful for *medaroga*. Ingredients of *Lekhan Basti* like *Kshar* and *go mutra* are *Ushna Virya & Deepak*, *Kaphasosak & Vata Samak*. Properly, *Triphala* is *Agnideepak & Deepaniya pachaniya* property which help to *srotosodhan* & help to *posan* of *Medodhatu*.

### 4. Conclusion

*Panchakarma* help to eliminate the *Prakupita Dosa* from the body for the purpose of *rogasamana*. That's why *Sodhan Karma* is beneficial for these purpose. *Panchakarma* therapy

like *Udbartana* and *Basti* is the best way for manage the *Sthoulya Roga*.

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