

## A Clinical effect of Guduchi musta churna with Takrarishta in Sthoulya

**Dr. Amol A. Powar**

M.D (kayachiitsa)

Lecturer, Dept. of Kayachiitsa

Late Kedari Redekar Ayurvedic Medical Collage, Gadhinglaj.

### Abstract –

*Sthaulya* described in Ayurved samhitas co-relates with the disease obesity described by the modern science. Obesity is one of the most flashing disease now-a-days. Obesity is a dysfunctional metabolic condition of the body. The excessive fat storage in the various parts of the body differentiates into generalized, abdominal and combined obesity. It leads to many life threatening diseases such as Diabetes Mellitus, Hypertension, Cardiovascular diseases.

Acharya Charaka has mentioned many herbal preparations with vyayama and udvartana to treat *Sthaulya*. Due to busy life style, it is seen that, there is no time for vyayama and udvartana. However, even if people add vyayama in their daily schedule, it is not meticulously followed. This irregularity proves to be not effective to overcome obesity problem. Besides of having many researches on *Sthaulya*, still it is an unsolved equation. For the benefit of people and to know the effect of only oral medication on obesity; I have selected the Combination of Guduchi-Musta Churna and Takrarishta for my research praposal. This Churna and Arishta are easily available, easily palatable and economical.

**Key words** - *Sthaulya* , obesity, Guduchi-Musta Churna and Takrarishta

### Introduction-

**S***thaulya* described in Ayurved samhitas co-relates with the concept of obesity described by the modern science. According to Ayurveda due to excessive consumption of *Atisnighdha*, *Atimadhur*, *Atiguru Ahara* (food items) leads to *Agni dushti*, *Kaphadushti*, *Medovaha-strotas-dushti*, *Medo-dhatvagni-dushti* and followed by *Sthaulya*. Acharya Charaka described *Sthaulya* as one of the *nindit vyadi*, and *lakshana* of *Sthaulya* has been enlisted as follows *Ayushyarhyas*, *Atikshudha*, *Atipipasa*, *Kruchavyvay*, *Utsahahani*, *Daurgandhya*, *Jaroparodh*, *Daurbalya*, *Swedabaadh*

### Aim & objectives –

- To access the effect of Guduchi-Musta Churna and Takrarishta on signs and symptoms of *Sthaulya*.
- To study the *sthoulya* as per ayurvedic & modern text .

### Material & methods –

Clinically diagnosed 10 patients were enrolled in the study from the OPD & IPD of department of kayachikitsa from our institute .

- Trail group -10 patients

- Drug - Guduchi-Musta Churna and Takrarishta (drug purchased from GMP approved pharmacy )
- Duration of treatment – 60 days.
- Study Duration – 90 days.
- Sampling technique –Simple Random sampling

### Treatment Protocol

- Drug Combination of Guduchi- Musta Churna and Takrarishta
- Dose- Churna -3gm , Takrarishta - 20ml
- Time of administration - Abhakta kaal
- Anupan - Warm water
- Treatment Duration - 60 days
- Follow up At 0th,15th ,30th, 45th , 60th. Day
- Study duration - 90 days
- Observational follow up after the treatment - At 75th day and 90th day

### Inclusion Criteria

- Patient having signs and symptoms of *Sthaulya* as mentioned above.
- BMI in > 25 to < 34.9 kg/m<sup>2</sup> 11
- Patient with age group 18 to 60 years.

### Exclusion Criteria

- Major systemic diseases like Congestive cardiac failure, chronic kidney disease, known case of hypothyroidism.
- Pregnancy.

**Withdrawal Criteria**

- If any adverse side effect appears during treatment.
- If any symptoms aggravated during treatment.
- If patient is not willing to continue the treatment.
- Rescue medicine – If severe symptoms of acidity, loose motion, constipation occurs during treatment then Ayurvedic treatment were prescribed e.g kaamdhudha/ laghu-sutshekhar/kutaj ghana vati/ Gandharva hartitaki etc.
- If any major illness occurs then consultation of Allopathic physician will be advised for appropriate medication.

**Subjective Criteria (parameters):-**

**Draurgandhya**

0. Absence of foul smell of body
1. Occasionally an limited to close area and difficult to suppress with deodorant
2. Persistent foul smell felt from long distance and is not able to suppress by deodorant
3. Foul Smell is intolerable to patient it self

**Kshudrashwas**

0. No dyspnea after work
1. Dyspnea after heavy work
2. Dyspnea after little work
3. Dyspnea at resting condition

**Atikshudha**

0. Normal hunger at regular time (3 times a day)
1. Feeling hungry 1 to 2 time between the meals
2. Feels hungry 2 to 3 times between meals
3. Feels hungry after every 2 to 3 hrs even after taking meals

**Atitrushna**

0. Normal thirst(3 times a day)
1. Feeling thirsty 2 to 3 times between the meals
2. feeling thirty 4to 5 times between the meal
3. Feels thirsty even after drinking water

**Nidradhikya**

0. Normal sleep at night about 6-7 hrs and feels fresh
1. Sleep of 8 hrs with anga Gaurav
2. Sleep of 10hrs with tandra
3. Feels sleepy for whole day

**Utsahahani**

0. Feels energetic whole day
1. Decreased energy for heavy work
2. Low energy for little work
3. No energy for any work

**Chalaudar Lambanam**

0. Absence
1. Little visible pendulous movement after fast movement
2. Little visible pendulous movement after mild movement
3. Pendulous movement even after changing posture

**Chalaspika Lambanam**

0. Absence
1. Little visible movement after fast movement
2. Little visible movement after mild movement
3. Movement even after changing posture

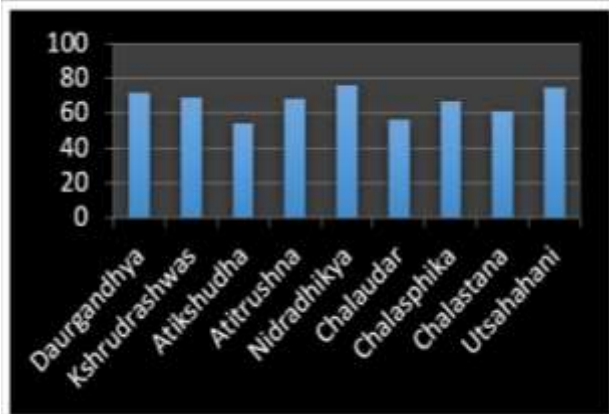
**Chalastana Lambanam**

0. Absence
1. Little visible movement after fast movement
2. Little visible movement after mild movement
3. Movement even after changing posture

**Results & observation –**

S r n o	Complai nts	No of patie nts	Mean		S D	S E	To tal rel ief %	t val ue	P val ue
			B T	A T					
1	Daurgan dhya	05	2. 60	0. 26	0. 68	0. 27	72. 1	8.0 1	<0. 001
2	Kshrudra shwas	05	2. 39	0. 61	0. 56	0. 51	69. 2	6.6 5	<0. 001
3	Atikshud ha	05	2. 34	0. 53	0. 68	0. 34	54. 5	7.3 7	<0. 001
4	Atitrushn a	05	2. 32	1. 56	0. 68	0. 49	68. 2	7.3 2	<0. 001
5	Nidradhi kya	05	2. 58	0. 85	0. 57	0. 59	76. 2	8.5 1	<0. 001
6	Chalauda r	05	2. 67	0. 76	0. 68	0. 87	56. 1	7.0 1	<0. 001
7	Chalasp ika	05	2. 56	0. 67	0. 71	0. 72	66. 9	6.5 9	<0. 001
8	Chalasta na	05	2. 14	0. 55	0. 66	0. 42	61. 2	7.6 6	<0. 001
9	Utsahaha ni	05	2. 50	0. 73	0. 72	0. 56	74. 5	8.3 8	<0. 001

**Graphical presentation –**



**Discussion-**

Obesity is one of the most flashing disease now-a-days. Obesity is a dysfunctional metabolic condition of the body. The excessive fat storage in the various parts of the body differentiates into generalized, abdominal and combined obesity. It leads to many life threatening diseases such as Diabetes Mellitus, Hypertension, Cardiovascular diseases. In this study we tried to herbal preparation for management of sthoulya .

Guduchi act as a Tridoshaghna Mehahara, Dipana Trushna-nighraha Shleshma-shonitvibandha prashaman , musta act as a Kapha-raktapittahar, Dipana,pachana atisaraghni ,krumighna .Takararishta having panchalavan , Triphala,takra ,yavani & marich most of the contains helps to deeeepan pachan , rasayan ,anulomak helps to maintain balance of digestive system.

**Conclusion-**

- Takrarishta with guduchi musta churna is effective in management of sthoulya
- There is no any adverse effect were seen in this study

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