

Effect of Triphala Guggulu in Obesity Management: An Ayurvedic Review**Dr. Ujjwala Suryakant Rajmane**

Assistant Professor, Department of Kayachikitsa
Shiva Trust's Yashwantrao Chavan Ayurvedic Medical College and Hospital,
Nipani Bhalgaon, Chhatrapati Sambhajinagar, Maharashtra, India
Email: ujjwalaramne24@gmail.com

Abstract

Obesity is one of the fastest-growing lifestyle disorders worldwide and is associated with numerous metabolic complications such as diabetes mellitus, hypertension, cardiovascular diseases, osteoarthritis, and dyslipidemia. In Ayurveda, obesity is described under the concepts of *Sthaulya* and *Medoroga*, which arise due to vitiation of Kapha Dosha, Meda Dhatu, and impaired Agni. Ayurvedic management focuses on correction of metabolism through Shodhana and Shamana therapies along with lifestyle and dietary modifications. Triphala Guggulu, a classical Ayurvedic formulation, possesses Deepana, Pachana, Lekhana, Medohara, and Shothahara properties that make it beneficial in obesity management. The formulation contains Triphala, Guggulu, and Pippali, which help improve digestion, detoxification, lipid metabolism, and fat reduction. Modern scientific studies have demonstrated its hypolipidemic, antioxidant, anti-inflammatory, and anti-obesity effects. Clinical studies have shown reduction in body weight, body mass index, waist circumference, and serum lipid levels after administration of Triphala Guggulu. This review aims to evaluate the role of Triphala Guggulu in obesity management through classical Ayurvedic references and contemporary scientific evidence. The review concludes that Triphala Guggulu is an effective and safe Ayurvedic formulation for obesity management when combined with appropriate Ahara and Vihara.

Keywords: Obesity, *Sthaulya*, *Medoroga*, Triphala Guggulu, Ayurveda, Medohara

Introduction

Obesity has emerged as a major public health concern in the modern era due to sedentary lifestyle, unhealthy dietary habits, stress, and lack of physical activity. According to the World Health Organization (WHO), obesity has nearly tripled globally over the last few decades. It is characterized by excessive accumulation of body fat that impairs health and increases the risk of metabolic and cardiovascular diseases.¹

$BMI = \text{Weight (Kg)} / \text{height}^2 (\text{m})^2$

Body Mass Index (BMI) is commonly used to classify obesity. A BMI above 25 kg/m² is considered overweight, while BMI above 30 kg/m² is considered obesity.²

In Ayurveda, obesity is described as *Sthaulya* or *Medoroga*. Acharya Charaka has included Atisthauhya among the *Ashta Nindita Purusha*. Excessive nourishment and accumulation of Meda Dhatu due to impaired Agni and Kapha aggravation

led to obesity.³ Ayurveda advocates a holistic management approach involving Ahara (diet), Vihara (lifestyle), and Aushadhi (medications).

Among various Ayurvedic formulations, Triphala Guggulu is widely used because of its Lekhana and Medohara properties.⁴

Aim

To study the effect of Triphala Guggulu in obesity management.

Objectives

1. To review obesity from modern and Ayurvedic perspectives.
2. To study the pharmacological properties of Triphala Guggulu.
3. To evaluate the therapeutic role of Triphala Guggulu in obesity management.
4. To analyze available scientific evidence regarding Triphala Guggulu

Materials And Methods

The present study is a conceptual literary review based on Ayurvedic classics, published research articles, dissertations, journals, and online databases. Information regarding obesity, Sthaulya, Medoroga, and Triphala Guggulu was collected from classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Sharangadhara Samhita, and Bhaishajya Ratnavali along with modern scientific literature.⁵⁻⁸

Modern Review of Obesity**Definition**

Obesity is a condition characterized by excessive fat accumulation that adversely affects health.¹

Etiological Factors

- Excessive calorie intake
- Sedentary lifestyle
- Genetic predisposition
- Hormonal imbalance
- Psychological stress
- Lack of physical exercise
- Sleep disturbances⁹

Pathophysiology

Obesity develops due to imbalance between energy intake and energy expenditure. Excess calories are stored as adipose tissue leading to metabolic dysfunction and chronic inflammation.¹⁰

Complications

- Type 2 Diabetes Mellitus
- Hypertension
- Dyslipidemia
- Coronary artery disease
- Osteoarthritis
- Non-alcoholic fatty liver disease
- Sleep apnea
- Infertility¹¹

Ayurvedic Review of Obesity**Concept of Sthaulya**

Sthaulya is characterized by excessive accumulation of Meda Dhatu resulting in pendulous movement of buttocks, abdomen, and breasts along with reduced enthusiasm and physical capacity.³

Nidana (Etiological Factors)

- Excessive intake of Madhura, Snigdha, Guru Ahara
- Divaswapna (day sleep)
- Lack of exercise
- Sedentary habits

- Excessive nourishment
- Psychological comfort³

Samprapti (Pathogenesis)

Excessive Kapha-promoting diet and lifestyle lead to Agnimandya and Ama formation. This results in excessive production and accumulation of Meda Dhatu causing obstruction of body channels. Obstructed Vata stimulates appetite, resulting in excessive food intake and further obesity.³

Lakshana (Symptoms)

- Chala Sphika Udara Stana
- Excessive sweating
- Excessive hunger and thirst
- Dyspnea on exertion
- Laziness
- Weakness
- Reduced physical activity³

Drug Information: Triphala Guggulu

Triphala Guggulu is a classical Ayurvedic formulation described in Sharangadhara Samhita and Bhaishajya Ratnavali.⁴⁻⁵

Ingredients

1. Haritaki (*Terminalia chebula*)
2. Bibhitaki (*Terminalia bellirica*)
3. Amalaki (*Embolia officinalis*)
4. Shuddha Guggulu (*Commiphora mukul*)
5. Pippali (*Piper longum*)⁸

Pharmacological Action of Triphala Guggulu⁸

Sr. No.	Ingredient	Botanical Name	Part used	Proportion	Ayurvedic Properties
1	Haritaki	Terminalia chebula Retz.	Fruit	1 part	Rasa- Pancharasa (Levan varjit) Guna- Laghu, Ruksh Virya- Ushna Vipaka- Madhur Doshkarm a- Tridoshar Specially Vaathar

2	Bibhita ki	Terminali a bellirica Roxb.	Fru it	1 part	Rasa- Kashaya Guna- Laghu, Ruksh Virya- Ushna Vipaka- Madhur Doshkarm a- Tridoshhar Specially Kaphahar
3	Amalak i	Emblica offcinalis Gaertn.	Fru it	1 part	Rasa- Pancharasa (Levan varjit) Guna- Laghu, Ruksha, Sheet Virya- Sheet Vipaka- Madhur Doshkarm a-Specially Pittahar
4	Pippali	Piper longum Linn.	Fru it	1 part	Rasa-Katu Guna- Laghu, Snigdha, Tikshna Virya- Anushansh eeta Vipaka- Madhur Doshkarm a-Kapha- Vaathar
5	Guggul u	Commiph ora mukul (Arnott) Bhandari	Gu m resi n	5 parts	Rasa- Katu, tikshna Guna- Laghu, Ruksha, Tikshna Virya- Ushna Vipaka- Katu Doshkarm a-Kapha- Vatahar

Mode of Action of Triphala Guggulu in Obesity

1. Deepana and Pachana : Triphala Guggulu stimulates digestive fire and improves metabolism, thereby reducing Ama formation. ¹²

2. Lekhana Karma

The formulation possesses scraping action that helps remove excess Meda Dhatu from the body. ³

3. Medohara Effect

Guggulu and Triphala enhance lipid metabolism and help reduce adipose tissue accumulation. ¹³

4. Srotoshodhana

The formulation clears obstructed body channels and improves circulation and tissue metabolism. ⁸

5. Hypolipidemic Activity

Guggulu contains guggulsterones which reduce serum cholesterol and triglycerides. ¹³

6. Antioxidant Effect

Triphala exhibits antioxidant activity that helps reduce oxidative stress associated with obesity. ¹⁴

Scientific Evidence

Several studies support the beneficial role of Triphala Guggulu in obesity management.

- Clinical studies have shown significant reduction in body weight and BMI after administration of Triphala Guggulu. ¹³
- Improvement in lipid profile including reduction in cholesterol, triglycerides, and LDL levels has been reported. ¹³
- Guggulu possesses anti-inflammatory and hypolipidemic properties. ¹²
- Triphala improves digestion, detoxification, and metabolism. ¹⁴
- Pippali enhances bioavailability and metabolic activity. ⁸

Discussion

Obesity is a multifactorial metabolic disorder requiring comprehensive management. Ayurveda emphasizes correction of Agni and reduction of excess Meda Dhatu through proper Ahara, Vihara, and Aushadhi. ³

Triphala Guggulu acts through multiple mechanisms including Deepana, Pachana, Lekhana, and Medohara effects. Haritaki improves bowel function and digestion. Bibhitaki reduces Kapha and Meda. Amalaki acts as a Rasayana and antioxidant. Guggulu helps reduce lipid accumulation and inflammation. Pippali enhances digestion and drug absorption. ⁸

The synergistic action of these ingredients contributes to reduction in body weight, improvement in lipid profile, and correction of metabolic

disturbances. Along with dietary control and physical exercise, Triphala Guggulu provides a safe and effective approach in obesity management.¹³

Conclusion

Obesity is a major lifestyle disorder associated with numerous metabolic complications. Ayurveda correlates obesity with Sthaulya or Medoroga resulting from Kapha aggravation, Meda accumulation, and Agnimandya.³

Triphala Guggulu is an effective Ayurvedic formulation possessing Deepana, Pachana, Lekhana, and Medohara properties. It improves metabolism, reduces excess fat accumulation, and corrects lipid abnormalities. Classical references and modern scientific studies support its role in obesity management.¹³

Therefore, Triphala Guggulu can be effectively used in the management of obesity along with appropriate dietary and lifestyle modifications.

References

1. World Health Organization. Obesity and overweight [Internet]. Geneva: WHO; 2024 [cited 2026 May 18]. Available from: [World Health Organization](https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight)
2. Munjal YP, editor. API Textbook of Medicine. 10th ed. New Delhi: Jaypee Brothers Medical Publishers; 2015.
3. Agnivesha. Charaka Samhita. Sutra Sthana Chapter 21. Varanasi: Chaukhamba Sanskrit Pratishthan.
4. Sharangadhara. Sharangadhara Samhita. Madhyama Khanda. Varanasi: Chaukhamba Surbharati Prakashan.
5. Govind Das Sen. Bhaishajya Ratnavali. Medoroga Chikitsa Adhyaya. Varanasi: Chaukhamba Sanskrit Bhavan.
6. Sushruta. Sushruta Samhita. Varanasi: Chaukhamba Sanskrit Series Office.
7. Vagbhata. Ashtanga Hridaya. Sutra Sthana. Varanasi: Chaukhamba Orientalia.
8. Sharma PV. Dravyaguna Vijnana. Vol. 2. Varanasi: Chaukhamba Bharati Academy.
9. Harrison TR. Harrison's Principles of Internal Medicine. 20th ed. New York: McGraw-Hill Education.
10. Kumar P, Clark M. Kumar and Clark's Clinical Medicine. 9th ed. London: Elsevier.
11. Davidson S. Davidson's Principles and Practice of Medicine. 23rd ed. Edinburgh: Elsevier.
12. Gupta AK, Tandon N, Sharma S. Role of Guggulu in hyperlipidemia and obesity management. AYU. 2011;32(1):78-84.
13. Patel MV, Patel KB. Clinical evaluation of Triphala Guggulu in Sthaulya. Int J Ayurvedic Med. 2018;9(3):145-50.
14. Jain A, Sharma RK. Therapeutic potential of Triphala in metabolic disorders: A review. J Ayurveda Integr Med. 2016;7(4):245-52.