

## THRAYOOSHANAADYA LOHA IN THE SAMPRAPTHI VIGHATANA OF STHOULYA

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### ABSTRACT

*Sthoulya* is a common disease encountered in the clinical practice nowadays. It is one of the *Santharpanottha Vyadhi* mentioned in *Ayurveda*. It is usually equated to Obesity, which is a pandemic with potentially disastrous consequences. The prevalence of obesity has increased threefold for the past 20 years. The main line of treatment explained in *Ayurveda* is *Guru* and *Atarpana*, where in *Ushna*, *Teekshna*, *Kaphahara*, *Medohara* and *Vatahara* modalities are administered. Internal administration of medicines plays a major role in the management of *Sthoulya*. *Thrayooshanaadya loha* is indicated in the management of *Sthoulya*. 20 Patients were administered orally with *Thrayooshanaadya loha* for a period of 45 days, and were assessed before treatment and after completion of medication, on 46<sup>th</sup> day. Statistically highly significant results were obtained.

**Keywords:** *Sthoulya*, *Santharpanottha Vyadhi*, *Atarpana*, *Vatahara*, *Thrayooshanaadya loha*.

### INTRODUCTION

In this era of modern lifestyle, metabolic disorders like *Sthoulya* are seen in day to day practice. It is one among the *Santharpanajanyavyadhi*<sup>1</sup> mentioned in *Ayurveda*, which can be correlated with obesity explained in contemporary science. *Sthoulya* is described as a *kapha* predominant disease involving *kapha* and *medas* as main *dosha* and *Dushya* respectively in the pathogenesis. *Sthoulya* is also explained as a *bahudoshajavyadhi* which further add to the fact that it is the root cause of many dreadful diseases. Obesity is a condition in which excess body fat accumulates to the extent that it may have a negative effect on the health. It aggravates the condition of various diseases, particularly coronary heart disease, diabetes, atherosclerosis, hypertension, infertility and osteoarthritis.

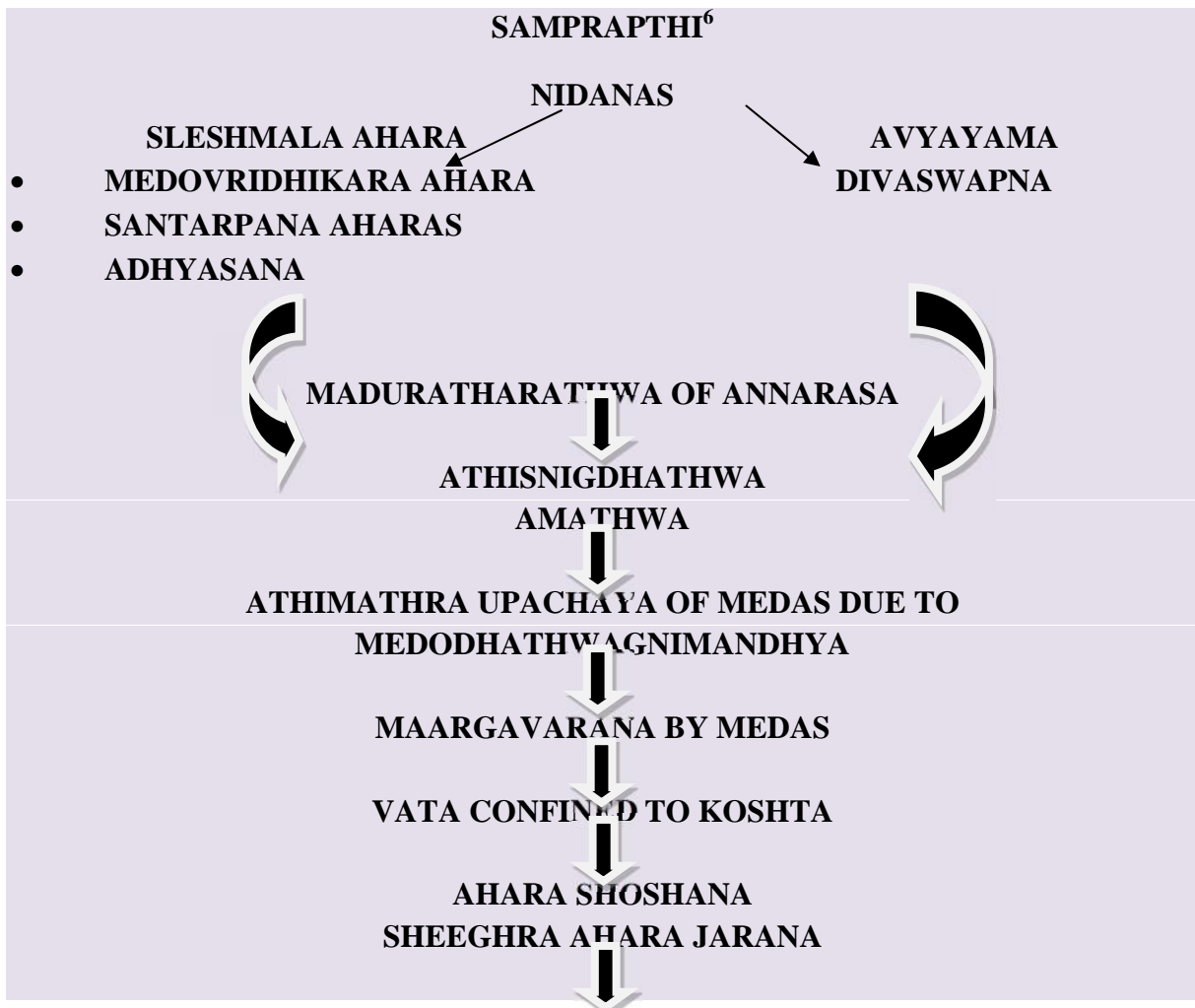
Obesity is most commonly caused by the combination of excessive food intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications, or psychiatric illness. Obesity is a leading cause of death worldwide, with increasing rates in adults and children. Authorities view it as one of the most serious public health problem of the 21<sup>st</sup> century.

Various treatment modalities are advocated to manage this condition, which include diet plans, anti-obesity drugs, liposuction and bariatric surgery and so on. But lack of long term therapeutic effect is lacking in the above said treatment modalities. The main line of treatment explained in *Ayurveda* is *Guru* and *Atarpana*<sup>2</sup>, where in *Ushna*, *Theekshna*, *Kaphahara*, *Medohara* and *Vatahara* modalities are adminis-

tered. Internal administration of medicines plays a major role in the management of Sthoulya. Thrayooshanaadyaloha<sup>3</sup> for the management of Sthoulya is mentioned in Yogarathnakara. The highlight of the medicine is that no particular pathya has to be followed while consuming this medicine. Here a sincere attempt has been made to provide a better management of Sthoulya through its samprapthi vighattana and thereby correcting the underlying pathology with its roots. The present work undertaken based on the hypothesis that the formulation thrayooshanaadyaloha mentioned in yogaratnakara, with its ingredients possessing Katu Tikta Kashaya rasa and with Medochedana, Lekhana and Karshana properties.

#### NIDANA FOR STHOULYA

Sthoulya is a vyadhi manifested due to Medovridhikara Ahara and Vihara exogenously and due to the vitiation of Dosha, Dhātu, Mala, Srothas etc endogenously. Among the Nidanas mentioned by Acharya Charaka, many fall under the exogenous category. Charaka also mentioned about Beeja Dosha<sup>4</sup> involvement besides other reasons. Hence Sthoulya can be broadly classified into two types- Jatothara and Sahaja. The Jatothara Sthoulya manifests due to Santarpana Nidanas<sup>5</sup>, which can be categorized into Aharatmaka, Viharatmaka and Manasika Nidanas. Excessive indulgence in Aharatmaka and Viharatmaka Nidana acts as Viprakrishta hetu for Sthoulya. Along with these, the Manasika Nidanas like Harshanitya, Achintana also contribute to the disease.



## ATHIKANKSHA OF AHARA

### ATHISTHOULYA

#### AIMS AND OBJECTIVES OF THE STUDY:

- To evaluate the efficacy of *Thrayooshanaadya loha* in the *Samprapthi Vighattana* of *Sthoulya*.

#### MATERIALS AND METHODS:-

**Study Design:** Single arm open labelled study.

#### Inclusion criteria:

- Subjects presenting with *Pratyatma lakshana* of *Sthoulya*.
- Subjects having BMI > 25
- Subjects of either sex between 18 and 60 years

#### Exclusion criteria:

- Other systemic diseases that interfering with the course of treatment.

#### Intervention:

20 Patients were administered orally with *Thrayooshanaadya loha* for a period of 45 days. Patients were assessed before treatment on -1<sup>st</sup> day and after completion of medication on 46<sup>th</sup> day.

**Assessment:** The *Samanya Lakshana* of *Sthoulya* was graded (Table No 03) and assessed on 1<sup>st</sup> day and 46<sup>th</sup> day. Statistical test was performed on the data obtained on 0 day and on 46<sup>th</sup> day.

**Observations:** Observations are summarized in table number 02.

**Results:** Results are summarized in table number 04.

#### MODE OF ACTION

*Thrayooshannadya loha* comprises of *Chathurvidha Lavanas*. *Lavanas* are *Ushnathama* in nature thereby causing reduction in the *Kapha* and *Medas*. Also the *Sukshma guna* of *Lavanas* which is dominated by *Vayu*, *Akasha* and *Agni Mahabhuta* has the nature of penetrating deep into the body and reaches the *Sukshma*

*Srotas*. Thus, does the *Sroto Shodhana* by which there will be evacuation of the accumulated *Medodhatu* from the blocked channels. *Kleda shoshana* is attributed to the *rooksha guna*. *Vishada guna* of the medicine act as antagonistic to the *Picchilata* of *Medodhatu* brings about the *Lekhana Karma* thus acts in *Sthoulya*. The *Ushna Veerya Dravyas* are having *Laghu* and *Tikshna guna*. Hence they are responsible for the *Karshana* and stimulate the excretory function of *Mutra*, *Pureesha* and *Sweda* and also does *Deepana*, *Pachana Karma*.

#### DISCUSSION

*Sthoulya* is a *Kapha-nanathmaja vyadhi* with *Vatika involvement*. The combination mainly acts on *Kapha-Vata* by virtue of its *Ushna Virya*. There is *Meda* and *Mamsa Vriddhi* in *Sthoulya Roga* along with production of *Ama Rasa*. The *oushadha* breaks the *Srotosanga*. So the active principle can reach upto the minute level. As most of the drugs having *Tikta*, *Katu* and *Kashaya Rasa* they cause *Shoshana*, *Lekhana*, *Amahara*, *Mutrala*, *medo soshana karma*. They facilitates the depletion of the *baddha medas* which is in the accumulated form in body. Most of the drugs are with *Deepana* and *Pachana guna*. By the virtue of its *Deepana* and *Pachana Karma*, the combination works at the level of *Agni*. By *Deepana* properties, it mainly corrects the *Medodhathwagnimandya* and checks the further progression of *Meda Sanchaya* by preventing the accumulation of *Medas*. Due to *Laghu*, *Tikshna*, *Ruksha guna* of the drugs in this medicinal recipe, the combination removes the *Avarodha* in *Medavaha Srotas*. So the *Uttarottara dhatu* are nourished and the

process of *Medavridhhi* is thus get culminated.

Most of the drugs in this combination have *Lekhana* property which reduces *Meda* (Adipose tissue) from the depended part of the body that brings *Laghuta*, reduce the accumulated fat thus relief in the lakshana *medopachaya*. When the *Atisandhukshitha Jatharagni* get pacified so *Kshudhadhikya* also get diminished. *Sweda* is the *Mala* of *Medas* so reduction of *Medas* inhibits excess sweating. Due to *Deepana-Pachana, ushna theekshna gunas srothoshodhana* (clears the blocked channels) is accomplished. So naturally the *poshana* of other *dhatus* also takes place. Hence *Dhatu Poshakamsa* can easily reach to respective *Dhatu* enhancing the proper nutrition to all *Dhatu*. This leads to the mitiga-

tion of lakshanas like *Dourbalya, Aalasya, Nidradhikya*.

### CONCLUSION

An ideal *Sthoulyahara dravya* which helps in the *Samprapthi Vighattana* of *Sthoulya* should possess *Tikta, Katu Rasa, Ruksha, Theekshna Guna, Ushna virya* and *Chedana, Lekhana, Medo-sleshmahara Karmas*. *Thrayooshanaadya loha* possess these ideal qualities thus helpful in the breaking of the pathogenesis of the *sthoulya roga*. The highlight of this medicine is that it is devoid of any particular diet restrictions and highly palatable also.

### INGREDIENTS OF THRAYOOSHANAADYA LOHA

Table No:01 showing the ingredients of *thrayooshanaadya loha*

DRUG NAME	BO-TANICAL NAME	RASA	GU-NA	VIRYA	VI-PA-KA	DOSHA KAR-MA	KARMA
<i>Sunthi</i>	<i>Zingiber officinale</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavata samaka</i>	<i>Deepana pachana Anulomana</i>
<i>Mari-cha</i>	<i>Piper nigrum</i>	<i>Katu</i>	<i>Laghu, Theekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata samaka</i>	<i>Deepana pachana vatha-anulomana</i>
<i>Pippali</i>	<i>Piper longum</i>	<i>Katu</i>	<i>Laghu, snigdha, theekshna</i>	<i>Anushnata</i>	<i>Madhura</i>	<i>Kaphavata shamaka</i>	<i>Deepana Yogavaahi</i>
<i>Hari-taki</i>	<i>Terminalia chebula</i>	<i>Kashaya pradhana lavana varjita pancharasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Hara</i>	<i>Lekhana, anulomana, rasayana</i>
<i>Ama-laki</i>	<i>Emblica officinalis</i>	<i>Amlapradhanalavana varjitha</i>	<i>Guru ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha-hara</i>	<i>Vayasthapana, Rasayana chakshushya,</i>

		<i>pancharasa</i>					<i>vrishya</i>
<b>Vib-hee-thaki</b>	<i>Terminalia belleri-ca</i>	<i>Kashaya</i>	<i>Laghu ruksha</i>	<i>Ush na</i>	<i>Mad hura</i>	<i>Trido-shahara kapha-hara vi-sesha</i>	
<b>Chavya</b>	<i>Piper chaba</i>	<i>Katu</i>	<i>Laghu ,ruksh a Theeks hna</i>	<i>Ush na</i>	<i>Katu</i>	<i>Kapha-vata shamaka</i>	<i>Deepana pachana va-taanuloma-na,shoolaprasamana,bh edana, rechana</i>
<b>Chith-raka</b>	<i>Plum-bago zeylani-ca</i>	<i>Katu</i>	<i>Laghu ruksh-na teeksh na</i>	<i>Ush na</i>	<i>Katu</i>	<i>Kapha-vata sa-maka</i>	<i>Deepana pachana</i>
<b>Baku-chi</b>	<i>Psora-lia cori-fo- lia</i>	<i>Katu, Thik- ta</i>	<i>Lag- hu, Ruk- sha</i>	<i>Ush na</i>	<i>Katu</i>	<i>Kapha vata shamaka</i>	<i>Grahi Mehahara</i>
<b>Loha</b>	<i>Iron(Fe )</i>	<i>Kashaya Thikta, Madhura</i>	<i>Guru,r uksha</i>	<i>Shee tha</i>		<i>Trido- shasa- maka, Kapha- samaka</i>	<i>Lekhana</i>
<b>Bida</b>	<i>Sal ammo- niac/ Sodium sul- phate</i>	<i>Lavana</i>		<i>Ush na</i>	<i>Mad hura</i>	<i>Pitta shamaka</i>	<i>deepana, pachana, lek- hana</i>
<b>Oudb hida</b>	<i>Sodium carbo- nate</i>	<i>Thikta katu</i>	<i>Guru snigd- ha, kshara</i>	<i>Ush na</i>	<i>Mad hura</i>	<i>Vata shamaka</i>	<i>deepana, pachana, mu- trala</i>
<b>Sou- varca- la</b>	<i>Black- salt</i>	<i>Lavana</i>	<i>Visha- da Lag- hu, sooksh ma</i>	<i>Ush na</i>		<i>Vathaa- nuloma- na</i>	<i>deepana, pachana</i>

<b>Saind hava</b>	<i>Rock-salt</i>	<i>Lavana madhura</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Trido-shahara</i>	<i>rochana, deepana, vru-shya, chaksushya, avidahi</i>
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**Table No. 02 Showing the Observations:**

	<b>Parameter</b>	<b>Number</b>	<b>Percentage</b>
<b>Sex</b>	Males	07	35
	Females	13	65
<b>Marital Status</b>	Married	16	80
	Unmarried	04	20
<b>Age</b>	16-25 yrs	2	10
	26-35 yrs	9	45
	36-45 yrs	6	30
	46-55yrs	1	05
	56-65yrs	2	10
<b>Chronicity</b>	0-5 Years	15	75
	6-10Years	04	20
	10-15 Years	01	05
<b>Nidana</b>	Aharathmaka	20	100
	Viharathmaka	20	100
	Manasika	04	20
	Beeja doshaja	13	65
<b>Lakshana</b>	<i>Medopachaya</i>	20	100
	<i>Swedaadhikya</i>	11	55
	<i>Daugandhya</i>	08	40
	<i>Dourbalya</i>	10	50
	<i>Atikshuda</i>	17	85
	<i>Atitrishna</i>	13	65
	<i>Nidradhikya</i>	17	85
	<i>Aalasya</i>	18	90

**Table No 03 Showing the Assessment Scores:**

<b>Symptom</b>	<b>Normal (0)</b>	<b>Mild (1)</b>	<b>Moderate (2)</b>	<b>Severe (3)</b>
<b><i>Dourbalya</i></b>	Can do routine exercise	Can do moderate exercise without difficulty	Can do only mild exercise	<b>Can do mild exercise with very difficult</b>
<b><i>Swedabadha</i></b>	Sweating after heavy work and fast movement or in hot season	Profuse sweating after moderate work and movement	Sweating after little work and movement	<b>Profuse sweating after little work and movement</b>

<b>Dourgandhya</b>	Absence of sweat smell	Occasional sweat smell in the body	Persistent sweat smell limited to close areas difficult to suppress with deodorants	<b>Persistent sweat smell felt from long distance is not suppressed by deodorants</b>
<b>Abhyavaharana Shakti</b>	The person not at all taking food	Person taking food in moderate quantity twice in a day	Person taking food in normal quantity twice in a day	<b>Taking food in excessive quantity twice or thrice in a day</b>
<b>Jarana Shakti (presence of Jirna Ahara Lakshana)</b>	<i>Utsaha, Laghuta, Udgara Shud-dhi, Kshudha Trisha Pravrutti, Yathochita Malotsarga.</i> Presence of one symptom after 4 hrs	Presence of two symptoms after 4 hrs	Presence of four symptoms after 3 hrs.	<b>Presence of all symptoms within 2 hrs.</b>
<b>Ati Trishna</b>	Normal thirst	Addition to Normal thirst 1 to 2 liter excess intake of water	Addition to Normal thirst 2 to 3 liter excess intake of water	<b>Addition to Normal thirst more than 3 liter intake of water -</b>
<b>Nidradhikya</b>	Normal sleep 6-7 hrs. at night	Sleep up to 8 hrs. at night /day with Anga gaurava	Sleep up to 8 hrs. at night /day with Anga gaurava and Jrimbha	<b>Sleep up to 10 hrs. at night /day with Anga gaurava, Jrimbha and Tandra</b>
<b>Alasya</b>	<b>No Alasya (doing work satisfactory with proper vigour in time)</b>	<b>Doing work satisfactory with delayed initiation</b>	<b>Doing work unsatisfactory with lot of mental pressure and delayed initia-</b>	<b>No starting any work or doing little work very slowly</b>

**Table No 04 Showing the Results:**

Parameter	Mean Score		t -Value	p-Value	Remarks
	BT	AT			
<b>Medopachaya Sphik</b>	112±5.25	109.2±5.50	6.68	<0.001	HS
<b>Sthana</b>	103.3±7.96	100.27±8.00	7.18	<0.001	HS
<b>Udara</b>	103.05±8.33	97.96±10.15	4.22	<0.001	HS
<b>Swedaadhikya</b>	2.1±0.78	1.1±0.64	9.74	<0.001	HS

<b>Daurgandhya</b>	1.5±0.60	0.8±0.69	6.65	<0.001	HS
<b>Dourbalya</b>	2.2±0.52	1.2±0.41	13.77	<0.001	HS
<b>Abyavaharana shakti</b>	4.15±0.87	3.45±0.82	3.6	<0.01	HS
<b>Jarana shakti</b>	3.75±0.78	3.65±1.03	0.52	<0.2	NS
<b>Atitrishna</b>	1.9±0.71	1.15±0.67	7.54	<0.001	HS
<b>Nidradhikya</b>	2.35±0.81	1.35±0.58	7.95	<0.001	HS
<b>Aalasya</b>	1.75±0.71	0.8±0.41	7.02	<0.001	HS
<b>BODY WEIGHT</b>	80.08±13.59	78.08±13.87	4.48	<0.001	HS
<b>BMI</b>	32.41±4.68	31.59±4.84	4.58	<0.001	HS

BT: Before Treatment; 0<sup>th</sup> Day

AT: After Treatment; 46<sup>th</sup> Day

BMI: body mass index

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*Source of support: Nil*  
*Conflict of interest: None Declared*