

MANAGEMENT OF MEDOROGA WITH AYURVEDIC PATHYAKALPANA- A CASE REPORT

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ABSTRACT

Developing countries including many Asian countries catch up rapidly in the prevalence of obesity. Obesity is the most common nutritional disorder in the present situation. With the possible complications it is not surprising that overweight is associated with multiple lifestyle disorders. In Ayurveda, it has been described under the title of Medoroga. The obesogenic environment of highly palatable foods with hidden fats and sugars can promote obesity. Therefore, a plant-based diet described in Ayurveda to alter modern diets and lifestyles hold out the greatest hope for the solution of the obesity. In Ayurveda, Medoroga has been dealt by different Acharya in every aspects including Dietary Intervention. Management of Medoroga continues to be a challenging problem, present study is an effort to find a solution for the management of Medoroga by Ayurvedic Pathyakalpana.

In this case study, to assess the role of Ayurvedic diet as mentioned in the classics, a well diagnosed patient of Medoroga was given Old Shali, Mudga, Kulathi for 1 month. Efficacy was assessed by measuring weight and associated anthropometric parameters before & after completion of therapy. Results were really encouraging.

Keywords: *Medoroga*, Obesity

INTRODUCTION:

Obesity is a leading preventable cause of death worldwide, with increasing rates in adults and children. Authorities view it as one of the most serious public health problems of the 21st century. Weight gain can result from an increase in body fluid, muscle mass, or fat. An increase in body fluid can come from medications, fluid and salt retention, intravenous fluid infusion, kidney or heart failure.

An increase in body fat is commonly seen as a result of diet or lack of exercise as the body converts muscle to fat. An excessive weight gain is referred to as obesity. In ayurveda, obesity was recognised as a health issue and has been dealt in many of the classical texts. Body is made of 7 Dhatus Rasa(Lymph), Rakta(Blood),Maans(muscle), Meda(fat), Asthi(Bones), majja(Nervous system), Shukra(Reproductive system). In obese

fellow, meda is excessively nourished and remaining other dhatus get malnourished. Kapha gets accumulated in between. Roll of medicines & dietary correction is to remove obstructed kapha and let all dhatus nourish equally. When kapha increases in abnormal fashion, fat metabolism gets hampered and person becomes obese. In Ayurveda over weight persons are said to be unfit for any treatment. Ultimately keeping ones weight under control is a challenge that has to be taken up individually. Management of Medoroga continues to be a challenging problem, present study is an effort to find a solution for the management of Medoroga by Ayurvedic Pathyakaalpana. In this case study, to assess the role of Ayurvedic diet as mentioned in the classics, a well diagnosed patient of Medoroga was given Old Shali, Mudga, Kulathi for 1 month. Results were really encouraging. Total 5 kg weight loss was there.

PRESENTATION OF CASE: A 32-year-old female patient presented to our Institute hospital with chief complaint of Medovridhi at the sites of abdomen, buttock, chest, arms, thigh & whole body, shortness of breath on exertion, Excessive Thirst, Hunger & Sleep, Unable to perform physical labour. For the above complaints she went to multiple institutes and took many types of medicines and therapies like body spa.

On arrival, her general condition was good. The patient was systemically alright. There was no any medicinal as well as surgical illness. There was only weight gain and increased BMI. Her weight was 74kg, BMI- 33, abdominal circumference – 107 cm, Chest circumference – 109 cm, Arm circumference – 34 cm, Thigh circumference 63 cm, calf circumference- 41 cm. Meanwhile, initial and routine blood investigations were sent to the lab. These initial haematological reports like CBC,

urine routine and microscopic, LFT, KFT Lipid profile, blood sugar level were in normal limits. On the basis of visual inspection, clinical diagnosis of Medoroga was made.

Obesity may be a result factors like heredity, environment or food and life styles, but it is difficult to decide the involvement of prime factor. It is not possible to change heredity; it is difficult to change environment, but relatively easy to change food habits and life styles. Hence intervention at this level is need of the hour. Also it is better to manage obesity in its early stage only. As there is no reliable remedy, proper diet is the choice of management. It is also told that there is no other medicine as diet. For this purpose, For this purpose Old Shali, Mudga, Kulathi for 1 month along with regular diet management was administered. The effect was assessed on the basis of Signs and Symptoms of *Sthoulya*, Weight, BMI and Body Circumferences. Interestingly, the results were very encouraging and clearly suggest that these dietary interventions works as a better treatment for *Sthoulya*.

AIMS & OBJECTIVES:

1. To study the effect of Ayurvedic *Pathya kalpana* in Management of *sthoulya* or *Medoroga*.

MATERIALS & METHODS:

Research Design: Present study was a single case study, was administered Ayurvedic diet like shali, Mudga, *Kulathi* in the form of *odan*, *khichdi*, *Yusha* for 1 month.. As per methods of preparation mentioned in classics, all above forms of diet prepared.

CRITERIA FOR ASSESSMENT:

Improvement is assessed once in 15 days for one month with following assessment Criteria during & after study period.

1. Decrease in signs and symptoms of *Medoroga* with the help of grading.
2. Changes in Weight, BMI, Body circumference (Abdomen, Chest etc)

1. Anthropometric measures :

- a. Weight in Kg
- b. BMI (Body Mass Index)

- c. Abdominal Circumference(at the level of umbilicus) in cm
 d. Chest circumference in cm
 e. Arm circumference in cm
 f. Mid thigh circumference in cm
 g. Circumference at calf muscles in cm

ASSESSMENT GRADE:

MEASURES	IMPROVEMENT GRADE			
	Mild	Moderate	Maximum	
a.Weight	Up to 1kg	1-2 kg	2-3 kg	(Reduction in Kg)
b. BMI	Less than or equal to 1	1-2	2-3	(Reduction in Kg/cm ²)
c.Abdominal Circumference	Up to 5 cm	5-10 cm	More than 10 cm	(Reduction in cm)
d.Chest Circumference	Less than 3 cm	3-6 cm	6 cm & above	(Reduction in cm)
e. Arm Circumference	1-2 cm	2-3 cm	3-4 cm & above	(Reduction in cm)
f.Thigh Circumference	Up to 2 cm	2-4 cm	4-6 cm	(Reduction in cm)
g. Calf Circumference	1-2 cm	2-3 cm	3-4 cm	(Reduction in cm)

OBSERVATION & RESULTS:

Parameteres	Baseline day (Pre Treatment)	On 15 th Day	On 31 st Day (Post Treatment)	Result
a. Weight	74kg	72 kg	69kg	Max Improvement
b. BMI	33 Kg/cm ²	32.8Kg/cm ²	31.5 Kg/cm ²	ModImprovement
c. Abdominal Cirumference	107cm	106 cm	105cm	MildImprovement
d. Chest Cirumference	109cm	108 cm	107cm	MildImprovement
e. Arm Cirumference	34cm	34 cm	33cm	MildImprovement
f. Thigh Cirumference	63cm	62cm	61cm	MildImprovement
g. Calf Cirumference	41cm	40.5cm	40cm	MildImprovement

DISCUSSION:

Ultimately keeping ones weight under control is a challenge that has to be taken up individually. Management of Medoroga continues to be a challenging problem, present study is an effort to find a solution for the management of Medoroga by Ayurvedic Pathyakaalpana. *Kulattha* has *Tikshna* and *Laghu Guna* which helps in the clearing the obstruction in the channels and *Ushana*, *Ruksha Guna* does *Dhatu Rukshana*, *Shoshana*. By *Kulattha Yusha* patient feels satiety as it is *Chirapaki* which helps in weight loss and reliving symptoms of *Sthaulya*. *Shali* rices are cold in potency & sweet in taste as well as vipaka. They do not produce much vayu & bowel bindings. It alleviates all the three doshas. *Mudga* does not excessively generate vayu in the system. It mitigate vata, Sleshma, Meda.

Thus by all these properties, it causes weight loss.

CONCLUSION:

Treating obesity has become a problem since safe drugs are not available for long term therapy. In present study Old Shali, *Mudga*, *Kulathi* were administered to the patient for 1 month along with regular diet management. After completion of study, it is concluded that all above mentioned drugs has shown good results in controlling *Medoroga* (pre-obese) and also class I obesity may be prevented if used regularly as *Pathya*.

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