

THE ROLE OF TRIPHALADHI TAILA IN REDUCTION OF BODY WEIGHT - A CASE REPORT

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ABSTRACT

Obesity/Sthoulya is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity and genetic susceptibility. Ayurveda describes *Sthoulya* as *medopradosha* and *kaphapradanata* condition, *Sthoulya Purusha* is considered as one of the *Ashtaninditapurusha*. In the pathology of *Sthoulya*, *Agnimandya* takes place at *Medo-dhatvagni* level, there are number of formulations and treatment modalities available in Ayurveda. Here a case report is presented to know the effect of *Triphaladi Taila* as *Shamananga Snehapana* in the management of *sthoulya*.

Keywords: *Sthoulya*, Obesity, *Shamananga snehapana*, *triphaladi taila*.

INTRODUCTION

“The rise of obesity placed the health of an entire generation at high risk”

“Obesity is not because it runs in the family! It is because, no one runs in the family”

Obesity has reached epidemic proportions in India in the 21st century effecting 5% of country's population. Obesity is the today's big burning issue that contributes too much morbidity in the population and it is known as causative or a precipitating factor for various killer ailments like diabetes, hypertension, joint disorders, respiratory problems, heart diseases. Dietary control, Behavioral Modification, Drug Therapy and Surgical intervention were the modes in which it is managed in Conventional System. In spite of its treatment, the success

of treatment is mysterious. At least 2.6 million people each year die as a result of being overweight or obese.^[1]

Ayurveda describes *Langana* therapy for the management of *sthoulya*, which is of two types mainly *Shodana* and *Shamana*. In *sthoulya shamana* of *kapha* and *meda* is to be attained, *Langana dravya gunas* are *laghu*, *ushna*, *tikshna*, *vishada*, *ruksha*, *sukshma*, *khara*, *sara* and these drugs help to bring *laguta* in the body, *Taila* which has similar property helps in reduction of *meda* and *kapha*^[2].

A CASE STUDY

A 46 year old female patient came to S.J.G Ayurvedic Medical Hospital, Department of Panchakarma on 13th June 2018 and diagnosed as patient of obesity. She was not suffering from any other underlying systemic pathology. Family history of the patient was negative for obesity. The patient presented with symptoms like weight gain with gradual onset since 5 years. As per Charka Sahmitha, symptoms like *Bhar vridhhi* (weight gain), *Chalaspik Udara Stana* (excessive movements of abdomen, breast and gluteal region), *Ati Kshuhudha* (excessive appetite), *Ati pipasa* (excessive thirst), *Swedabadha* (excessive perspiration), *Daurbalya* (Weakness) were found.

On examination as objective criteria, her weight was 68 Kgs and BMI was 31. So, on the basis of modern and classical symptomatology, through examination and tests she was diagnosed as a patient of Grade 1 obesity (*Sthaulya*). She did not take any medicine previously for obesity. We started the following Ayurvedic treatment.

Purvakarma: *Deepana pachana* with *Chitrakadi vati* on empty stomach with *ushna jala* for three days.

(a.) **Pradhanakarma:** *Snehapana* with *triphaladhi taila* 40ml in divided dosage (20ml) on empty stomach with *ushna jala* for 15days.

Table 1: Timings When *Snehapana* Was Administered And *Snehapachana Kala*

DAYS	SNEHAPANAKALA		KSHUDHA PRADURBHAVA KALA		SNEHA PACHANA KALA	
	M	E	M	E	M	E
01	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
02	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
03	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
04	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
05	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
06	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
07	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
08	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
09	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
10	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
11	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
12	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
13	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
14	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs
15	7:30AM	6:00PM	10:30AM	9:00PM	3Hrs	3Hrs

Table 2: List of lakshanas found during *snehapana*

Lakshanas	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15
<i>Sharira Laghuta</i>							✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>Vatanulomana</i>					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>Kshudhapravritti</i>									✓	✓	✓	✓	✓	✓	✓
<i>Trishnapravritti</i>									✓	✓	✓	✓	✓	✓	✓
<i>Udgarashuddhi</i>						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Interventions:

Diet: Patient was advised to follow the following diet chart and a balance diet, free from fatty junk foods and regular exercises according to

Ayurvedic classics. And patient visited our OPD again after 2 months and the weight was 64 kg and patient was totally feeling better and satisfied with ayurvedic line of treatment and life style.

Table 3: diet chart which was advised to follow during treatment period

8:00 AM(MORNING)	9:30 AM	1:30 PM	5:30 PM	7:00 PM	9:00 PM
20ML <i>snehapana</i> in empty stomach followed by sips of Luke warm water till <i>sneha</i> gets digested	Idly with sambar/akki roti/2 chapatti with dhal (mung dhal)	2 chapatti with dhal/curry like rajma, mung dhal	One bowl of green gram sprouts/fruit salad	20ml <i>snehapana</i> followed by sips of Luke warm water till <i>sneha</i> gets digested	One rice bowl/2 roti with dhal

Table 4: Body weight and BMI before, after and during follow up

Parameters	Day 0 (Before)	Day 16(After)	Day 46 (Follow up)
Body weight	68kgs	64kgs	64kgs
BMI	31	29.2	29.2

DISCUSSION

The patient showed very encouraging results just in first follow up. She lost about 4kgs of weight in 15 days. Follow up BMI of patient ranged from 31 to 29.2 which shows significant decrement. Currently used pharmacological medicines which are said to reduce 5-10% of body weight have side effects like tachycardia, hypertension, headache and insomnia. While this case shows that Ayurvedic tripod approach (Diet, Exercises and Treatment) to obesity helps to lose more than 4kg of body weight and most importantly without side effect in just 15 days. We found gradual weight loss.

Overweight / Obesity (BMI of 25 to 30) confers elevated risks of many diseases. For example, overweight people experience a two to threefold elevation in the risks of CAD and hypertension and a more than tenfold increase in the risk of Type 2 diabetes compared with lean individuals (BMI less than 23). *Shamana snehapana* is one of among major procedures which is designed to alleviate the *doshas*. *Aacharya Bhavmishra* has mentioned *Triphaladi Tailapana* in *Sthoulya*.^[3] *Shamana Snehapana* is given in "*Annakala Prakankshati*."^{[4][5]}

Table 5: List of drugs which are present in the triphaladi taila

1	<i>Amalaki</i> <i>Vibhitaki</i> <i>Hritaki</i>	<i>Emblica officinalis</i> <i>Terminalia bellirica</i> <i>Terminalia chebula</i>	1 Part
2	<i>Ativisa</i>	<i>Aconitum heterophyllum</i>	1 Part
3	<i>Murva</i>	<i>Marsdenia tenacissima</i>	1 Part
4	<i>Trivrit</i>	<i>Operculina turpethum</i>	1 Part
5	<i>Citraka</i>	<i>Plumbago zeylanica</i>	1 Part
6	<i>Vasaka</i>	<i>Justicia adhatoda</i>	1 Part
7	<i>Nimba</i>	<i>Azadirachta indica</i>	1 Part
8	<i>Aragvadha</i>	<i>Cassia fistula</i>	1 Part
9	<i>Sadgrantha</i>	<i>Acorus calamus</i>	1 Part
10	<i>Saptaparna</i>	<i>Alstonia scholaries</i>	1 Part
11	<i>Nisha</i>	<i>Rhizophora mucronata</i>	1 Part
12	<i>Darunisha</i>	<i>Berberis aristata</i>	1 Part
13	<i>Guduci</i>	<i>Tinospora cordifolia</i>	1 Part
14	<i>Indravaruni</i>	<i>Citrullus colocynthis</i>	1 Part
15	<i>Krishna</i>	<i>Ocimum tenuiflorum</i>	1 Part
16	<i>Kushta</i>	<i>Saussurea lappa</i>	1 Part
17	<i>Nagara</i>	<i>Cyperus scariosus</i>	1 Part
18	<i>Murchita tilataila</i>	<i>Sesame indicum</i>	1 Part
19	<i>Kashaya of surasadi gana dravyas</i>	Total 17 drugs are present	1Part (including all)

As per modern science, increased fat consuming increases the bile production. Cholesterol esters of poly unsaturated fatty acids are more rapidly metabolised by liver and other tissues. Therefore in this work, it suggests that *sneha* which contains poly-unsaturated fatty acids becomes helpful in reducing *rasa-raktatameda* (cholesterol) and when *rasa-raktameda* is lowered, body starts consuming meda which is accumulated in whole body. Hence the treatment modality which is selected for the study has *Kapha* and *Medahara* property and have efficacy to correct the function of *Medodhatvagnimandya*.

CONCLUSION

Follow up BMI of patient ranges from 31 to 29.2 and weight of patient ranges from 68 to 64 in 15 days which shows significant results. A well integrated tripod of diet, physical exercises and

Ayurvedic medicine give excellent results in obesity and other life style diseases. Ayurvedic treatment is more cost effective as compared to other treatment. Ayurveda can provide not only weight loss but sense of well being and quality life style to obese person.

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