

MANAGEMENT OF STHOULYA WITH SHUNTHI AND VARUNA

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ABSTRACT

Sthoulya has arose as new epidemic globally since last few decades. The over nutrition in some developed countries and some developed society in the developing countries has become the cause of excessive Adipose accumulation in the body. The developed world is struggling to come over the Obesity syndrome. Intake of highly fatty diet, sugars with no exercise schedule are the frequent factors observed in present generation. The story does not end here as the obesity mothers several other ailments. The Diabetes, Cardiac problems, hypertension, Malignancy, Osteoarthritis, breathing disorders are frequently found in Obese people. Obesity is leading to an alarming condition of over-nutrition. Ayurveda has quoted *Ayuhras* under its lakshana. This means some life-threatening health conditions. The interference at the level of fertility was also notified in texts. *Ayurveda* has given the ideal amount of *dhatu*s that should be present in a normal body, beyond these can be considered of pathological cause. Treatment explained is heavy diet that is not absorbed or assimilated in the body tissues. Some *Panchkarma* procedures like *Udgharshan*, *Ruksha swedan*, *Tikshan Vasti* etc. are the treatment of this Ailment. Several drugs are also useful. Here we take *Shunthi* and *Varuna* for pharmacological study.

Keywords: *Sthoulya*, Obesity, *Varuna*, *Shunthi*, Obesity epidemic.

INTRODUCTION

The todays world is not much aware of *pathya-apathya*, *satmya-asatmya*, *Dincharya*, *Ritucharya* etc. so there is frequent following of the regimens that are restricted from *Ayurvedic* point of view. Many medical research institutions are making efforts to find out a reliable remedy for this burning problem, so many modern medicines are finding out for treatment of obesity. They give damaging side effects. This failure made the people to look anxiously towards the *Ayurveda* for better management. The Obesity is a complex disorder that may give rise to many other pathological

complications as well. The *Sthoulya* is a *Santarpanjanya Vikara*¹. The *Dhatu*s are formed till the *Medas* and further *dhatwagni* is not good enough to process to next *dhatu*s. Thus, *Medas* is increased and its *Margavarodha* does the *Vimargagamana* of *Vata* which further increases the *Jathragni* and does the *Ahara Shoshana*². Thus, *Kaphakaraka Nidana* are dominant cause for this *Santarpanjanya Vikara*. The modern society is lacking vision on proper utilization of foods and a good lifestyle, so the Obesity is being observed as Obesity epidemic in the developed countries.

Hence, there is need of a good and cost-effective treatment for the same. Thus, two drugs are here for the evaluation purpose.

Aim & Objectives:

To study Literary aspects of *Sthoulya* and the possible mode of action of drug *Shunthi* and *Varuna* in its management.

Disease Description: This disease is described by *Acharya Charaka* and explained well in later texts such as *Madhava nidana*.

Nidana of Sthoulya:

Aharatmaka Nidana: *Ati sampurant, Santarpana, Guru Aharasevana, Madhura Aharasevana, Sheeta Aharasevana, Snigdha Aharasevana, Sleshmala Aharasevana*³, *Sleshmavardhak Ahara*⁴, *Madya sevana*⁵, *Adhyashan*⁶

Viharatmaka Nidana: *Avyayam Avyavaya Divaswap*⁷

Manas Nidana: *Harshnityatvat Achintanat*⁸

Bhojanate Jalapan has mentioned as a causative factor of sthaulya⁹

*Beeja Svabhava*¹⁰

*Aam anna rasa*¹¹

Samprapti: Due to *Nidana sevana*, the *Meda Dhatu* is increased which blocks the *Srotas* and the *Vayu* aggravates due to *Srotorodha*. The *Vayu* moves to the *Koshta* and increases the *Agni*. Both *Agni* and *Vayu* do the *Aahara shoshan* leading to faster digestion of the food. This rises hunger and an individual consumes more diet, thus, further repeating and complicating the *Samprapti*¹².

Rupa: *Ayuhra, Javoparodha, Kricchravyavaayta, Dourbalya, Dourgandhya, Swedabadha, Kshudhatimartam, Pipasatiyog*¹³, *Atinidra, Alapvega, Jadya, Gadgadatva*¹⁴.

Chikitsa: As the *Sthoulya* is *Santarpaniya vyadhi*, the treatment advised for *Santarpaniya Vyadhi* is *Vamana, Virechan, Raktamokshan, Vyayama, Upavasa, Dhoompana, Swedana* are indicated. *Haritaki churan* intake along with *madhu, Ruksha anna sevana, Kushthadi Lep, Kushthadi Churan mardana*¹⁵.

The line of treatment advised for *Sthoulya* is *Guru* and *Aptarpan Ahara sevana*. *Vayu-Sleshma-Medahar annapana* are advised. There is indication of *Teekshan, Ruksha* and *Ushna Vasti*. *Udvartana* is done which is

Ruksha in nature. The drugs *Guduchi, Musta, Triphala, Amalaki, Shunthi, Vidang, Takrarishtha, Kshara, Teekshan Loha bhasm, Brihatpanchmool+madhu, Agnimanth Swaras+ Shilajatu* are ideal drugs and combinations¹⁶.

In addition, *Shudh Guggulu, Gomutra, Rasanjan, Yava, Mudha, Chedaniya dravya* are told¹⁷.

Drug Description:

Shunthi: *Shunthi* consists of dried rhizome of *Zingiber officinale* Roxb. (Fam. *Zingiberaceae*), widely cultivated in India, rhizomes dug in January-February, buds and roots removed, soaked overnight-in water, decorticated, and sometimes treated with lime and dried¹⁸.

Properties and Action:

Rasa: Katu

Guna: Laghu, Snigdha

Virya: Ushna

Vipaka: Madhura

*Karma: Anulomana, Dipana, Hridya, Pacana, Vatakapapaha, Asmadoshahara*¹⁹

Samprapti Vighatana: The *Samprapti* has *Kapha-Vata* dominance. *Vata* is *Vimargagami*. Hence, *Katu rasa, Ushna virya* and *Pachana karma* will act over the *Kapha dosha* and accumulated *Ama dosha* and will do their *Shamana* and *Pachana* respectively. The *Ushna Virya, Laghu-Snigdha guna, Madhura Vipaka* will do *Vata Shamana* and its *Anulomana* as well.

Active Principles:

Constituents - Essential oil, pungent constituents (gingerol and shogaol), resinous matter and starch²⁰.

Pharmacological & Biological Activities:

Z. officinale, commonly known as *Ginger*, (family *Zingiberaceae*). *Z. officinale* rhizome contains 1–4% essential oil and an oleoresin. The essential oil varies as a function of geographical origin, but the chief constituent is sesquiterpene hydrocarbons. These compounds include (-)-zingiberene, (+)-ar-curcumene, (-)-β-sesquiphellandrene, and β-bisabolene. The rhizome cure tumors, ascites, bronchitis, jaundice and mental disorders also have antidiabetic, antidyslipidemic, cardioprotective and antioxidant²¹⁻²³.

In the present study, we found that the body weight was markedly reduced in the animal groups treated by

Z. officinale to vehicle-treated control. The inhibition of body weight gain did not depend upon a decreased food or energy intake, because there was no significant correlation in diet intake between the control and experimental groups but was caused by preventing and/or delaying of fat absorption. Similarly, we found that the feeding of *Z. officinale* for 6 weeks suppressed the increases in organ weights of the heart kidney, liver, spleen and adipose tissue weights of mesenteric, perirenal and uterine fat pad weights induced by a HFD. On the other hand, it is reported that feeding with a high fat diet in wistar rats leads to increase in weight of body organs such as liver, heart, spleen and both kidneys. It is also reported that high fat diet induces substantial increase in deposition of fat in the mesenteric, perirenal and uterine region in wistar rats²⁴

oral administration of ginger extract significantly reduced body weights and serum lipid levels in rats fed a high-fat diet (HFD)²⁵

Contraindications: *Grisham* and *Sharad ritu Kushta, Pandu, Mutrakricchra, Vrana, Jwara, Rak-tapitta.*

Varuna: *Varuna* consists of dried stem bark of *Craetaeva nurvala* Buch-Ham (Fam. Cappariaceae), a small wild or cultivated tree found throughout the year in India, often found along streams, also in dry, deep boulder formation in Sub-Himalayan tracts²⁶.

Properties and Action:

Rasa: Tikta, Kashaya; Guna: Laghu, Ruksha; Virya: Ushna; Vipaka: Katu;

*Karma: Bhedan, Dipana, Vatasleshmahara*²⁷

Samprapti Vighatana:

The *Tikta Kashaya ras, laghu-ruksha guna, Ushna virya* and *Katu vipaka* will act over the *Kapha dosha* and *Ama dosha* as well, doing their *shamana*. The *Ushna virya* will do *Vatanulomana*. The *Meda-Kapha-Aaam Sanghata* will be removed by *Bhedan, Dipana Karma* thus doing *Vatanulomana* as well.

Active Principles:

Constituents - Saponin and tannin²⁸.

Pharmacological & Biological Activities: Lipase inhibitory activity: Inhibition of lipase by the aqueous

extract of selected herbs was determined using a modified assay.

1. Briefly, a suspension containing 1% (v/v) of triolein, and 1% (v/v) Tween 40 in 0.1M phosphate buffer (pH 8) from IP was prepared and emulsified. [1% triolein=1mL in 100ml and 1% tween 40=1ml in 100mL] Assays were then initiated by adding 800 µL of the triolein emulsion to 200 µL of porcine pancreatic lipase 0.1gm (modified from the protocol) pancreatic in 15 mL 0.1M phosphate buffer at pH 8.0) and 200 µL of extract (or 0.1M Phosphate buffer, pH 8). The contents were mixed, and the absorbance measured immediately at 450 nm and designated as T0. The test tubes were incubated at 37°C for 30 min and at the end of the incubation; the absorbance at 450 nm was recorded and designated as T30. The variation in absorbance = [A450 (T0) - A450 (T30)] was calculated for both control and the treatment and the % inhibition was calculated. Aqueous extracts of the kadira and varuna shows a significant antilipase activity. These herbs could be useful in the management of some chronic diseases like hyperlipidemia & increased levels of cholesterol. The percentage inhibition of antilipase activity of the aqueous extract of the *Varuna* was 40.07%²⁹.

DISCUSSION

The disease is known to the Indian citizens since ancient times. The disease has been described under the eight most discarded personalities. It has been named under two terminologies i.e. *Medoroga* and *Sthoulya*. *Samprapti* shows the deranged *Dhatwagni* and *Vayu* also play a role to increase *Jathragni*. The selected drugs i.e. *Shunthi* and *Varuna* have *Ushna virya* and other supporting properties that result in *Vatanulomana* and *Kaphahar karma* as well. This will remove accumulated *Kapha* and *samprapti Vighatan* by *Vatanuloman* and hence improving the condition of the *Agni* as well. The modern-day research also proves that both drugs have hypolipidaemic properties. Thus, helping to restore the normal functions of the body.

CONCLUSION

The Ayurvedic drugs i.e. *Shunthi* and *Varuna* are useful in *Sthoulya*. The drugs are therefore studied for pharmacological properties and actions. Modern day research studies stand in proof for the same. Obesity is spreading like an epidemic and this triggers the need for effective drugs for obesity. So, an attempt was made to do the pharmacological study on effect of *Shunthi* and *Varuna* in *Sthoulya* which showed a good result.

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