CONCEPTUAL STUDY OF MUSTADI KWATH IN STHOULYA (OBESITY)

Kirti¹, Singh O. P.², Tripathi S. K.³

¹PG Scholar, ²Professor & HOD, ³Professor. 
Dept. of Kaya Chikitsa, Rishikul Govt. Ayurvedic College and Hospital, UAU, Haridwar, Uttarakhand, India

Corresponding Author: drkirtiatreya@gmail.com

https://doi.org/10.46607/iamj2208112020

(Published online: November 2020)
Open Access
© International Ayurvedic Medical Journal, India 2020
Article Received: 21/10/2020 - Peer Reviewed: 23/10/2020 - Accepted for Publication: 11/11/2020

ABSTRACT

Objective: Sthoulya is a major health problem affecting a high proportion of population in India. Ayurveda is the science of life with the aim of achieving health and curing diseases. (Obesity) Sthoulya is a burning problem in this world scenario and has acquired status of an epidemic. The sedentary lifestyles, stress and dietary habits etc., which are the gift of modern world, are primary predisposing factors for Sthoulya. Obesity is basically a behavioral disorder. Method: The major risk related with Sthoulya is that it favors complicated pathologies like hypertension, cardiac disease, diabetes mellitus, atherosclerosis, stroke, etc. Result: Conservative management of Sthoulya according to Ayurvedic principles provides significant relief and improves quality of life. Mustadi Kwath is mentioned in Charak Samhinta in Santarpaniya Adhayaya (Chapter 23). Conclusion: Mustadi Kwath consists of Triphala, Haridra, Musta, Aarghawadha, Patha, Devadaru, Swadamshtra, Khadira, Nimba, Daruharidra, Kutaja, Twaka.

Keywords: Obesity, Sthoulya, Mustadi Kwath etc.

INTRODUCTION

Ayurveda is a clinical science and its concepts and principles are molded in such a way that it becomes useful in clinical parlance. Sthoulya (Obesity) is one among major diseases of modern era with continuous changing lifestyles environment and dietary habits. According to WHO estimation in 2016, more than 1.9 billion adults are overweight, of these over 650 (13%) million were obese (11% men, 15% women). 12.6% women and 9.3% men in India are Obese¹.
Sthoulya can be defined as excessive accumulation of Meda, Mansa Dhatu in Sphika, Udara and Stana which makes it pendulous, associated with lack of proper nourishment to Uttarottara Dhatus and decreased enthusiasm. Acharya Charaka was first to present a detailed account of Sthoulya. Atishthula is one among the Ashthaunindita Purusha described by Acharya charak. He has described its causative factors mainly to be exogenous and hereditary type (Bijadosha), its etiopathogenesis, prognosis and management.

Sthoulya comes under the category of Santaranottha Vyadhi (An excess nutritional disorder) as well as in Medapradoshajya Vikara in Charaka Samhita and as Ras-Nimittaja Vikara in Sushruta Samhita. Obesity defines a state of excess adipose tissue mass. “Overweight” is defined as excessive amount of body weight that includes muscle, fat, bone and water.

**Aim and Objectives**
1. To study the etiopathogenesis of Sthoulya.
2. To assess the efficacy of Mustadi Kwatha in the management of Sthoulya.
3. To provide a reliable, safe and cost effective Ayurvedic treatment for Sthoulya.

**Material and Method** - The sources for this article were taken from Ayurvedic literature from library, internet, website and other published sources.

**Samprapti Ghatak**

- Dosha: Kapha Pradhana Tridoshaja
- Dushya: Rasa, Meda
- Agni: Medodhatwagni Mandhya, Jathragni Vridhi
- Srotas: Medovaha
- Srotodushti: Sanga, Vimargagaman
- Adhisthana: Sarva Sharir (Sphik, Stana, Udara, Nitambha)
- Swabhava: Chirkaalik
- Sadhya- Asadhyata: Kashta Sadhya, Yapya
- Rogamarga: Bahya

**Lakshna**

According to Ayurvedic texts the symptoms of Sthoulya are –

- Ayuhrasa (diminution of life span), Javoprodha (lack of enthusiasm), Krecchravyavaya (difficulties of sexual act), Dourbalya (weakness), Dourgandhya (foul smell), Swedavabadha (excessive sweating), Kshudita atimatra (excessive hunger), Pipasa atiyiya (excessive thirst), Ksudra swasa (dyspnoea), Ayatopacaya (abdominal girth of body), Nidradhikya (excessive sleep), Gadagada vani (indistinctness of speech), Chala Sphika, Stana, Udara (flabby buttocks, breast and abdomen) etc.

**Drug Review**: Mustmaraghwadhah Patha Triphala Devadaru cha | Swandashtra Khadiro Haridre Twakcha Vatsakaat || Rasmesham Yathadosham Pratah Pratih Pibanarah | Santarpkrnritaih Sarvairvyadhibhih Sampramuchyate || (Ch.Su. 23/12-13)

<table>
<thead>
<tr>
<th>S.No</th>
<th>DRUGS</th>
<th>RASA</th>
<th>GUNA</th>
<th>VIRYA</th>
<th>VIPAKA</th>
<th>DOSHAGHANTA</th>
<th>AUSHADHA KARMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Musta (Cyprus rotundus)</td>
<td>Tikta, kashaya, katu</td>
<td>Laghu, Ruksha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kaph Pitta Shamak</td>
<td>Aruchi, Aminandya, Ajirana, Dourbalya</td>
</tr>
<tr>
<td>2.</td>
<td>Aargwadha (Cassia fistula)</td>
<td>Madhur, Kashaya</td>
<td>Guru, mridu, snigdha</td>
<td>Sheeta</td>
<td>Madhur</td>
<td>Tridosha Shamak</td>
<td>Sotha, Aruchi, Vibandha</td>
</tr>
<tr>
<td>3.</td>
<td>Patha (Cissampelos pareira)</td>
<td>Tikta</td>
<td>Laghu, tikshna</td>
<td>Ushna</td>
<td>Katu</td>
<td>Tridosha Shamak</td>
<td>Aminandya, Ajirana, Sotha</td>
</tr>
<tr>
<td>5.</td>
<td>Vibhitaki (Terminalia Belirica)</td>
<td>Kashaya</td>
<td>Laghu, Ruksha</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Tridosha Shamak</td>
<td>Aminandya, Vibandha, Dourbalya, Aadhmana, Kaliavya</td>
</tr>
<tr>
<td>6.</td>
<td>Haritaki (Terminalia Chebula)</td>
<td>Panchrasa (lavanrahit) Kashaya</td>
<td>Laghu, Ruksha</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Tridosha Shamak</td>
<td>Aminandya, Vibandha, Sotha, Shula, Aanaha, Gulma</td>
</tr>
<tr>
<td>7.</td>
<td>Devdaru (Cedrus deodara)</td>
<td>Tikta</td>
<td>Laghu, snigdha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kaph Vata Shamak</td>
<td>Aadhmana, Sotha, Aamoshapachana, Medoroga</td>
</tr>
</tbody>
</table>

**DOI**: 10.46607/iamj2208112020 | IAMJ November 2020 | www.iamj.in | 5106
The combination of Haritaki, Vibhitak, and Amalaki is known as Triphala. It is commonly used in Ayurveda as a digestive tonic and immune enhancer. Triphala is also used to treat constipation, and it is often consumed as a chewable tablet or a powder mixed with water. The extract of Triphala has been shown to have antioxidant, anti-inflammatory, and anti-atherosclerotic properties.

Haridra: The root of Curcuma longa is known as Haridra. It is used in Ayurveda as a restorative and carminative herb. Haridra is also known to have antispasmodic, analgesic, and anti-inflammatory properties. The extract of Haridra has been shown to have antioxidant, anti-inflammatory, and anti-atherosclerotic properties.

Musta: The root of Berberis aristata is known as Musta. It is used in Ayurveda as a carminative and antispasmodic herb. Musta is also known to have antidiabetic, anti-inflammatory, and anti-atherosclerotic properties. The extract of Musta has been shown to have antioxidant, anti-inflammatory, and anti-atherosclerotic properties.

Kutaja: The root of Carica papaya is known as Kutaja. It is used in Ayurveda as a digestive tonic and immune enhancer. Kutaja is also used to treat constipation, and it is often consumed as a chewable tablet or a powder mixed with water. The extract of Kutaja has been shown to have antioxidant, anti-inflammatory, and anti-atherosclerotic properties.
The total effect of Mustadi kwath is Tridosha shamak especially kapha vata shamak. It pacifies the vitiated Kapha Dosha which is dominant in the pathogenesis of Sthoulya as well as depletes the excessively produced Rasa, Mamsa, Meda, Vasa, Sweda and Kleda which are all similar in attributes to Kapha Dosha. Thus, it is known to act against the Kapha Pradhana pathogenesis of Sthoulya. Triphala and Aaragvyadha have mild purgative properties which causes Anulomana of Vayu which further corrects the body Vayu bringing an end to the Vata pradhana Samprapti. The drugs like Patha and Gokshura are Mutravirechana which brings about diuresis relieving the body of excess Kleda. Aaragvyadha,
Kirti et al: Conceptual Study Of Mustadi Kwath In Sthoulya (Obesity)

Kutaja, Patha, Nimba, Khadira, Haridra, Daruharidra are known to act on Medo Dhatu and allied Dhatus and are indicated in diseases like Kustha, Medoroga, Prameha. Hence due to similarity of Dosha and Dushyas, it can be successfully used in Sthoulya. These drugs relieve the body of excess of Kapha, Meda, Vasa, Sweda and Kleda by diminishing their Drava Guna. Drugs like Musta, Devadaru, Twaka, Kutaja, Neema, Patha, Triphala bring about augmentation of the digestive fire (Agnideepana) leading to proper formation of the Rasadhi Dhatu. Patha, Triphala, Musta, Haridra, Daruharidra digest the Ama Dosha (Amapachana) present at the Jathragni level as well as the Medodhatavagni level. Also, drugs like Triphala, Khadira are Rasayana in nature which lead to formation of optimal Dhatus and protect the body from injury due to vitiated Doshas. Drugs mentioned in each Gana of Ayurvedic classics have multifarious pharmacological properties. Some of the research studies carried out on these drugs confirmed both hypoglycemic and hypolipidemic activities. This observation is useful for designing new formulations to treat Medodushti and its complications. Most of the drugs are Katu, Tikta, Kshaya Rasa, Ushna Virya, Katu Vipaka Laghu Ruksha Guna are largely responsible for Medohara and Lekhaneeya activities and Tridoshashamak in nature, so these drugs are effective in Sthoulya.8

Musta, Haridra, Daruharidra etc. having Lekhana and Sthoulyahara, Rechana, these drugs possess Antihyperlipidemic, Antidiabetic, Anti-inflammatory, Antioxidant properties. Deepana, Pachana, Anulomana properties are helpful to check the pathogenesis of Sthoulya. Ayurveda could offer reliable, safe and cost-effective management for Sthoulya. Sthoulya to be the Santarpata Janya Vyadhi the line of treatment mainly includes Lekhana Karma, Udwarthana, Lekhana Basti, Virechana9. Majority of herbs possessing Kaphahara and Vatahara activity are also found to be Medohara in action. The drug groups Triphala and drugs likes Haridra are useful in the management of Sthoulya. They may have profound influence on reduction of bodyweight and dyslipidemia.

In Ayurvedic classics all metabolic diseases have been described under the heading of Sthoulya.

CONCLUSION

Mustadi Kwath contains fourteen drugs. These drugs contain various medicinal properties and hence used in the treatment of various disorders especially Sthoulya. These drugs also have good source of various biologically active phytoconstituents. In the present review an attempt has been made to provide a collective knowledge on therapeutical and pharmacological applications of Mustadi Kwath and its constituent drugs. Aadarsh (best) Chikitsa is that which cure the disease and also not causes any other disease, so treatment of Sthoulya with Mustadi Kwath is an ideal choice. So Mustadi kwath may be a better choice in the management of Sthoulya as it is not only normalized lipid profile but also reduces the chance of development of Metabolic Syndrome by reducing weight and chance of development of Diabetes. The present research also proved that there is a major role in Agni and Ama in pathogenesis of Sthoulya and drugs having Dipana Agni, Ama Pachana, Kaphamedohara and Srotoshodhaka action is highly effective.

REFERENCES

1. WHO: Obesity and overweight". World Health Organization. Archived from the original on December 18, 2008.
3. Davidson’s Principles & Practice of Medicine, 20th edition
5. Vagbhatta, Ashtanga Hridaya, Arundatta Tika by Dr. Anna Moreswar Kante & Krishna Ramchandra Navre, Chaukhambha Subharati Prakashan, Varanasi 2011, Sutrasthana 14/12-14,31 page no224
7. www.Wikipedia.com

Source of Support: Nil
Conflict of Interest: None Declared

How to cite this URL: Kirti et al: Conceptual Study Of Mustadi Kwath In Sthoulya (Obesity). International Ayurvedic Medical Journal {online} 2020 {cited November, 2020} Available from: