CONCEPTUAL STUDY OF MUSTADI KWATH IN STHOULYA (OBESITY)

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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, Aaraghawadha, 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.
**Shthoulya** 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 Shthoulya. Atithula 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.

Shthoulya comes under the category of Santarpanottha Vyadhi (An excess nutritional disorder) as well as in Medapradosha 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 water³.

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

**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 Tridoshasha

- **Rasa:** Rasa, Meda
- **Agni:** Medodhatvagni Mandhya, Jathragni Vridhi
- **Srotas:** Medovaha
- **Srotodushhti:** Sanga, Vimargagaman
- **Adhishthana:** Sarva Sharir (Sphik, Stana, Udara, Nitambha)
- **Swabhava:** Chirkaalik
- **Sadhya- Asadhyata:** Kashta Sadhya, Yapya
- **Rogamarga:** Bahya

**Lakshna**

According to Ayurvedic texts the symptoms of Shthoulya are –

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

**Drug Review**: Mustmaraghwadhah Patha Triphala Devadaru cha | Swandanshtra Khadiro Nimbo Haridre Twakcha Vatsakaat || Rasmesham Yathadosham Pratath Pratath Pibanarah | Santarpankritaih 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>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Musta (Cypurus rotundus)</td>
<td>Tikta, kashaya, katu</td>
<td>Laghu, Ruksha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kaph Pitta Shamak</td>
<td>Aruchi, Agnimandya, Ajirana, Dourbalya</td>
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<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>
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<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>Agnimandya, Ajirana, Sotha</td>
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<td>5.</td>
<td>Vibhitaki (Terminalia Bellirica)</td>
<td>Kashaya</td>
<td>Laghu, Ruksha</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Tridosha Shamak</td>
<td>Agnimandya, Vibandha, Dourbalya, Aadhmana, Kalaiva</td>
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<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>Agnimandya, 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, Aamdoshapachana, Medoroga</td>
</tr>
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Triphala: It is the combination of Haritaki, Vibhitak, Amalaki in equal proportion. It is regarded as one of the best of Rasayana Drugs, Pramehaghna, Kledaghna and Medaghna. Anti-hypercholesterolaemic effect of Triphala induced the cholesterol reducing effect on atherosclerosis. It has also Antioxidant action.

Haridra: Hypolipidemic- The oral administration of curcumin, an alkaloid present in Curcuma longa significantly lowered the serum and tissue cholesterol level. Hypoglycemic, Antioxidant-The curcuminoids prevents in the buildup of tissue injuring free radicals particularly those responsible for the cardiovascular disease, lipoperoxidation thus works as antioxidant compounds. It also shows anti-atherosclerotic, fibrinolytic, and anti- thrombotic 7.

Patha: It is also known to exhibit hypoglycemic activity. One of the alkaloids found in cissampelas pareira is tetradrine-analgesic, anti-inflammatory and anti-pyretic. It is also known to have Cardioprotective actions.

Musta: Hepatoprotective effect, Antioxidant Anti-dyslipidemic, Anti-inflammatory, Anti-obesity and cardioprotective. Its tubers hexane extract was found to cause significant reduction in weight gain without affecting food consumption or inducing toxicity.

Kutaj: Anti-amoebic and Anti-microbial activity. It has anti-bacterial and anti-inflammatory action. It is also known to possess hypoglycaemic and anti-obesity activity.

Aargwadha: Hypcholesterolemia, Hepatoprotective, Antioxidant. The methanolic extract of the leaf of cassia fistula was found to exhibit hypoglycemic effect.

Neem: Hypolipidemic, Hypoglycemic, Cardio protective, Immunostimulant activity. It helps in lower the blood cholesterol level. It has anti-bacterial and anti-inflammatory action.

Daruharidra: Anti-hypercholesterolemia, Anti-obesity-It is effective in the treatment of obesity to reduce excessive fat (Meda). Berberine the chief alkaloid present in Berberis aristata is found to exert hypocholesterolaemic effect. Cardioprotective, Anti-platelet aggregation activity.

Devdaru: Antidiabetic and free radical scavenging activity

Khadi: Hepatoprotective effect, Hypoglycemic, Antioxidant. Its significant lowering of fasting and post prandial sugar and serum cholesterol in Diabetic subjects treated with Medoghan, Rasayana, (Catchin) a compound containing Khadir.

Twak: Hypolipidemic, Hypoglycemic effects of cinnamaldehyde present in Cinnamomum zeylanicum. It has also Antioxidant effect.

Swadamsutra: Hypolipidemic effect of saponins derived from Tribulus terrestris. Antianginal, Cardiotonic, Coronary artery dilator, Antioxidant.
**DISCUSSION**

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 *Aaragyadha* 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*. *Aaragyadha,*
Kutaja, Patha, Nimba, Khadira, Haridra, Duruharidra 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 Rasadhatu. Patha, Triphala, Musta, Haridra, Duruharidra 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.

Musta, Haridra, Duruharidra etc. having Lekhana and Sthoulya, 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 Santarpana Janya Vyadh with the line of treatment mainly includes Lekhana Karma, Udwarthanaha, Lekhana Basti, Virechana.

Majority of herbs possessing Kaphahara and Vatahara activity are also found to be Medohara in action. The drug groups Triphala and drugs like 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 therapeutic 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, Ama Pachaha, Kapahmedohara and Srotoshodhaka action is highly effective.

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