CLINICAL STUDY ON EFFECT OF VASANTIKA VAMANA KARMA IN THE MANAGEMENT OF STOULYA

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ABSTRACT
Lifestyle disorder is burning problem in India. Obesity is one of the leading preventable causes of death worldwide. The incidence of obesity is increasing day by day in more percentage due to sedentary lifestyle and fast food habits and is resulting into many serious systemic complications. In Ayurveda, it considered as Stoulya. Stoulya is Kapha Pradhana and Medo Pradoshaja Vyadhi. The Vamana Karma is the prime therapy for Kaphaja disorders as Stoulya is mainly a Kaphha Pradhana vyadhi and does Kaphahara, hence the present study entitled as clinical study on effect of Vasantika Vamana karma in the management of Stoulya. **Aim and Objectives:** To evaluate the effect of Vasantika Vamana in Sthoulya. **Methodology:** 24 obesity patients were registered for Vasantika Vamana in SJIIM Hospital Bengaluru. For Deepana and Pachana- Chitrakadivati, Snehapaana with Varunadi grita, Abhyanga with Murchita tila taila is followed by Ushnajala Snana. Kapha Utkleshakara Ahara are advised in Vishrama Kaala for Utkleshana of Kapha dosha fallowed by Vamana Karma. Overall assessment of the therapy was decided based on improvement in subjective and objective parameter. **Conclusion:** After Vamana Karma, there was significant relief in signs and symptoms of Stoulya.

Keywords: Lifestyle disorder, Obesity, Vasantika vamana,

INTRODUCTION
Obesity is known as Medo roga in Ayurveda and is defined as the condition in which excessive amount of fat is accumulated in the body. When the Agni is vitiated, the ama is built up in the body, leading to obesity. Obesity is a state of excess adipose tissue mass. “overweight” refers to an excessive amount of body weight that includes muscle, bone, fat and water. Obesity is a serious health condition that can lead to an earlier death. A variety of medical problems, including high blood pressure, heart problems, diabetes, sleep apnea, depression and arthritis, have been associated with being overweight. An individual who is 30% heavier than his or her ideal weight is considered obese. Obesity is global problem and more prevalent in developing countries. Overweight and obesity is 5th leading risk for global health. Vamana Karma is one among 5 Pradhana Karma and prime treatment modality told for Kaphaja disorders. As it is preventative, promotive and curative treatment for kaphaja disorder. Vasantika Vamana conducted in
spring season approximately in the month of March and April for the elimination of vitiated Kapha dosha which help to prevent the forth coming kapha disorder and associated pitta disorder or disease originating or settled in the place of Kapha dosha. The Vruddhi or aggravation of Kapha dosha takes place in Shishira Rutu due to not following the Rutucharya properly, which leads to the Prakopa or vitiation of Kapha dosha in Vasantha Rutu. The Vamana Karma adopted in this Rutu help in normalize this Dosha there by maintaining the health by the expulsion of Kapha dosha which is main culprit in the Stoulya disease.

**Aim and Objectives:** To evaluate the effect of Vasantika Vamana in Sthoulya.

**Materials and Methods**

24 obesity patients were registered for Vasantika Vamana out of 95 patients registered in SJIIM HOSPITAL BENGALURU. Out of 24, 2 were not taken the Vamana Karma and 1 underwent Virechana Karma so totally 21 patients underwent Vamana Karma during Vasantha Vamana of 2019. The patients were treated with classical Vamana Karma.

**CHART 01:** Conort Flow Diagram

**Inclusion Criteria**
- Age between 20-60 years are selected.
- Patients fit for Vamana Karma are selected.
- Patients having symptoms of Stoulya are selected for the study.
- Patients of either sex with BMI of 25 and above

**Exclusion Criteria**
- Patients suffering from systemic disorders like tuberculosis, ischemic heart disease and other life threatening.
- Obesity due to secondary causes.

**Assessment Criteria**

The symptoms of Stoulya assessed before starting of Deepana and Pachana and after completion of Vamana Karma is assessed.

- **Subjective Criteria**
  1. Ayata upachaya, utsaha hani (sluggish movements of body)
  2. Swedadhikyata (Excess sweating)
  3. Ayasen shwasa (dyspnoea on exertion)
  4. Anga sithilata (flabbiness of body)
  5. Gatrasada (fatigue)
6. Adhika kshudha (excessive hunger) All the above symptoms were recorded in grades 0 to 4 before and after

- Objective Criteria- Body weight and BMI

Method of intervention is divided in three stages as

1. Purva Karma
   - For Deepana and Pachana – Chitrakadi Vati, 1 tid is administered till Nirama Avasta is observed.
   - For Snehapana – Varunadi Ghrata is selected. Administered in Arohana Krama. Initial dose started with 30 ml in morning around 6:00 AM Ushna Jala as Anupana is advised. Snehapana is given till Samyak Snigdha Lakshanas observed.
   - For Sarvanga Abhyanga – Murchita Tila Taila is selected. Three sittings of Sarvanga Abhyanga is advised i.e. on the day of Vishrana Kaala morning and evening time and on the day of Vamana Karma in the morning time.
   - For Swedana Karma – Ushnajala Snana is advised after Sarvanga abhyanga. Three sittings of Ushnajala Snana is advised followed by Sarvanga Abhyanga.
   - Utkleshakara Ahara- during Vishrana Kaala Utkleshakara Ahara are advised. Utkleshakara Ahara like doodh peda, curd rice, milk Payasa, curd sugar and banana are advised to the patients.

2. Pradhana Karma –
   - Akanta Paana- for Akanta Paana, Ksheera is used. Around 1.5 -2 Liters of Ksheera is administered for each patient.
   - Administration of Vamana Dravya- Madana Phala Pippali processed in Grita, Dadhi and Madhu are administered for each patient.

- o Madana phala pippli choorna -3gms
- o Yashtimadhu choorna - 2gms
- o Vacha choorna -1 gm
- o Saindhava lavana -½ gm
- o Madhu - Q.S

- Vamanopaga Dravya- Yashtimadhu Kashaya and Saindhava Jala is administered for each patient as Vamanopaga. Administered till the Antaki lakshanas are observed like Pittanta/ Kapha Chedana.

3. Paschat Karma
   - Sheetala Jala Sinchana – sprinkling of cold water to the Pani, Pada and Mukha Pradesha.
   - Doomapaana – Haridravarti is given for each patient after Sheeta Jala Sinchana.
   - Samsarjana Krama – Peyadi Samsarjana Krama is advised for 3 Annakala based on the Vaigiki Shudhi for 3, 4 and 5 days respectively.

Observation on Vamana Karma
Assessment of Vamana: it was assessed as Pravara, Madyama and Hina Shuddhi based on four criteria:

1. Vegiki criteria: maximum number of patients are showed svayam pravruti of vegas i.e. 75%. The forceful expulsion of vegas are observed during the study. The maximum number of patients had pravara shuddhi i.e. 70% (6 to 7 vegas)
2. Manaki criteria: the maximum number of patients i.e. 65.66% shows around 172.15 ml of output extra as compare to the input.
3. Antaki criteria: in some patients kapha chedana is observed i.e. around 66.66% and in 46.66% patient pittanta is observed.
4. Laingiki criteria:

Table 1: showing percentage of improvement in laingiki parameter

<table>
<thead>
<tr>
<th>Laingiki lakshanas</th>
<th>Percentage of patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indriyaprasisada</td>
<td>75%</td>
</tr>
<tr>
<td>Laghuta (lightness)</td>
<td>80%</td>
</tr>
<tr>
<td>Vatanulomana</td>
<td>100%</td>
</tr>
</tbody>
</table>
Results:

1) Effect of Vasantika Vamana in signs and symptoms of Sthoulya
2) Showing effect of Vasantika Vamana karma in symptoms of Sthoulya

<table>
<thead>
<tr>
<th>Chief complaints</th>
<th>No. of patients (n)</th>
<th>Mean</th>
<th>S.D</th>
<th>S.E</th>
<th>“t” value</th>
<th>“p” value</th>
<th>Remarks</th>
<th>% relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight reduction</td>
<td>21</td>
<td>80.62</td>
<td>73.71</td>
<td>0.07</td>
<td>0.436</td>
<td>15.83</td>
<td>0.0001</td>
<td>Vs</td>
</tr>
<tr>
<td>BMI</td>
<td>21</td>
<td>31.071</td>
<td>28.52</td>
<td>0.265</td>
<td>0.166</td>
<td>15.3463</td>
<td>0.0001</td>
<td>Vs</td>
</tr>
</tbody>
</table>

Highly significant results are seen in reduction of weight and BMI

- In objective parameters Among 21 patients 6 patients (28.57%) weight reduced by 4-5 kgs, 7 patients (33.33%) weight reduced by 5-6 kgs, 5 patients (23.80%) weight reduced by 2-3 kgs, 3 patients (14.28%) weight reduced by 1-2 kgs. Hence average weight loss observed was 5.6 kgs was observed.

- Among 21 patients average BMI reduction was 0.92% was observed.

In subjective parameters Ayatha Upachaya and Utsaha hani symptoms was moderately reduced. Swedadhikya symptom was reduced significantly. Ayasen shwas symptom reduced moderately, An-gashitilatha was reduced mildly, Gattrasada symptom wad reduced moderately. Kshudadhikya symptom was moderately reduced.

DISCUSSION

Sthoulya is a Kapha dosha Pradhana and Medo, Mamsa Dhatu Pradhana Vyadhi. Indulging more of Madhura Snigdha Ahara, Diwaswapa, lack of physical and mental activity produces derangement of Agni and there by produce the Amarasa which derange the metabolism of Meda and Mamsa Dhatu. The accumulated Medo Dhatu cause impairment in the Chala Guna of Vata Dosh causes increase of Agni, hence the consumed food is converted into Vikruta Meda Dhatu.

Mode of action Vasantika Vamana Karma in Sthoulya:
Chaya of kapha dosha is takes place in Shishira Rutu because of taking more of Madura, Amla, Lavana Rasa and Snigdha Guna Ahara in excess, as these are the Nidana for Vyadhi mentioned above. These increase Vikruta Kapha Dosha gets accumulated in Amashaya in Vasanta Rutu. Hence the Upasthita Dosha in Amashaya is expelled out through the Vamana Karma in Vasanta Rutu.

CHART 02

Role of Vamana Karma in Sthoulya,

Deepana – Paachan with Chitrakadi Vati

Because of its Laghu, Tikshna, Ruksha Gunas and Katu, Tikta Rasa (dominant with Agni, Vayu and Akasha Mahabhuta) it subsides the aggravate Kapha. While, by Usna Virya and Tikshna, Snigdha Guna it counteracts Vata. Due to Madhura rasa, Snigdha guna, Anushnasita virya, Madura vipaka it balance the Pitta. Hence Agni deepana, Amapachana and Srotomukha vishodha takes place which help in breaking the basic pathophysiology of the disease.
CONCLUSION

Vasantika Vamana is a Rutu Shodhana process advised for both Swastha for maintaining the health and the diseased person to prevent and control the disease progress. Sthoulya is Kapha Pradhana. Nirharana of Kapha Dosha in proper Rutu brings Indriya Shuddhi, Sthirata of Rasadi Dhatu and Agni Deepana as deranged Agni is the pathology in the Stoulya disease.
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