MANAGEMENT OF STHOULYA WITH SHUNTHI AND VARUNA

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ABSTRACT

Sthoulya has arouse 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 dhatus 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-apathy, 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 Santarpana-janya Vikara¹. The Dhatus are formed till the Medas and further dhatwagni is not good enough to process to next dhatus. Thus, Medas is increased and its Margavarodha does the Vimargagamana of Vata which further increases the Jathragni and does the Ahara Shoshana². 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 Acharyya 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, Sleshmavardhak Aharah, Madya sevana, Adhyashan
Viharatmaka Nidana: Avyayam Avyayava Divaswap
Manas Nidana: Harshniyatvat Achintanat
Bhojanate Jalapan has mentioned as a causative factor of sthauhya
Bejha Svabhava
Aam anna rasa
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.

Rupa: Ayuhras, Javoparodha, Kricchrvayavaayta, Dourbalya, Dourgandhya, Swedabadha, Kshudhatimartam, Pipasatiyog, Atinidra, Alapvega, Jadya, Gadgadatva.

Chikitsa: As the Sthoulya is Santarpaniya vyadhi, the treatment advised for Santarpaniya Vyadhi is Vamaana, Virechana, Raktamokshan, Vyayama, Upavasa, Dhoompana, Swedana are indicated. Haritaki churan intake along with madhu, Ruksha anna sevana, Kushthadi Lep, Kushthadi Churan mandara.
The line of treatment advised for Sthoulya is Guru and Aaptarpan Ahara sevana. Vayu-Sleshma-Medahar annapana are advised. There is indication of Teekshan, Ruksha and Ushna Vasti. Udavartana is done which is Ruksha in nature. The drugs Guduchi, Musta, Triphala, Amalaki, Shunthi, Vidang, Takarishta, Kshara, Teekshan Loha bhasam, Brihatpunchmool+madhu, Agnimanth Swaras+ Shilajatu are ideal drugs and combinations.

In addition, Shudh Guggulu, Gomutra, Rasanjana, Yava, Mudha, Chedaniya dravya are told.

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 dried.

Properties and Action:
Rasa: Katu
Guna: Laghu, Snigdha
Virya: Ushna
Vipaka: Madhura
Karma: Anulomana, Dipana, Hridya, Pacana, Vatakaphapaha, Asmadoshahara

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 starch.

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. The 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 antioxidant.
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, 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 rats\textsuperscript{24} oral administration of ginger extract significantly reduced body weights and serum lipid levels in rats fed a high-fat diet (HFD)\textsuperscript{25}.

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

Varuna: Varuna consists of dried stem bark of Cra-taeva nurvala Buch-Ham (Fam. Capparidaceae), 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 tracts\textsuperscript{26}.

**Properties and Action:**
Rasa: Tikta, Kashaya; Guna: Laghu, Ruksha; Virya: Ushna; Vipaka: Katu; Karma: Bhedan, Dipana, Vatasleshmahara\textsuperscript{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 tannin\textsuperscript{28}.

**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 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 hyperlipidaemia & increased levels of cholesterol. The percentage inhibition of antilipase activity of the aqueous extract of the Varuna was 40.07\%\textsuperscript{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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