

RASOUSHADHIS IN THE MANAGEMENT OF STHOULYA



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कार्ष्यमेव वरं स्थौल्यात् न हि स्थूलस्य भेषजम्
बृंहणं लंघनं वालमतिमेदोग्निवातजित् ॥

- A.H.14/31

स्थौल्यकार्षे वरं कार्ष्यं समोपकरणौ हि तौ
यद्युभौव्याधिरागच्छेत् स्थूलमेवातिपीडयेत् ॥

- Cha.Su.21/1

अत्यन्तगर्हितावेतौ सदा स्थूलकृशौ नरौ ।
श्रेष्ठो मध्यशरीरस्तु कृशः स्थूलात्तु पूजितः ॥

- Su.Su.15/42

Sthoulya??

- *Excessive accumulation of Medha dhatu*

Cha.su.21/4-5

Obesity:

Obesity is an abnormal accumulation of body fat, usually 20% or more over an individual's ideal body weight.

Obesity is associated with increased risk of illness, disability, and death.

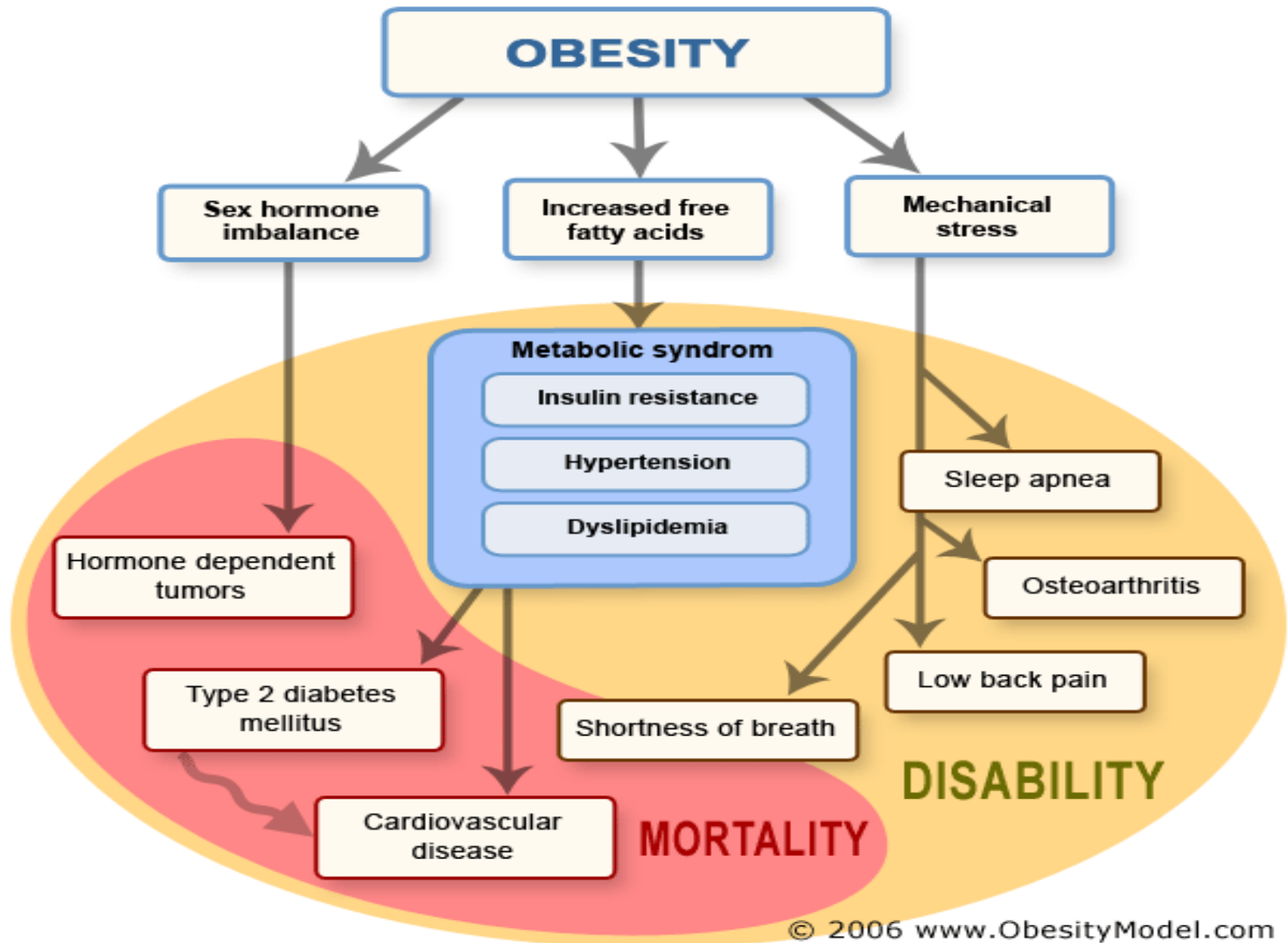
Bitter truths!!!

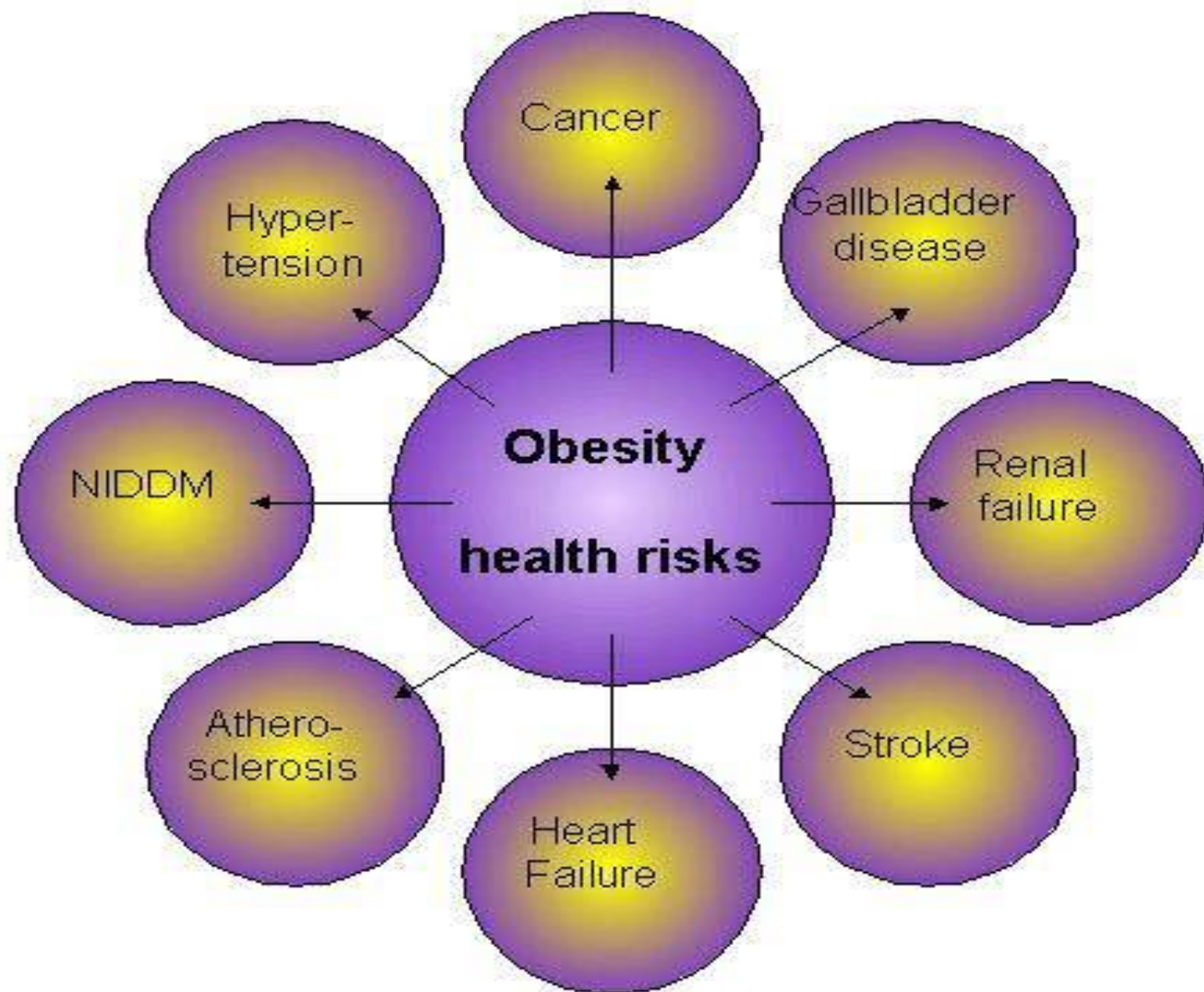
- One among the Astaninditapurusha (Cha.su.21)
- One of the Santarpanajanya roga (Cha.su.23)
- Very difficult to treat compare to Krishata
- Predisposing and triggering factor for many diseases
- Leading problem in modern world
- Has got social stigma along with health problems

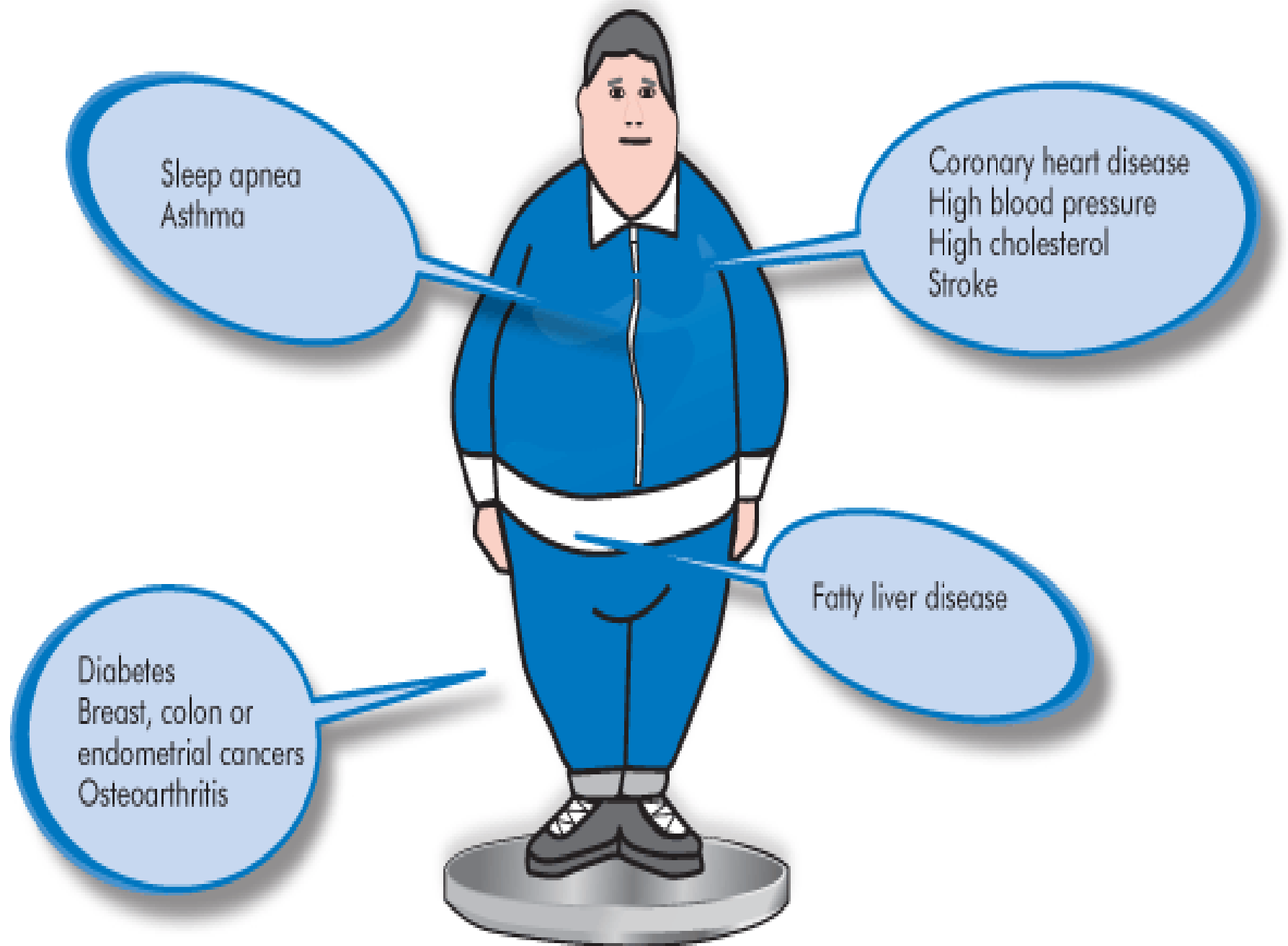
Facts

- ✓ Globally, there are more than 1 billion overweight adults, at least 300 million of them obese.
- ✓ Obesity and overweight pose a major risk for chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension and stroke, and certain forms of cancer.
- ✓ The key causes are increased consumption of energy-dense foods high in saturated fats and sugars, and reduced physical activity.

What obesity can cause?







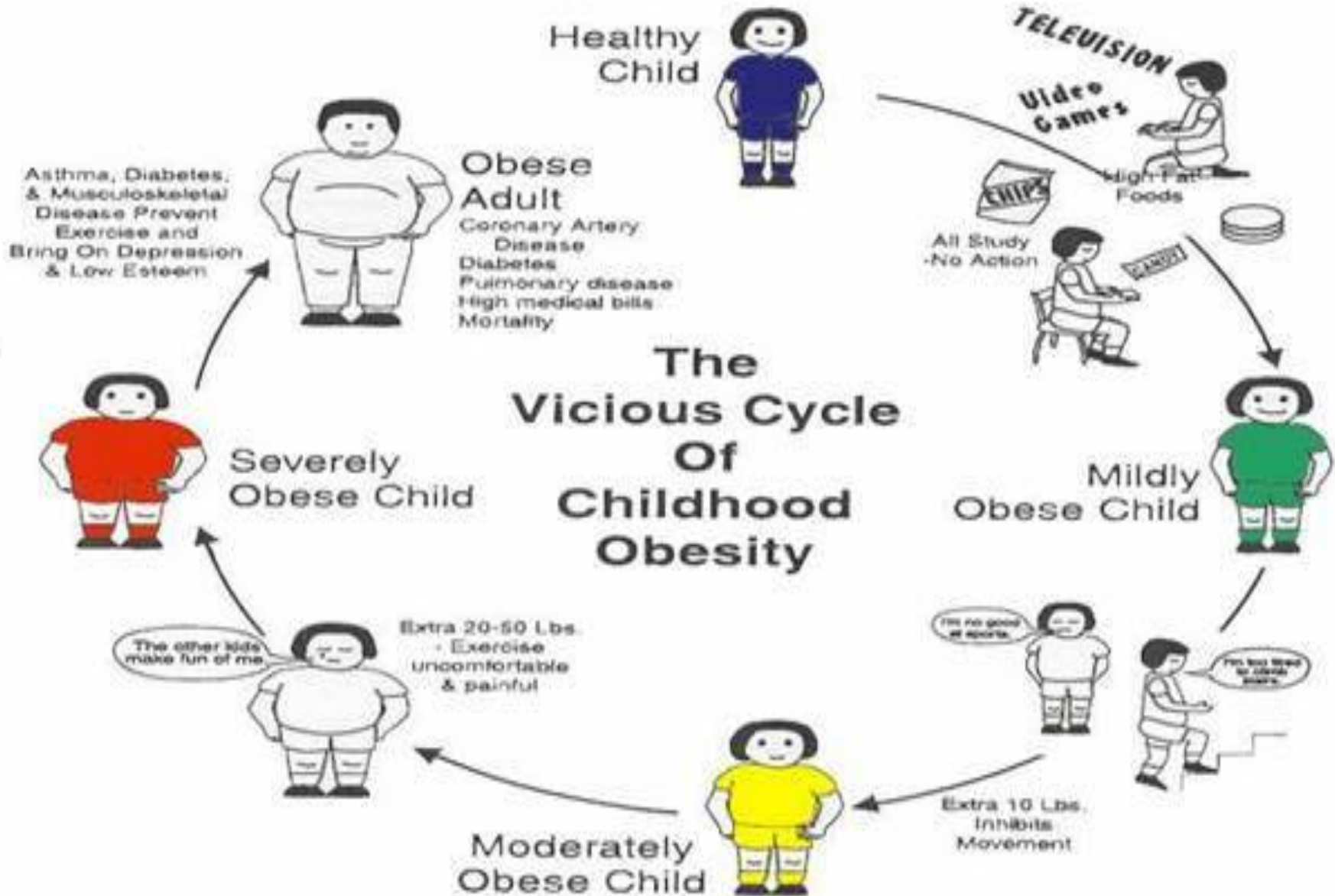
Sleep apnea
Asthma

Coronary heart disease
High blood pressure
High cholesterol
Stroke

Fatty liver disease

Diabetes
Breast, colon or
endometrial cancers
Osteoarthritis

Child obesity - A burning health issue



Chikitsa sutra

- तत्र मेदोनिलक्ष्मनाशनं सर्वमिष्यते ।

- A.H.14/20

- गुरु चापतर्पणम् स्थूले विपरीतम् हितं कृशे ।
यवगोधूममुभयोस्तद्यौग्यहितकल्पनम् ॥

- A.H.14/36

What can we do about it?

Ayurveda

- Guru Apararpana
- Chesta/Vyayama
- Langhana
- Lekhana
- Chedana
- Kshara, Yava, Madhu, Mudga

Contemporary

- Antiobesity Drugs
- Anticholesteremic agents
- Exercises
- Lifestyle modification
- Low caloric/low fat diet
- Prevention of complications

Management of Sthoulya with Rasoushadis???

Stratergies of Management

- ✓ Reduce the weight
- ✓ Reduce the cholesterol
- ✓ Reduce the risk of complications
- ✓ Improve the quality of life
- ✓ Drugs with less side effects on long run, cost effective, easily available, Better results

Rasoushadhis in Bruhatrayis

	CHARAKA	SUSHRUTHA	VAGBHATA
SINGLE DRAVYAS	shilajatu	shilajatu	shilajatu
COMPOUND PREPARATIONS	Shilajatu, loha bhasma, kshara	Shilajatu, loha bhasma, kshara	Vidangadya loha, shilajatu

Why not in Sthoulya???

In other texts

SI No	TEXT	SINGLE DRAVYAS	COMPOUND PREPARATIONS
1	Yoga Ratnakara	Rasa bhasma/ Rasasindhura	Trayushanadhya Loha, Trimurti Rasa, Vadavagni Rasa
2	Chakradatta	Shilajatu	Loha rasayana ,Loharista ,Vidangadya Loham
3	Bhavaprakasha	Shilajatu with Guggulu Shilajatu with Agnimantha kwatha	Loharasayana, Loharista
4	Vangasena	Shilajatu with Agnimanthakwatha	Loharasayana , Loharista

Contd....

SI No	TEXT	SINGLE DRAVYAS	COMPOUND PREPARATIONS
5	Rasendrasara Sangraha	-----	Tyayushanadhya loha Vadavagni Loha
6	Rasa Ratna Samucchya	-----	Vadavagnimukha Rasa Agnikumararasa
7	Bhaisajyaratnavali	Shankhabhasma with Vasa swarasa	Vidangadya Loham Haratala+Gandhaka lepa
8	Rasakamadhenu	Shankhabhasma with Bilva patra swarasa	Vidangadi Loha, Medohara rasa, Loharista, Loharasayana, Tyayushanadhya loha
9	Rasendra chintamani	-----	Tyayushanadhya Loha Vadavagni Rasa Pshtyankusha Rasa
10	Rasatarangini	Shilajatu with Agnimantha kwatha	vidangadya loha

List of Common preparations

1. Shilajatu prayoga
2. Loharista
3. Loharasayana
4. Vadavagni Rasa
5. Vadavagni loha
6. Vidangadi loha
7. Trayushanadyaloha
8. Agnikumara rasa
9. Medohara rasa
10. Trimurti Rasa
11. Arogyavardhini vati



LOHARISTA

B.R.

- Shaalasaradi gana dravya kwatha
- Pippalyadi gana dravya churna
- Loha patra

LOHA RASAYANA

B.R.

- Shu Guggulu
- Musuli
- Triphala
- Khadira
- Vasa
- Trivrut
- Snuhi
- Nirgundi
- Chitraka
- Shati

Loha bhasma
Purana ghrita
Sita
Madhu
Shilajatu
Twak
Ela
Vidanga
Pippali
Kasisa
Triphala
Maricha

VADAVAGNI RASA

Y.R ; Ra.Sa.Sa

- Shu parada
- Shu gandhaka
- Haratala bhasma
- Tamra bhasma
- Arka ksheera bhavana for 1 day

Dose: 2 Gunja

Anupana : Madhu

VADAVAGNI LOHA

Ra.Sa.Sa.

- Parada bhasma / Rasasindhura
- Shu Haratala
- Loha bhasma
- Tamra bhasma
- Arka patra swarasa bhavana

Dose : 1 valla (375mg)

Anupana : Madhu

VIDANGADYA LOHA

B.R.

- Vidanga
- Triphala
- Musta
- Pippali
- Shunti
- Bilva
- Chandana
- Hribera
- Patha
- Usira

Loha bhasma – equal to all

Jala bhavana

Prepare vatis of size 2 masha

Dose: 2 masha

Anupana: Dugdha

TRYUSHANADYA LOHA

Y.R. (Medoroga chikitsa)

- Tryushana
- Triphala
- Chavya
- Chitraka
- Vidanga
- Bakuchi
- Oudbida lavana
- Saindhava lavana
- Souvarchala lavana
- Loha bhasma

Dose : 1 masha

Anupana : Madhu, Ghrita

Karma : Rasayana

AGNIKUMARA RASA

R.R.S.

- Shu Parada – 1p
- Shu Gandhaka – 1p
- Shu Vatsanabha – ½ p
- Shukti bhasma -16 p
- Bhavan with Hamsapadi swarasa for 3 days

Dose: 1 Ratti to 1 Valla

TRIMURTI RASA

Y.R. (Medoroga)

- Shu Parada
- Shu Gandhaka
- Loha bhasma
- Bhavana with Nirgundi swarasa and Musuli kanda swarasa/kwatha

Dose : 1 masha

Anupana : Lodhra churna, Madhu

MEDO HARA RASA

Rasakamadhenu (Medoroga)

- Shu Parada
- Shu Gandhaka
- Vidanga churna
- Bhavana with Arka
ksheera

Dose

3 Ratti

Anupana

**Madhu,
Madhoodaka**

PUSHTYANKUSHA RASA

Ra.Chi. (Sthoulyadhikara)

- Rasasindhura
- Abhraka bhasma
- Shu Vatsanabha
- Loha bhasma
- Shunti churna
- Maricha churna
- Pippali churna
- Yavakshara

Bhavana dravya:

Tulasi swarasa,
Chitraka kwatha, and
Kumari swarasa

1-1 day trituration with each
drug => prepare vatis of size
1 ratti

Anupana

Madhu, Madhoodaka

Shilajatu prashamsa

न सो स्ति रोगो भुविः साध्यरूपः शिलाह्वयं यं
न जयेत् प्रसह्य ।

तत्कालयोगैर्विधिभिः प्रयुक्तम् स्वस्थस्य चोर्जा
विपुलां ददाति ॥

- Cha.Chi 1/65

Properties of Shilajatu

तिक्तकट्यकं स्वादु नात्युष्णशीतलं वृष्यं
त्रिदोशजित् भेदि चक्षुष्यं रसयनम्
क्षयशोफोदरार्शोघ्नं मेहमूत्रग्रहापहम् नूनं
सज्वरपाण्डुशोफशमनं मेहाग्निमान्द्यापहं
मेदश्छेदकरं च यक्ष्मशमनं मूलामयोन्मूलनम्

- Anandakanda kriyakarana vi 1st chp

- R.R.S. 2/115

Shilajtu prayoga

- सुभावितां
गण्डमालार्बुदग्रन्थिस्थौल्यकुष्ठभगन्दरान्....
- A.H.12/35 (Prameha chi)

Properties of loha bhasma

- लौहं रूक्षं सुमधुरमलं पाकतश्चाथ तिक्तं
- वीर्यं शीतं गुरु च तुवरं लेखनन्चातिनेत्र्यम्
- बल्यं वृष्यं जठरगदनुत् श्लेष्मपित्तामयघ्नम्...
- मेदोमेहनिवर्हणं गदहरं दुर्नामरोगान्तकृत्...
- स्थौल्यं विह्वलयत्यलं दलयति श्लेष्मामयान् सर्वथा

- R.T. 20/83-86

TAMRA BHASMA GUNA

ताम्रं तिक्तकषायकं च मधुरं पाके ऽथ
वीर्योष्णकम् कोष्णं पित्तकफापहं
जठररुक्कुष्ठामजूर्त्यन्तकृत् ।

ऊर्ध्वाधपरिशोधनं च विषहत्स्थौल्यापहं क्षुत्करं
दुर्नामक्षयपान्दुरोगशमनं नेत्र्यं परं लेखनम् ॥

- Anandakanda (kriyakarana) 4th ullasa

CHEMICAL COMPOSITION OF SHILAJATU

- SHILAJIT contains more than 85 minerals in Ionic form and FULVIC ACID.
- The FULVIC ACID concentration in shilajit is between 60% to 75%

Contd...

- **FULVIC ACID** the major ingredient of the Shilajit plays a vital role in penetrating the cell walls and transporting the minerals in to the cells.
- This is the most important property of the Shilajit that helps in arresting and reversing the aging process.

CHEMICAL COMPOSITION OF LOHA BHASMA

- Iron – 94 %
- Silicon - 1.07 %
- Sulphur – 0.08 %
- Phosphorus – 0.07 %
- Manganise – 0.30 %
- Carbon – 0.39 %
- Graphite - 3.9 %

Relation between iron & obesity

- A few small studies have noted a possible association between iron deficiency and obesity.
- Two epidemiologic studies published in the early 1960s noted an association between overweight status among children and adolescents and iron deficiency.
- A recently published cross-sectional study found that overweight children and adolescents exhibited lower iron levels.

Contd...

- The objective of this study was to investigate the association between weight status (measured as BMI) and iron deficiency among a nationally representative sample of children and adolescents.
- **Result:-** Nationally representative sample of children and adolescents, we found that **iron deficiency was more prevalent among subjects with higher BMI values.**
- In addition, almost 1 of every 10 overweight adolescents was **iron-deficient.**

Proprietary preparations

Sl.No	Preparation	Manufacturer
1	Tab-B-Slim	Bacfo
2	Cholestrowin-	Prabhat
3	Cap-Decrin	Phytopharma
4	Cap-Defet-5	Ayulabs
5	Cap-Liposid	Anuja
6	Syp-Liposem	KAPL
7	Cap-Lofat	Chirayu
8	Cap-Obez	Atrimed
9	Obenyl	Charak

CONCLUSION

- Rasoushadhis like shilajatu, Loha bhasma, Rasasindhura/parada bhasma are the best drugs to treat sthoulya.



Obesity



THANK U....
THANK U....

