

## EFFECT OF RUKSHANA UPAKRAMA IN MANAGMENT OF OBESITY – A CASE STUDY

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### ABSTRACT

Obesity is abnormal or excessive fat accumulation that presents a risk to health. A person with a BMI equal to or more than 25 is considered as overweight and with BMI of 30 or more considered as obese. *Ruksana Upakrama* is one among the *Shad upakrama* and considered as best in reducing *Kapha, Meda Dhatu*. A 30 –year-old female patient visited the OPD of the department of *Panchakarma*, Alvas Ayurveda Medical College and hospital Moodabidiri with the complaints of weight gain, heaviness in the body and fatigue. And she diagnosed with Obesity. She was treated with *Udvardana* with *Kottamchukkadi choorna* for 10 days followed by *Takra* to take orally. After completion of treatment her weight reduced from 80kg to 77 kg. Hence, it can be concluded that *Rukshana Upakrama* is effective in the management of Obesity as it as *Kaphahara* and *Medohara* properties.

**Keywords:** Obesity, *Rukshana Upakrama*, *Takra pana*, *Udvardana*

### INTRODUCTION

Obesity is an increase in body weight of 10-20% above the normal, caused by excess accumulation of fat. About 10% of the population in India is obese. Small community based surveys done in several parts of country give the figure ranging from 17 -38% BMI and above 28 is associated with higher incidence of strokes, ischemic heart disease and diabetes mellitus. Main aetiology factor is excessive calorie intake which in turn stores fat and obesity has become the sixth common cause for disease burden worldwide<sup>1</sup>. *Sthoulya* can be considered as Clinical entity for obesity in *Ayurveda*. *Sthoulya* is considered under *Santarpanajanya*<sup>2</sup>, *Medo-Pradohaja vikara*<sup>3</sup> as well as *Kapha Pradhana Vyadhi*<sup>4</sup> where

*Apatarpana* line of treatment like *Rookshana* is indicated because of *Abhishyandi* nature and involvement of major *Doshas*<sup>5</sup> in *Sthoulya*. Among them *Udvardana* is the prime one which is having *Kaphahara* and *Medohara* property<sup>6</sup> in which different *Rookshana Dravyas* are used. In classics, we can get the references of *Kottamchukkadi Choorna* which is used for *Udvardana* because of its *Rooksha*, *Teekshana*, *Ushna* and *Vatakaphahara* property and *Takrapana* which is also *Rukshana* action *Udvardana* has mentioned in *Dinacharya* for maintaining of health and treatment in many diseases. In present study *Sarvanga Udvardana* (whole-body massaging in upward direction or opposite to hair root by medicinal

powder) can be effectively used in life style disorders like obesity to reduce fat from subcutaneous tissue due to *Kapha-Meda Pravilyana* action

### CASE REPORT

A 30-year-old female patient visited out-patient department of department of Panchakarma, Alvas Ayurveda Medical College and Hospital, with the complaints of increased weight, heaviness in the body and fatigue since 6 months. History of present condition revealed that total of 5 kg weight was increased within 6 months. There is no history of diabetes, hypothyroidism and hypertension. General examination of patient showed that her weight was 80kg, height 150cm, body mass index (BMI) 35.6kg/m<sup>2</sup>, blood pressure 110/80mm/Hg and pulse rate 74/min. Personal history revealed that she had a habit of *Adhyashana* (Repeated eating before the digestion of previous food) *Avayamana* (No physical exercise) and *Divaswapna* (sleeping in day time). And her water intake was 3-4 glasses (2.5 litres), frequency of urine 6-7 times per day and bowel habit was regular. She is of *Kapha-Vataprakriti* with *Madhyama sattva* (moderate mental strength) and *Madhyama Kosta* (Moderate bowel). Her physical and systemic examination did not revealed any abnormal findings. She was diagnosed with Obesity. Hence, the patient was selected and treated with *Rukshana* therapy in

both ways i.e. external and internal. Before administration of treatment, patient's physical examination is done such as body circumference of midarm, forearm, chest, abdomen, hip, midthigh, calf and skin folds thickness of biceps, triceps, scapular, abdomen, supra-iliac regions were documented to evaluate the effect of *Rookshana* therapy, before and after treatment in obesity.

### MANAGEMENT

Internally – *Takra pana* for 10 days

Time of administration - 2 glasses before food

Duration -10 days

Externally – *Udvardana* with *Kottamchukkadi choorna* of *Kushta* (*Sussurea lappa*), *Shunti* (*Zingiber officinale*), *Vacha* (*Acorus calamus*), *Shigru* (*Moringa pterigosperma*), *Lasuna* (*Allium sativum*), *Devadaru* (*Cedrus dedora*), *Himsra* (*Capparis sepiaria*), *Rasna* (*Alpinia galanga*), *Sarshapa* (*Brassica campestris*)

### OBSERVATIONS AND RESULTS

After completion of 10 days of treatment, results were assessed which showed reduction in body weight and BMI Index. And reduction in body circumference and in the thickness of different skin folds has mentioned below:

**Table 1:** Reduction in Weight (kg) and Body mass index (Kg/m<sup>2</sup>)

Data	Weight (Kg)	BMI
BT	80	35.6
AT	77	34.2

BMI: Body mass index, BT: Before treatment, AT: After treatment

**Table 2:** Reduction in body circumference measurement (cm)

Body circumference	BT	AT
Midarm	36	33
Forearm	25	23
Chest	98	96
Abdomen	99	96
Hip	108	106
Midthigh	58	56
Midcalf	41	39

**Table 3:** Reduction in skin fold thickness (cm)

Skin fold	BT	AT
Biceps	2.6	2.1
Triceps	2.4	2
Scapular	2.6	2.5
Abdomen	9.2	7
Supra iliac	8.5	7.8

**MODE OF ACTION OF UDWARTANA**

The main intention of *Udwartana* is to bring *Rookshana* to the body. *Shoshana* is the function of *Rooksha Guna* in the body as commented by Hemadri on *Ashtanga Hridaya*. Hence *Udwartana* does *Medo Shoshana*, *Shoshana* of excessive *Kleda* and acts as antagonistic to excessive *Snigdha Guna* present in *Meda* and *Kapha*. *Udwartana* is indicated in *Sthoulaya* owing to its *Kapha-Medo vilayana guna*. Due to *Ushna* and *Teekshana guna* of *Dravya* and forceful massage effect on *Romakupa*, the *Veerya* of the drugs enter into body through the openings of *Siramukha*, thereby making *paka* of *Kapha* and *Meda*. *Udwartana* also stimulates the *Twakgata Agni/Brajaka Pitta*. Due to this there is *Dravatha Vriddhi* of *Kapha* and *Meda*. When the vitiated *Medo Dhatu* gets dissolved, there is formation of excessive *Sweda*. And *ushna jala snana* given after *Udwartana* act as *Swedana*. By elimination of vitiated *Kapha* along with *Meda* result in reduction of *lakshanas* of *Sthoulya*.

All the ingredients of *Kottamchukkadi Choorna* possess *Katu*, *Tikta rasa*, *Laghu*, *Rooksha*, *Teekshna Guna* and *Ushna Veerya*. The combination has *Kapha Vata Shamaka*, *Lekhana*, *Medohara* action. Moreover among the ingredients *Kustha* belongs to *Lekhaneeya* and *Eladi Gana* which have *Lekhana* and *Vatakaphahara* action and hence does *lekhana* of *meda* and *shoshana* of *Kapha*. *Shunti* belongs to *Triushanadi Gana* which is *Kaphamedohara* action. *Vacha* is *Lekhana*. *Shigru* belongs to *Varunadi gana* which is *Kaphamedohara*. *Rasna* belongs to *Arkadi gana* which is *Kaphamedohara* action. Hence *Ushna veerya* produces *srotoshodhana* by removing the obstruction in *Rasavaha* and *Swedavaha srotas*.

**MODE OF ACTION OF TAKRA PANA**

*Takra pana* has been prescribed as *Pathya* in *Santarpanotha Vyadhi* because it possesses *Rukshana* and *Shoshana* property<sup>7</sup>. *Takra* is capable to stimulate the *Jatharagni* and improve *Jarana Shakti* by which *Sara-Kitta Vibhajana* is possible<sup>8</sup>. *Takra* has been mentioned for *Sneha-Vyapatnashana*<sup>9</sup>. Hence can be used as *Pathya*

**CONCLUSION**

*Rukshana* therapy in the form of *Udwartana* and as *Pathya* in form of *Takra pana* can help in reduction of BMI, Weight, and body circumference and skin fold thickness in case of Obesity.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Bindiya Shetty & Aabha Sharma: Effect Of Rukshana Upakrama In Management Of Obesity – A Case Study. International Ayurvedic Medical Journal {online} 2019 {cited August, 2019} Available from: [http://www.iamj.in/posts/images/upload/1431\\_1434.pdf](http://www.iamj.in/posts/images/upload/1431_1434.pdf)