

CONCEPT OF RASAYANA IN MANAGEMENT OF STHOULYA

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ABSTRACT

Immunity is a protective mechanism of the body; weak immunity may give rise to so many health conditions. The immunity of the person cannot be defined by personal appearance, as a lean body person may have stronger immunity compared to an obese person. The immunity depends upon proper nourishment of body tissues and lack of proper nourishment leads to a decrease in the person strength and lifespan. *Sthoulya* is one of the conditions where there is increased nourishment of only *Medadhatu* with lack of nourishment of other *Rasadidhatu* which further give rise to so many complications. *Rasayana* is one of the peculiar concepts of *Ayurveda* known for its Rejuvenation, Immunebooster, and antioxidant properties. As the name itself suggests it is the procedure with specific *dravyas* for the nourishment of *Rasadidhatu*. In *Sthoulya* as it is *vruddi* (Increased) of *Shleshma*, *Vatadosha* and *Medadhatu* with lack of nourishment of other *dhatu* occur so the use of *Dravya* having *Rasayana*, *shleshmahara*, *Medohara* and *Vatagna* properties are more beneficial.

Keywords: *Rasayana*, *Sthoulya*, *Shleshmahara*, *Medohara*, *Vatagna*

INTRODUCTION

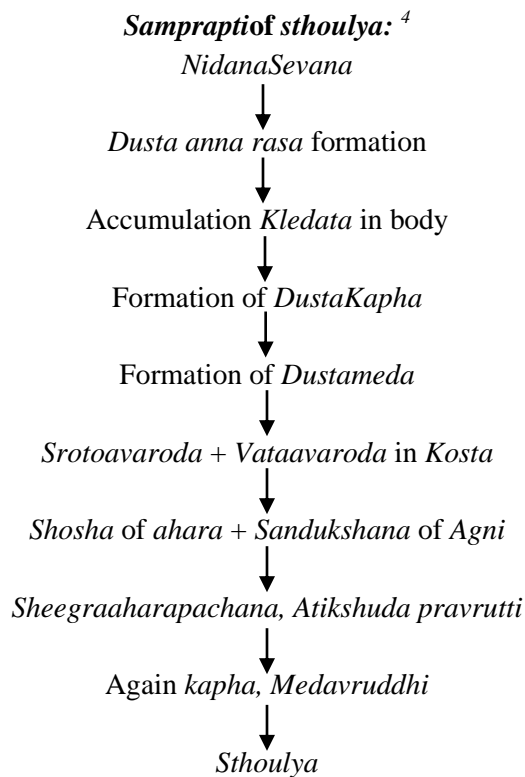
Sthoulya is one of the *Medoroga* and it is *Kaphajananatmajavyadhi*.¹ It is defined as “*chala sphik udara stana*” which is the pendulous movement of the Buttock, Abdomen and breast region, here a person looks stouty but may not have sufficient physical strength and activity.² As per modern aspect *Sthoulya* can be compared to obesity which is defined as it is excess adipose tissue mass or grossly fat. The prevalence of obesity is increasing worldwide in all age groups within people of higher socioeconomic status, especially in urban communities.

Causes for *Sthoulya*:³

Aharaja Nidan: *Atisampoorana* (Eating excess quantity of food), eating *Guru* (Heavy), *Madhura* (Sweet), *Sheet* (Cold), *Snigda* (fatty food), *Shleshmalaahara*.

Viharaja Nidan: *Avyayama* (Lack of exercise), *Avyavaya* (Lack of sexual activities), *Deevaswapna* (Day sleep), *Nityaharsha* (Always being happy), *Achinta* (No worry)

Other Nidan: *Beejaswabhaba*(Hereditary)



Clinical manifestation of *Sthoulya*:

Acharya Vagbhata mentioned three stages of *Sthoulya*, which are *Heena sthoulya*, *Madya sthoulya*, *Ati sthoulya* to plan the treatment. From the initial stage of *Sthoulya*, the person starts to face many problems these are explained by *Acharya Chakra* as an *Astadosha*⁵ and by other *Acharyas* as a disease to summarize them:- In the initial stage when a person starts to consume *Kaphavruddikara ahara*, a person starts to feel *Angagourava* (Heaviness in the body), *Alasya* (Laziness), *Atinidra* (Excessive sleep),

Tandra (Lethargic) etc., because of accumulation of *Kapha* and *Kledata* in body and when *Meda* start to accumulate in places then it leads to pendulous movement of Abdomen, buttock and breast region and increased sweat, during this time as there is only nourishment of *Medadhatu* not others *Dhatu* patient strength, longevity will start to decrease. When *Vatavrudhi* occurs because of *avarodha* by *Kapha*, *meda* than *kshaya* of *Rasadi dhatu* other than *Meda dhatu* will occur so person starts to feel increased *Kshuda* (Appetite), *Trishna* (Thirst) which further

leads to increased intake of food which further causes *Sthoulya*. As *Medavruddi* leads to obstruction of *Srotas*, the person suffers from *Dourbalya*, *Kshudrashwas*, *Kruchravayava*, *Alpashukrata*, *Alpaprana* etc.

Chikitsa:⁶

Sthoulya is a *Santarapanajanya Vyadhi* so the use of *Guru* (Heavy) and *Atarpana Dravya* (Non-Nourishing) along with *Vatagna*, *Shleshmamedohara dravyas* is indicated along with *Tikshabasti*, *Rukshadwartana* and *Shamanaoushadhi*.

Rasayana:

Rasayana is one of the peculiar concepts of *Ayurveda*. *Rasayana* is a procedure with specific *dravyas* to nourish *Rasadidhatu* also which helps to attain *Prashastaavastha* (Excellence) of *dhatu*.⁷ *Rasayana dravyas* are used for two purposes that are *Swastasya urjaskara* (which enriches the quality of health) and *Rogaprashamana* (Curative). The benefits of *Rasayana* is, it prevents *Akaala Jara* (Premature ageing) and act as *Vyadhishamaka* (Curative), *Vyadhipratibandaka* (preventive)⁸ and proper use of *Rasayanadravyas* help to provide *Deergayu* (Longevity) and increases *smruti* (Memory), *medha* (Intelligence), *Arogya* (Health), *vaya* (Age), *Prabha* (Luster), *varna* (Colour), *Swara* (Voice), *dehaindriyabala* (Strength to both body and *Indriya*), *vaksiddi* (Whatever person says it will happen), *kanti* and help to attain *prashastha avastha of dhatu* (Excellence of *Dhatu*). *Rasayana dravyas* have effect on both *Agni* and *Srotas*. In *Sthoulya* Excess *medadhatu* will obstruct *Rasadivaha srotas* so *Rasadi dhatu* will not get proper nourishment except *Medadhatu* hence use of *dravyas* which are having Properties of *Rasayana*, *Vatagna*, *Shleshmahara* and *Medohara* will help to boost immunity, removes obstruction of other *srotas* so that all *dhatu* will get proper nourishment hence person easily overcome *Sthoulya* and its other complications like *Astadosha* and other diseases.

Role of Shodhana before using Rasayana: In *Sthoulya* person *Shodanakarma* is necessary, before administering any of *Rasayanadravya* as *Shodana* helps to remove *Amadosha* and it helps to keep *Agni*

in its *Prakrutaavastha* (Normal state) and does *Srotoshodana*. *Vamana karma* may be beneficial as it reduces both *Kapha* and *Meda* hence adding more benefit to treatment.

Details of Rasayana dravyas useful in Sthoulya person:

1) Guduchi (Tinosphora cordifolia)

Guduchi has *katu*, *tikta rasa*, *Madhura vipaka*, *Usna virya* and act as *Rasayana*, *Balya*, *Agnideepaka*, *Tridosahara*⁹ and *medoshoshana*.¹⁰ *Katu rasa* has *deepana*, *kleda*, *sneha*, *medashoshana* *gunas* along with it has *Vayu* and *Agni mahabhuta* which are opposite of *mahabhuta* of *Kapha* that is *Pritvi* and *Jala mahabhuta* thus it helps in reducing the excessive accumulation of *Meda dhatu*. *Tikta rasa* has *deepana*, *shodhana*, *kleda*, *medashoshana* *property* and it has *Vayu* and *Akash mahabhuta*, because of it *tikta rasa* of *Guduchi* cause *laghuta* in the body as both *mahabhuta* have *laghu* *property* and because of *meda*, *kleda shoshana* *property* they stop accumulation *meda dhatu*. *Madhura vipaka* of *Guduchi* act as *Rasayana*, and this *Rasayana guna* of *Guduchi* help to nourish *Rasadi dhatu*. Studies were done on Rats fed with a high-fat diet and *Guduchi* shows effectiveness in managing the body weight of rats than those Rats only fed with a high-fat diet. Another study done on Rats shows that it has antioxidant activity¹¹ also study done on *Drosophila melanogaster* shows an increase in the lifespan in both parent and F-1 generation hence proving *Rsayana* *property* of *Guduchi*. As *Guduchi* is having both *Rasayana* *property* and *sneha*, *kleda*, *medashoshana* *property* it nourishes *Rasadidhatu* but reduces *kledata*, *Medadhatu* and because of its *Tridosahara* *property* it balances *Vata kapha* and *Balya* *property* of it helps to *Sthoulya* person overcome *Dourbalyata* (Lethargic).

2) Triphala:

One of the important *Rasayana Dravya* in *Ayurveda* is *Triphala* consisting of *Amalaki*, *Bibhitaki* and *Haritaki* having *Rasayana* *property* nourishes *Rasadhi dhatu* delays the ageing process.¹² According to *Acharyas Triphalachurna* (Powder) taken with *Madhu* act as *Atisthoulyahara*¹³ also it has

good immune modulator property, antioxidant property and reduces cholesterol which is attributed to the presence of flavonoids, alkaloids, tannins, saponin, glycosides and phenolic compounds and various studies were done on *Triphala* shows it the action of Cholesterol reduction. *Triphala* having *Rasayana*, *Medahara* property it Nourishes *Rasadi dhatu* except *Medadhatu* as it has *Medahara* property, and it balances *Vatakapha dosha* by its *Tridosahara* property.

3) *Madhu* (Honey):

Madhu is the most appreciated and valued natural product introduced to humankind. *Madhu* pacifies all three vitiated *doshas* by their multiple actions and their qualities that is *Madhura Rasa*, *Kasaya uparasa*, *Ruksha guna*, *Sheeta virya*, *Madhura vipaka* and act as *Sukshmamargaanusari* (ability to permeate in microchannel) by its *Prabhava*. *Madhura* rasa gives nutrition to the tissue while *Kasaya* rasa provides *lekhana karma* and *Ruksha guna* of *Madhu* will make *sthoulya* person to *krusha* by its *karshan* property. *Acharya Sushruta* mentioned in *Rasayana* concept *Madhu* taken with water act as *Rasayana* that means it nourishes *rasadhi dhatu* so act as *Vayasthapana*¹⁴ and again *Madhu* taken with luke-warm water act as *Medohara*¹⁵ (Reduces *Meda*), also *Madhu* is one among *Nityapatya dravya*.¹⁶ *Madhu* being Good *Rasayana* as well as potential antiobesity agent and it is *Vayasthapaka dravyas* it can be used to treat *Sthoulya* person and to treat other complications of *Sthoulya*.

4) *Shilajatu*:

Shilajatu is one of the herbomineral *dravya* and it has properties like *Tikta*, *Katu*, *Kasaya rasa*, *Katu vipaka*, *Usna virya*¹⁷ also it has properties like *Rasayana* and *Vrishya*. *Shilajatu* acts on *Agni* (Maintain the normal state of *Agni*) and *Srotas* (Removes the obstruction of *srotas*) which help to nourish *rasadi dhatu*. By its *Katu vipaka* and *Ushna virya* it reduces *Kapha*, *Meda* and *kledata* of the body so that *Shilajatu* took along with *Agnimanth Swarasa* act as *Sthoulyahara*¹⁸ thus it shows that *Shilajatu* will do *dustamedha ksaya* Moreover the *Rasayana* property of *Shilajatu* Nourishes *Rasadhidhatu*. *Shilajatu*

Nourishes *Rasadi dhatu* by removing obstruction of *srotas* helps to keep the body tissue in a healthy state and improves the metabolism at every level of *Dhatu* thus delays the ageing process also. One line says about *Shilajatu* that is "which conqueror of mountains and destroyer of weakness" it has properties of *dehadardyakara* (Strength the body) and give *Deergayu*.¹⁹

5) *Guggulu*:

Guggulu has *Katu Tikta Kasaya rasa*, *Katu vipaka*, *Usnavirya* also *Purana* (Old) *Guggulu* has *Laghu*, *Ruksha*, *Sukshma*, *Sara Guna* (Qualities) and *Nava* (New) *Guggulu* has *Snigdha*, *Picchila Gunas* with *Tridosahara*, *Balya*, *Agnideepana*, *Swarya*, *Rasayana*, *Medahara* (Old), *Kledahara*, *Vrushya* (New) action.²⁰ *Purana Guggulu* having *Usnavirya*, *Ruksha*, *Sukshama*, *Sara guna* it Removes *Avaroda* (Obstruction) Of *Srotas* and helps to proper Nourishment of *Dhatu* and as it has *Agnideepana* and *Rasayana*, *Medahara* Property it Brings *Agni* to its Normal state and helps to Nourishment of *Rasadi dhatu* except *Medadhatu*. *Guggulu* shows Antihyperlipidemic, Antioxidant, anti-inflammatory, immunomodulatory, and appetite-regulating activities due to its chemical compounds. In *Sthoulya* as there is *Vatakapha dosha* is in increased and Increased *Medadhatu* is the main culprit to *Sthoulya* person to experience *Dourbalya*, *Dourgandya*, *Ayurhrasa*, *Javoparoda* and soon Because of *Guggulu* *Tridoshara*, *Kledahara*, *Agnideepana*, *Rasayana* and *Medahara* property *Guggulu Rasayana* will be very beneficial to *Sthoulya* person.

6) *Loharasayana*:²¹

Loharasayana is one of the best *Medohara* because it contains *Guggulu*, *Tiphala*, *Talamuli* and so many potent drugs. *Loharasayana* has the properties like *Vata shleshmahara*, *Rasayana*, *Medhavadaka*, *Uttam Vajikarana*, *Kantikaraka*, and helps to Conceive by acting on *Virya* and *Rajodosh*. The dose instructed to take is 1 *Karshamatra* after a person undergone *Shodhana*. While taking *Loharasayana* intake of *dravyas* like *Kadalikanda*, *Kanji*, *Karamarda*, *Karira*, *Karavellaka* should be contraindicated. The properties like *Rasayana* help to

nourish all the *dhatu*s except *Medadhatu* because of *Medahara* Property as the line says about *Loharasayana* that is it Scrapes *medavraddi* of *Kukshipradesha* (Hip region) of the person to the extent that it reaches *Patal* (Deep region) and it combats *Vaatashleshmavruddi* by *Vatashleshma shamana* because of it *Srotoavaroda* will be removed and proper nourishment to person body occur which makes him healthy. Again it has *uttam vajikarana* and removes *virya*, *rajadosha* property which helps *Sthoulya* person suffering from *klaibyata* (Infertility), because of all these properties *Loharasayana* is one of the best *Rasayana dravya* to treat *Sthoulya* condition and its complications.

7) *Trayushanadya loha*:²²

Trayushanadya loha is considered *Uttam Rasayana* in the classic textbook. It contains *lohabhasma* and other thirteen drugs it. The dose of it is 1 *Masha* along with *Madhu* and *Ghrita*. Its actions mentioned are it scrapes *Medavraddi* of *Sthoulya* person and it increases *Agni*, *Bala*, *Varna* of person. The properties of *Trayushandya loha* helps in *Sthoulya* person to reduce *Dustamedadhatu* and normalizes *Agni* and makes person *Balya* and *Rasayana* property will nourish other *dhatu* which make a person to healthy to combat other complications of *Sthoulyata* and other opportunistic diseases.

8) *Bhallataka Kshoudra*:²³

Bhallataka Kshoudra is one of the *Rasayana Yoga* mentioned in classics, contains *Bhallataka*, *Madhu* and *Ghrita*. *Bhallataka* is known for its *Kaphana* and *medagna* property and because of its *Tikshna*, *Usna guna* it acts as *Srotoshodaka*. *Madhu* having *lekhana* and *Roukshya guna* does *Karshana* of *Medadhatu* and *Ghrita* has Properties of *Vatapitta hara* simultaneously it will not increase *Kapha*, and it nourishes *Rasa Shukra dhatu*. Observing all the properties, *Bhallataka Kshoudra Rasayana* can be used in *Sthoulya* person.

9) *Achara Rasayana*:²⁴

Achara Rasayana is one of the behavioral therapies in *Ayurveda* for good health. For *Sthoulya* person two practices of *Achara rasayana* will help, among that one practice is *Sama Jagarana – Swapna* (maintain a

balance between waking and sleeping cycle) this practice help person to keep his metabolic rate good and another Practice is *Nitya Ksheeraghritaashinah* (daily intake of milk and Ghee in diet with moderation) as Cowmilk has *jeevaniya*, *Rasayana*²⁵ properties and Ghee is having *Vatapittahara* but not *Shleshmavardhana* (does not increase *Kapha*) property and nourishes *Rasa*, *Shukradhatu* and gives *Bala* to person and it rises healthy cholesterol of person that is HDL hence taking ghee and milk daily in diet with moderation is beneficial to *Sthoulya* person.

DISCUSSION

In *Ayurveda Samprapti Vighatana Chikitsa* will play a major role in treatment. In the *Sthoulya* condition, the involvement of *Kapha*, *Meda*, *Vata*, *Srotoroda* and *Vikruta Agni* all takes place Gradually so using *Rasayana dravyas* by observing different *Avastha* of *sthoulya* is more beneficial. Taking *Guduchi swarasa* in the morning with an empty stomach may be beneficial to reduce the initial stage of *sthoulya* that is when there is an accumulation of *kledata*, and *Kapha* is starting and the patient started to feel *alasya*, *angagourava*, as it reduces *kledata* in the body and reduces *medadhatu* and its *rasayana* property, will make sure that other *rasadi dhatu* will get proper nourishment so that person become healthy and energetic. *Triphala Rasayana* can be used when there is an increase of *kapha*, *Vata* and *meda* start, it will reduce *dustameda* by its compounds like flavonoids, Tannins, Glycosides etc and by its *tridoshara* it controls *Vata* and *kapha* and with *Rasayan* property it nourishes *Rasadi dhatu*. *Triphala rasayan* has properties like *Vayastapana* and *vrishya* which help *sthoulya* person suffering from *Klaibyata*, *Kruchravayava*, and *Ayurhrasa*. *Madhu* having qualities like *Rukshata*, *lekhana* and *Karshana* property so it can be used when a person having an accumulation of *Kapha*, *Meda*, *Srotoavaroda* and *Agnivardhana* (Because of its *Roukshya guna* it does don't increase *Agni*). *Shilajatu Rasayan* has properties like *Rasayana*, *Medahara*, *Vrushya*, *Dehadaryakara*, *balya* and *Vayastapana* so

it can be used when there is an accumulation of *Kapha*, *meda dhatu* with there is no increased also it can be used to treat *sthoulya* person suffering from *Dourbalya*, *Klaibyata*, so it helps a person have a healthy long life. *Guggulu* And *Bhallataka kshoudra* can be used when there is more accumulation of *dustamedas* because of their properties they will do *karshana* of *dustamedas*. *Achara rasayana* is a lifestyle modification *Sthoulya* person need to adopt it in his lifestyle for better health.

CONCLUSION

Rasayana Dravyas are used to attain *Prashasta avastha* of *Rasadi dhatu* that is the excellence of *Dhatu*. *Rasayana Dravyas* are misbelieved that they do only *Bruhmana* effect, but they help to increase *Dhatu*s qualitatively not only quantitatively there are some *Rasayana yogas* which does *Karshana* along with so many other benefits like *Balya*, *Vayasthapana* *Vrushya*. In *Sthoulya* after *shodanakarma*, proper selection of *dravyas* is necessary. Selection of *Rasayana dravyas* having *Vatashleshmahara*, *Medahara* property along with other properties has more beneficial to treat *sthoulya* and its other complications. *Rasayana dravyas* should not be administered to *Atisthoulya* person because in *Atisthoulya* person *Shodhana* is contraindicated.

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