



ROLE OF HERBOMINERAL DRUGS IN THE MANAGEMENT OF COMPLICATIONS OF STHAULYA- A CRITICAL REVIEW

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ABSTRACT

In Ayurvedic treatise *Caraka Samhita* Acharya Caraka has classified *Atisthaulya* under the eight most condemnable (*Ashtanindita*) conditions of the society and considered it under *Santarpanotha Vikaras* (diseases due to excessive nutrition). Further Acharya explains that if skinny and obese both persons who are equally equipped suffer from a particular disease then that disease afflicts the obese person more severely than the skinny. *Cakrapani*, explaining it says that in the obese saturation further aggravates obesity while desaturation because of increased digestive fire is not tolerated by the patient, thus the condition becomes difficult to manage. In obese person fat is nourished more than the other *Dhatu*s because it is extensively spread all over the body and takes all the nourishment overcoming other *Dhatu*s causing *Medas Sanchaya*. Disproportionately increased *Medas* (fat/ adipose tissue) and *Mamsa Dhatu* (muscle tissue) causes obstruction of *Medovaha Srotas* due to which *Aahara Rasa* does not reach the other *Dhatu*s and thus nourishes the *Medas* only resulting in *Atisthaulya*. As it is said that '*Vayordhatu Kshayat Kopo Margasya Aavarana Ch*' therefore due to *Avaran* of *Medovaha srotas* *Vayu* is excessively aggravated and as such stimulates *Jatharagni* causing quick digestion of consumed food and leaving the person yearning for more food. Ayurvedic classical texts describe a detailed treatment regimen for *Sthaulya* and its complications. In this regard *Aushadh Dravyas* which are *Strotoshodhak* heavy and desaturating should be giv-

en. This includes *Lekhaniya*, *Medohara*, *Guru*, *Aptarpankaarak Dravya*. *Rasa Aushadhis* like *Makshik*, *Shilajatu*, *Loha Bhasma*, *Rasa Sindoor* yield promising results in the treatment of *Sthaulya*. This article focuses on critically reviewing the role of herbomineral drugs mentioned in various Ayurvedic classics which have remarkable effect in the treatment of obesity.

Keywords: *Atisthaulya*, *Ashtanindita*, *Santarpanotha Vikara*, Herbomineral drugs, *Rasa Aushadhis*

INTRODUCTION

Increasing trends of junk food consumption, fast-paced lifestyle and sedentary habits have led to rising incidence of obesity in the past few decades. In this context the explanation of obesity (*Sthaulya*) given in Ayurvedic treatises fits appropriately in present scenario. *Caraka* has classified *Sthaulya* under the eight types of contemptuous persons of society [1]. He defines *Sthaulya* as a *Santarpan Janya Vikara* which is caused by abnormally increased *Meda* and *Mamsa Dhatu*. *Meda* and *Mamsa Dhatu* are the *Prakritik Sthana* or the residing place of *Kapha*. Due to *Ashraya- Ashrayi Bhava* the *Doshas* and the *Dhatu*s (and *Malas*) share an inseparable bond [2]. Thus, the factors causing increase in *Kapha* such as intake of heavy, sweet, cold, unctuous foods and indulgence in day sleeping, exhilaration, lack of physical activities and mental work also result in excessive accumulation of *Mamsa* and *Meda Dhatu* in body *Caraka* says *Prakritastu Balam Shleshma Vikrito Mala Uchyate* i.e. *Kapha* in its natural state strengthens the body but when vitiated it accumulates as a waste. *Caraka* has also mentioned involvement of genetic predisposition (*Beeja Dosha*) in the pathogenesis of obesity.

PATHOGENESIS OF *STHAULYA*

Ultra processed and high calorie foods cause impairment of digestive fire (*Jatharagni*) and lead to the production of toxic by-products that can neither be neutralized nor eliminated by the body known as *Ama*. *Sushrut* has explained that the organs where *Ama* accumulates there it amalgamates with *Vatadi Doshas* and results in manifestation of diseases. [3] *Vagabhatta* describes *Lakshanas* of *Ama* that it causes obstruction of *Strotas*. [2] Explaining the etiopathogenesis of *Sthaulya* *Caraka* says overindulgence in *Kapha Prakopak Nidana* causes disruption of *Jatharagni* and results in *Ama* production which occludes

Medovaha Strotas (Strotosang) leading to *Meda Sanchaya* which in turn causes *Medodhatwagni Mandya*. Due to *Medodhatwagni Mandya Sama Meda* is formed which gets accumulated in various other *Strotas* leading to their obstruction and nourishment of only *Meda Dhatu* and not the other *Dhatu*s. Also, this hinders the passage of *Vata* as it's a known fact वायोर्धतुक्षयात् कोपो मार्गस्यावरणेन च । (Ch.Chi.28/58) Hence *Vimarga gaman* of *Vayu* occurs which aggravates *Koshtha Agni*. Due to this the person digests consumed food quickly and yearns for more food. This craving for more food compels the person for *Adhyashana* and subsequent formation of more *Ama*. Thus, the cycle goes on resulting in the manifestation of *Medoroga*. Aggravated *Agni* and *Vayu* are particularly complicated and as such burn the obese like forest fire.

COMPLICATIONS OF *STHAULYA*

Initially *Medovaha Strotas* is involved but subsequent involvement of other *Strotas* leads to many complications like *Prameha (Caraka) Prameha Pidika*, *Bhagandar*, *Vidradhi*, *Vata Vikara*, *Jwara*, *Kushtha*, *Visarpa*, *Atisara*, *Arsha*, *Shleepada*, *Apachi*, *Kamala*, *Sweda Daurgandhya*, *Krimi*, [4].

MATERIALS & METHODS

Ayurveda classics i.e., *Brihatrayi*, *Laghutrayi*, *Rasa Grantha*, relevant published research papers & review articles and internet source related to this topic has been utilised for present work.

DISCUSSION

Rasaushadhis - A treasure trove in the management of *Sthaulya*

The line of treatment of *Sthaulya* involves intake of *Dravyas* which are *Strotoshodhak*, *Lekhaniya*, *Medohara* and *Vatakaphahara*. This includes *Dravya hav-*

ing *Katu, Tikta, Kashaya Rasa, Laghu Ruksha, Tikshna Guna and Ushna Virya*.

Herbomineral drugs are potent Ayurvedic compound formulations which are extremely effective in minute quantity. Due to their nanoparticle size these are

Caraka	काल लौह रज , शिलाजीत+ अग्निमथ रस
R.R.S.	वडवाग्निमुखो रस ,अग्नि कुमार रस
Bh. R.	हरितालादि योग, विडंगाद्य लौहम्, त्र्यूषणाद्य लोह
Y.R.	वडवाग्निरस, त्र्यूषणाद्य लोह, रसभस्म योग, त्रिमूर्तिरस,
Bh.P.	लोहरसायन, लोहारिष्ट
A.H.	शिलाजीत+ अग्निमथ रस, काल लौह रज

Mode of action of various Herbomineral drugs in *Sthaulya*

1. **Kala Lauha Raja-** *Lauha Bhasma* eliminates *Kapha & Meda* due to its *Tikta, Kashaya Rasa, Ruksha Guna* and *Lekhan Karma*. It pacifies *Vata* with its *Madhur Vipaka & Guru Guna*. It is *Deepanam Uttamam* and thus stimulates *Agni* and improves metabolism. It also subsides complications of *Sthaulya* such as *Prameha, Kushtha, Krimi, Visarpa, Kamla, Bhagandar* [5].

2. **Shilajatu** - According to *Caraka Shilajatu* with *Tikta & Lavana Rasa* and *Katu Vipaka* is *Tridosha Nashak* and enriched with *Rasayana* properties. It is *Meda Chhedkara* i.e it excises excessive fat (*Meda*) and is *Balya, Deepaniya, Aampachak* and useful in complications of *Sthaulya* such as *Pandu, Prameha* [6]. A clinical study reveals significant improvement in symptoms of *Sthaulya* by combination of *Shilajatu* with *Agnimantha* (*Clerodendrum phlomidis*). [7] *Shilajatu* being *Yogavahi* enhances the potential of other herbs. *Agnimantha* lowers blood cholesterol [8]. *Shilajatu* contains fulvic acid which burns excessive calories by maintaining optimum energy metabolism. [9]

3. **Vadavagni Rasa-** A herbomineral formulation mentioned in R.R.S as *Vadavagni Mukha Rasa* containing *Parada, Hartal, Tamra, Arka ksheera* and *Commiphora abyssinica* is effective in management of *Sthaulya*. It is also mentioned in *Yogaratanakar* [10] as *Vadavagni Rasa* and in *Rasendra Sara Sangrah* [11] as *Vadavagni Lauh* containing *Gandhaka* as additional ingredient. *Gandhak* and *Hartala* both

more bio assimilable and biocompatible as well as safe in therapeutic doses. Various Ayurvedic texts have described many *Rasas Aushadhis* to combat *Sthaulya* and its complications. (Table 1)

are *Katu, Tikta, Kashaya Rasa* and *Ushna Virya* due to which they have *Deepanam, Pachanam* properties and balance *Kapha Dosha* as well as *Gandhak* treats complications like impotency, *Krimi & Kushtha*. *Rasendra Chudamani* [12] has described the efficacy of *Tamra Bhasma* in *Sthaulya* and its related complications. Its weight reducing activity is demonstrated by in vivo study in albino rats [13]

4. **Agnikumara Rasa-** Another potent *Rasa yoga* mentioned in R.R.S prepared by *Kupipakwa* method contains *Parada, Gandhaka, Vatsnabha, Tamra* as main ingredients and has *Deepanam Pachanam* properties, stimulates digestive fire, metabolises *Amaja* toxins and balances *Kapha* and *Vata* hence manages *Sthaulya* effectively.

5. **Vidangadi Lauha-** It is described in Bh. R [14] and has *Vidanga, Triphala, Pippali, Shunthi* and *Lauha Bhasma* as chief ingredients. *Vidanga* due to its *Deepaniya, Pachaniya* and *Vata Anulomanam* action causes *Samprapti Vighatan* on *Sthaulya*. It is also a drug of choice in *Krimi & Kushtha*. Clinical study of *Vidangadi Lauha* for obese Type 2 Diabetes mellitus shows promising results [15]. Another study reveals the efficacy of *Triphala* on lipid profile, blood glucose and anthropometric parameters [16]. It lowers LDL- C, total cholesterol and triglycerides by decreasing cholesterol absorption by inhibiting HMG- CoA reductase and down regulation of adipogenic genes. Also, it significantly decreased FBS & HbA1 c in diabetic patients. The probable mode of action is decreasing insulin resistance and increasing glucose uptake.

6. **Trayushnadi Lauha**- It is another herbomineral formulation mentioned in *Bh. R* with *Trikatu* and *Lauha Bhasma* as chief ingredients. *Sharangdhara* explains properties and actions of *Trikatu* or *Katutraya* as *Deepanam*, *Shleshma* and *Medo Nashak* i.e it balances *Kapha*, burns fat, neutralises *Ama* and is effective in the management of *Prameha* [17].

7. **Trimurti Rasa**- It contains *Parada*, *Gandhaka* and *Lauha Bhasma* and is explained in *Yogaratanakar*. *Nirgundi* leaf extract and *Musli Kwatha* is used as *Bhavna Dravya*. *Nirgundi* is a carminative, hepato-protective and useful against cholesterol whereas *Musali* is nutritious and improves strength and stamina [18]. This *Yoga* neutralises *Ama* and is effective in the management of *Medoroga*.

CONCLUSION

It can be concluded by the above discussion that Ayurvedic classics are enriched with a wide range of *Rasa Aushadhis* efficacious in the management of *Sthaulya*. Rational use of these herbomineral compound formulations after careful analysis of *Dosha-Dushya-Prakriti* of patient can bring about miraculous results. There is a need to further explore this treasure trove of herbomineral formulations which can provide better resolution for metabolic disorders in the present era.

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