

CLINICAL STUDY ON EFFECT OF VASANTIKA VAMANA KARMA IN THE MANAGEMENT OF STOULYA

Padmini¹, Santosh. L. Yadahalli², Ananta. S. Desai³, Ahalya Sharma⁴

¹PG Scholar, ²Associate Professor, ³Professor and HOD, Principal⁴
Department of PG Studies in Panchakarma, SJIIM, Bangalore,

Email: paddu26jidagekar@gmail.com

ABSTRACT

Lifestyle disorder is burning problem in India. Obesity is one of the leading preventable causes of death worldwide. The incidence of obesity is increasing day by day in more percentage due to sedentary lifestyle and fast food habits and is resulting into many serious systemic complications. In *Ayurveda*, it considered as *Stoulya*. *Stoulya* is *Kapha Pradhana* and *Medo Pradoshaja Vyadhi*. The *Vamana Karma* is the prime therapy for *Kaphaja* disorders as *Stoulya* is mainly a *Kapha Pradhana vyadhi* and does *Kaphahara*, hence the present study entitled as clinical study on effect of *Vasantika Vamana karma* in the management of *Stoulya*. **Aim and Objectives:** To evaluate the effect of *Vasantika Vamana* in *Stoulya*. **Methodology:** 24 obesity patients were registered for *Vasantika Vamana* in SJIIM Hospital Bengaluru. For *Deepana and Pachana- Chitrakadivati, Snehapana* with *Varunadi grita, Abhyanga with Murchita tila taila* is followed by *Ushnaja Snana. Kapha Utkleshakara Ahara* are advised in *Vishrama Kaala* for *Utkleshana* of *Kapha dosha* followed by *Vamana Karma*. Overall assessment of the therapy was decided based on improvement in subjective and objective parameter. **Conclusion:** After *Vamana Karma*, there was significant relief in signs and symptoms of *Stoulya*.

Keywords: Lifestyle disorder, Obesity, *Vasantika vamana*,

INTRODUCTION

Obesity is known as *Medo roga* in *Ayurveda* and is defined as the condition in which excessive amount of fat is accumulated in the body. When the *Agni* is vitiated, the *ama* is built up in the body, leading to obesity. Obesity is a state of excess adipose tissue mass. "overweight" refers to an excessive amount of body weight that includes muscle, bone, fat and water. Obesity is a serious health condition that can lead to an earlier death. A variety of medical problems, including high blood pressure, heart problems, diabetes,

sleep apnea, depression and arthritis, have been associated with being overweight. An individual who is 30% heavier than his or her ideal weight is considered obese. Obesity is global problem and more prevalent in developing countries. Overweight and obesity is 5th leading risk for global health.

Vamana Karma is one among 5 *Pradhana Karma* and prime treatment modality told for *Kaphaja* disorders. As it is preventive, promotive and curative treatment for *kaphaja* disorder. *Vasantika Vamana* conducted in

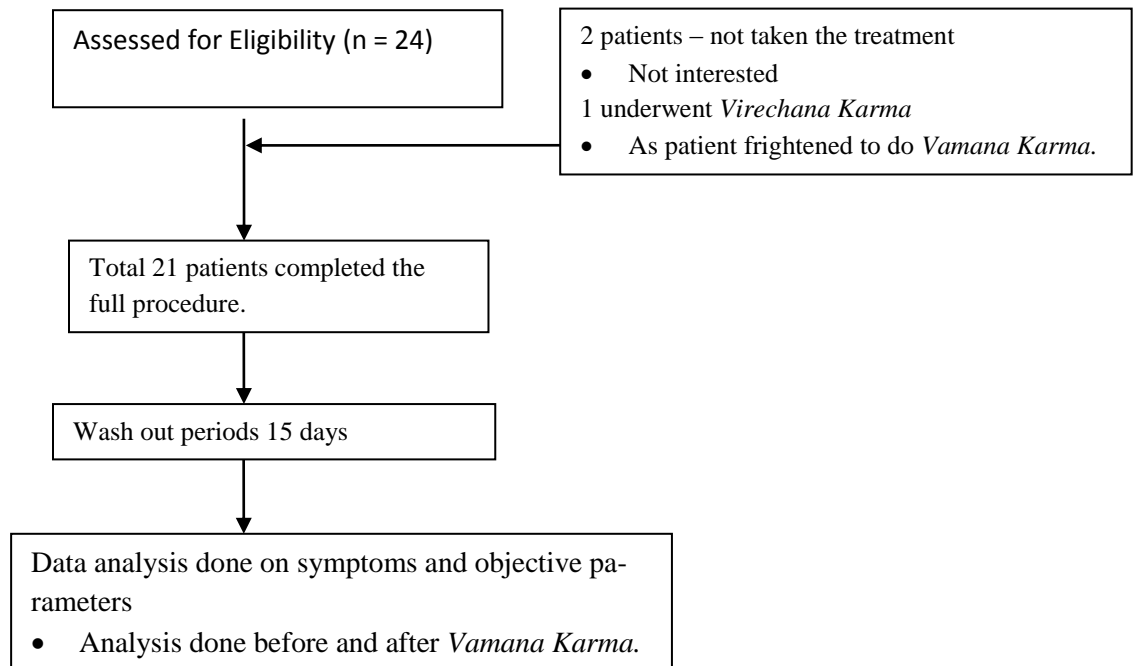
spring season approximately in the month of March and April for the elimination of vitiated *Kapha dosha* which help to prevent the forth coming *kapha* disorder and associated pitta disorder or disease originating or settled in the place of *Kapha dosha*. The *Vruddhi* or aggravation of *Kapha dosha* takes place in *Shishira Ritu* due to not following the *Rutucharya* properly, which leads to the *Prakopa* or vitiation of *Kapha dosha* in *Vasantha Ritu*. The *Vamana Karma* adopted in this *Ritu* help in normalize this *Dosha* there by maintaining the health by the expulsion of *Kapha dosha* which is main culprit in the *Stoulya* disease.

Aim and Objectives: To evaluate the effect of *Vasantika Vamana* in *Stoulya*.

Materials and Methods

24 obesity patients were registered for *Vasantika Vamana* out of 95 patients registered in SJIIM HOSPITAL BENGALURU. Out of 24, 2 were not taken the *Vamana Karma* and 1 underwent *Virechana Karma* so totally 21 patients underwent *Vamana Karma* during *Vasanta Vamana* of 2019. The patients were treated with classical *Vamana Karma*.

CHART 01: Conort Flow Diagram



Inclusion Criteria

- Age between 20-60 years are selected.
- Patients fit for *Vamana Karma* are selected.
- Patients having symptoms of *Stoulya* are selected for the study.
- Patients of either sex with BMI of 25 and above

Exclusion Criteria

- Patients suffering from systemic disorders like tuberculosis, ischemic heart disease and other life threatening.
- Obesity due to secondary causes.

Assessment Criteria

The symptoms of *Stoulya* assessed before starting of *Deepana* and *Pachana* and after completion of *Vamana Karma* is assessed.

Subjective Criteria

1. *Ayata upachaya, utsaha hani* (sluggish movements of body)
2. *Swedadhikyata* (Excess sweating)
3. *Ayasen shwasa* (dyspnoea on exertion)
4. *Anga sithilata* (flabbiness of body)
5. *Gatrasada* (fatigue)

6. *Adhika kshudha* (excessive hunger) All the above symptoms were recorded in grades 0 to 4 before and after

• **Objective Criteria-** Body weight and BMI

Method of intervention is divided in three stages as

1. *Purva Karma*

➤ For *Deepana* and *Pachana* –*Chitrakadi Vati*, 1 tid is administered till *Nirama Avasta* is observed.

➤ For *Snehapana* – *Varunadi Ghrata* is selected. Administered in *Arohana Krama*. Initial dose started with 30 ml in morning around 6:00 AM

Ushna Jala as *Anupana* is advised. *Snehapana* is given till *Samyak Snigdha Lakshanas* observed.

➤ For *Sarvanga Abhyanga* – *Murchita Tila Taila* is selected. Three sittings of *Sarvanga Abhyanga* is advised i.e. on the day of *Vishrama Kaala* morning and evening time and on the day of *Vamana Karma* in the morning time.

➤ For *Swedana Karma* –*Ushnajala Snana* is advised after *Sarvanga abhyanga*. Three sitting of *Ushnajala Snana* is advised followed by *Sarvanga Abhyanga*.

➤ *Utkleshakara Ahara-* during *Vishrama Kaala Utkleshakara Ahara* are advised. *Utkleshakara Ahara* like *doodh peda*, curd rice, milk *Payasa*, curd sugar and banana are advised to the patients.

2. *Pradhana Karma* –

➤ *Akanta Paana-* for *Akanta Paana*, *Ksheera* is used. Around 1.5 -2 Liters of *Ksheera* is administered for each patient.

➤ Administration of *Vamana Dravya- Madana Phala Pippali* processed in *Grita*, *Dadhi* and *Madhu* are administered for each patient.

○ *Madana phala pippli choorna* -3gms

○ *Yashtimadhu choorna* - 2gms

○ *Vacha choorna* -1 gm

○ *Saindhava lavana-* ½ gm

○ *Madhu* - Q.S

➤ *Vamanopaga Dravya- Yashtimadhu Kashaya* and *Saindhava Jala* is administered for each patient as *Vamanopaga*. Administered till the *Antaki lakshanas* are observed like *Pittanta/ Kapha Chedana*.

3. *Paschat Karma*

➤ *Sheetala Jala Sinchana* – sprinkling of cold water to the *Pani, Pada* and *Mukha Pradesha*.

➤ *Doomapaana* – *Haridravarti* is given for each patient after *Sheeta Jala Sinchana*.

➤ *Samsarjana Krama* – *Peyadi Samsarjana Krama* is advised for 3 *Annakala* based on the *Vaigiki Shudhi* for 3, 4 and 5 days respectively.

Observation on Vamana Karma

Assessment of *Vamana*: it was assessed as *Pravara, Madyama* and *Hina Shuddhi* based on four criteria:

1. *Vegiki* criteria: maximum number of patients are showed *svayam pravrutti* of *vegas* i.e. 75%. The forceful expulsion of *vegas* are observed during the study. The maximum number of patients had *pravara shuddhi* i.e. 70% (6 to 7 *vegas*)

2. *Manaki* criteria: the maximum number of patients i.e. 65.66% shows around 172.15 ml of output extra as compare to the input.

3. *Antaki* criteria: in some patients *kapha chedana* is observed i.e. around 66.66% and in 46.66% patient *pittanta* is observed.

4. *Laingiki* criteria:

Table 1: showing percentage of improvement in *laingiki* parameter

<i>Laingiki lakshanas</i>	Percentage of patients
<i>Indriyaprasada</i> (freshness of sense organ)	75%
<i>Laghuta</i> (lightness)	80%
<i>Vatanulomana</i>	100%

Results:

- 1) Effect of Vasantika Vamana in signs and symptoms of Sthoulya
- 2) Showing effect of Vasantika Vamana karma in symptoms of Sthoulya

Chief complaints	No. of patients (n)	Mean		S.D	S.E	“t” value	“p” value	Remarks	% relief
		BT	AT						
Weight reduction	21	80.62	73.71	0.07	0.436	15.83	0.0001	Vs	8.571%
BMI	21	31.071	28.52	0.265	0.166	15.3463	0.0001	Vs	8.181%

Highly significant results are seen in reduction of weight and BMI

- In objective parameters Among 21 patients 6 patients (28.57%) weight reduced by 4-5 kgs, 7 patients (33.33%) weight reduced by 5-6 kgs, 5 patients (23.80%) weight reduced by 2-3 kgs, 3 patients (14.28%) weight reduced by 1-2 kgs. Hence average weight loss observed was 5.6 kgs was observed.
- Among 21 patients average BMI reduction was 0.92% was observed.

In subjective parameters *Ayatha Upachaya* and *Utsaha hani* symptoms was moderately reduced. *Swedadhikya* symptom was reduced significantly. *Ayasen shwasa* symptom reduced moderately, *Angashitilatha* was reduced mildly, *Gatrasada* symptom was reduced moderately, *Kshudhadhikya* symptom was moderately reduced.

DISCUSSION

Sthoulya is a *Kapha dosha Pradhana* and *Medo, Mamsa Dhatu Pradhana Vyadhi*. Indulging more of *Madhura Snigdha Ahara, Diwaswapna*, lack of physical and mental activity produces derangement of *Agni* and there by produce the *Amarasa* which derange the metabolism of *Meda* and *Mamsa Dhatu*. The accumulated *Medo Dhatu* cause impairment in the *Chala Guna* of *Vata Dosha* causes increase of *Agni*, hence the consumed food is converted into *Vikruta Meda Dhatu*.

Mode of action *Vasantika Vamana Karma* in *Sthoulya*:

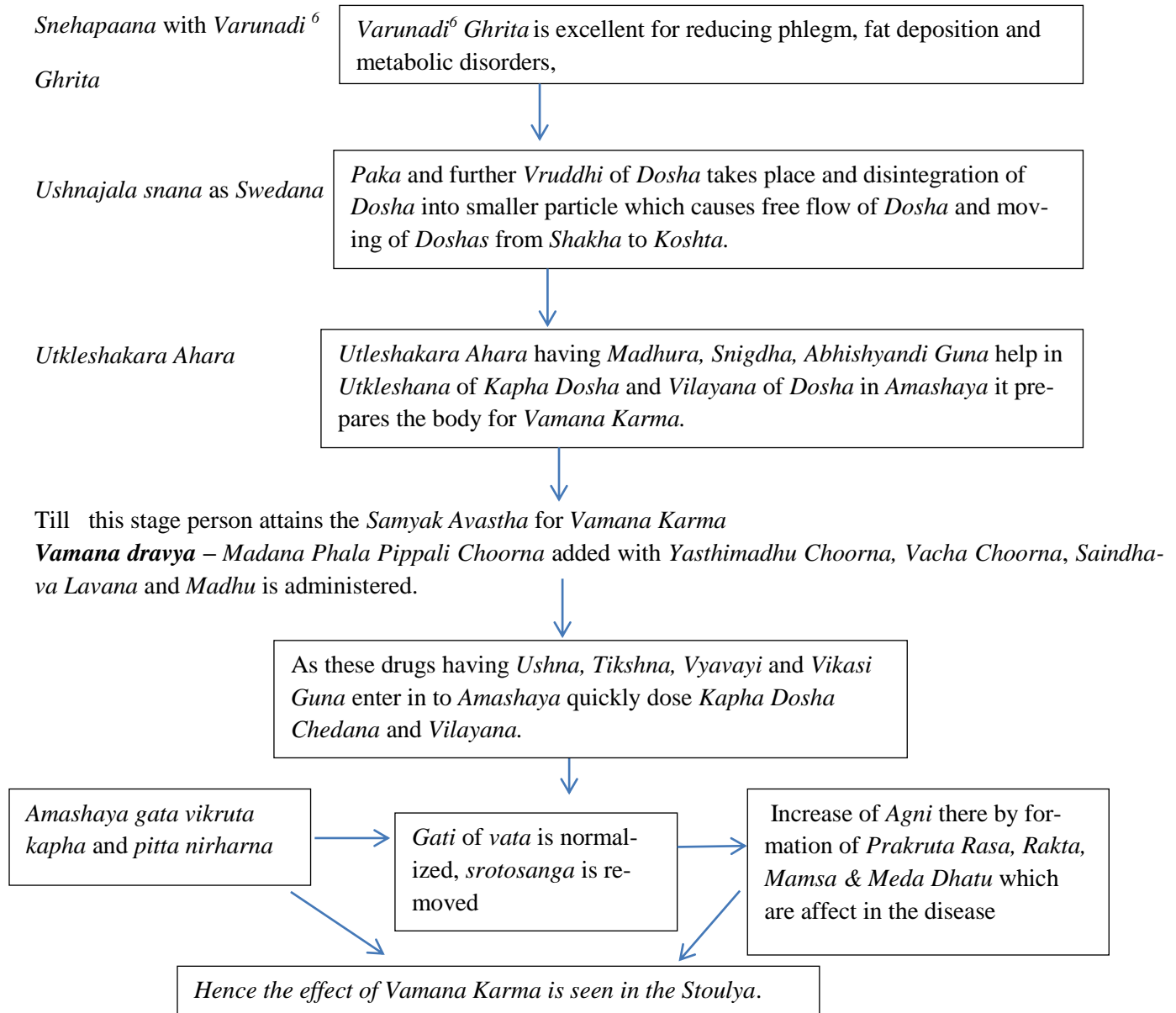
Chaya of *kapha dosha* is takes place in *Shishira Rutu* because of taking more of *Madura, Amla, Lavana Rasa* and *Snigdha Guna Ahara* in excess, as these are the *Nidana* for *Vyadhi* mentioned above. These increase *Vikruta Kapha Dosha* gets accumulated in *Amashaya* in *Vasanta Rutu*. Hence the *Upasthita Dosha* in *Amashaya* is expelled out through the *Vamana Karma* in *Vasanta Rutu*.

CHART 02-

Role of Vamana Karma in Sthoulya,

Deepana –Paachan with *Chitrakadi Vati*

Because of its *Laghu, Tikshna, Ruksha Gunas* and *Katu, Tikta Rasa* (dominant with *Agni, Vayu* and *Akasha Mahabhuta*) it subsides the aggravated *Kapha*. While, by *Usna Virya* and *Tikshna, Snigdha Guna* it counteracts *Vata*. Due to *Madhura rasa, Snigdha guna, Anushnasita virya, Madura vipaka* it balance the *Pitta*. Hence *Agni deepana, Amapachana* and *Srotomukha vishodha* takes place which help in breaking the basic pathophysiology of the disease.



CONCLUSION

Vasantika Vamana is a *Rutu Shodhana* process advised for both *Swastha* for maintaining the health and the diseased person to prevent and control the disease progress. *Stoulya* is *Kapha Pradhana*. *Nirharana* of *Kapha Doshā* in proper *Rutu* brings *Indriya Shuddhi, Sthirata* of *Rasadi Dhatu* and *Agni Deepana* as deranged *Agni* is the pathology in the *Stoulya* disease.

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