

CONCEPTUAL STUDY OF *MUSTADI KWATH* IN *STHOULYA* (OBESITY)Kirti¹, Singh O. P.², Tripathi S. K.³¹PG Scholar, ²Professor & HOD, ³Professor.Dept. of *Kaya Chikitsa*, *Rishikul Govt. Ayurvedic College and Hospital*, UAU, Haridwar, Uttarakhand, IndiaCorresponding Author: drkirtiatreya@gmail.com<https://doi.org/10.46607/iamj2208112020>

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**ABSTRACT**

Objective: *Sthoulya* is a major health problem affecting a high proportion of population in India. *Ayurveda* is the science of life with the aim of achieving health and curing diseases. (Obesity) *Sthoulya* is a burning problem in this world scenario and has acquired status of an epidemic. The sedentary lifestyles, stress and dietary habits etc., which are the gift of modern world, are primary predisposing factors for *Sthoulya*. Obesity is basically a behavioral disorder. **Method:** The major risk related with *Sthoulya* is that it favors complicated pathologies like hypertension, cardiac disease, diabetes mellitus, atherosclerosis, stroke, etc. **Result:** Conservative management of *Sthoulya* according to *Ayurvedic* principles provides significant relief and improves quality of life. *Mustadi Kwath* is mentioned in *Charak Samhita* in *Santarpaniya Adhayaya* (Chapter 23). **Conclusion:** *Mustadi Kwath* consists of *Triphala*, *Haridra*, *Musta*, *Aarghawadha*, *Patha*, *Devadaru*, *Swadamshttra*, *Khadira*, *Nimba*, *Daruharidra*, *Kutaja*, *Twaka*.

Keywords: Obesity, *Sthoulya*, *Mustadi Kwath* etc.**INTRODUCTION**

Ayurveda is a clinical science and its concepts and principles are molded in such a way that it becomes useful in clinical parlance. *Sthoulya* (Obesity) is one among major diseases of modern era with continuous changing lifestyles environment and dietary habits. According to

WHO estimation in 2016, more than 1.9 billion adults are overweight, of these over 650 (13%) million were obese (11% men, 15% women). 12.6% women and 9.3% men in India are Obese¹.

Sthoulya can be defined as excessive accumulation of Meda, Mansa Dhatu in Sphika, Udara and Stana which makes it pendulous, associated with lack of proper nourishment to Uttarottara Dhatus and decreased enthusiasm. Acharya Charaka was first to present a detailed account of Sthoulya. Atisthula is one among the Ash-taunindita Purusha described by Acharya charak. He has described its causative factors mainly to be exogenous and hereditary type (Bijadosha), its etiopathogenesis, prognosis and management.

Sthoulya comes under the category of Santarpanotha Vyadhi (An excess nutritional disorder) as well as in Medapradoshaja Vikara in Charaka Samhita and as Ras-Nimittaja Vikara in Sushruta Samhita².

Obesity defines a state of excess adipose tissue mass. "Overweight" is defined as excessive amount of body weight that includes muscle, fat, bone and water³.

Aim and Objectives

1. To study the etiopathogenesis of Sthoulya.
2. To assess the efficacy of Mustadi Kwatha in the management of Sthoulya.
3. To provide a reliable, safe and cost effective Ayurvedic treatment for Sthoulya.

Material and Method- The sources for this article were taken from Ayurvedic literature from library, internet, website and other published sources.

Samprapti Ghatak

- Dosha: Kapha Pradhana Tridoshaja

- Dushya: Rasa, Meda
- Agni: Medodhatwagni Mandhya, Jathragni Vridhi
- Srotas: Medovaha
- Srotodushti: Sanga, Vimargagaman
- Adhithana: Sarva Sharir (Sphik, Stana, Udara, Nitambha)
- Swabhava: Chirkaalik
- Sadhya- Asadhyata: Kashta Sadhya, Yapya
- Rogamarga: Bahya

Lakshna

According to Ayurvedic texts the symptoms of Sthoulya are –

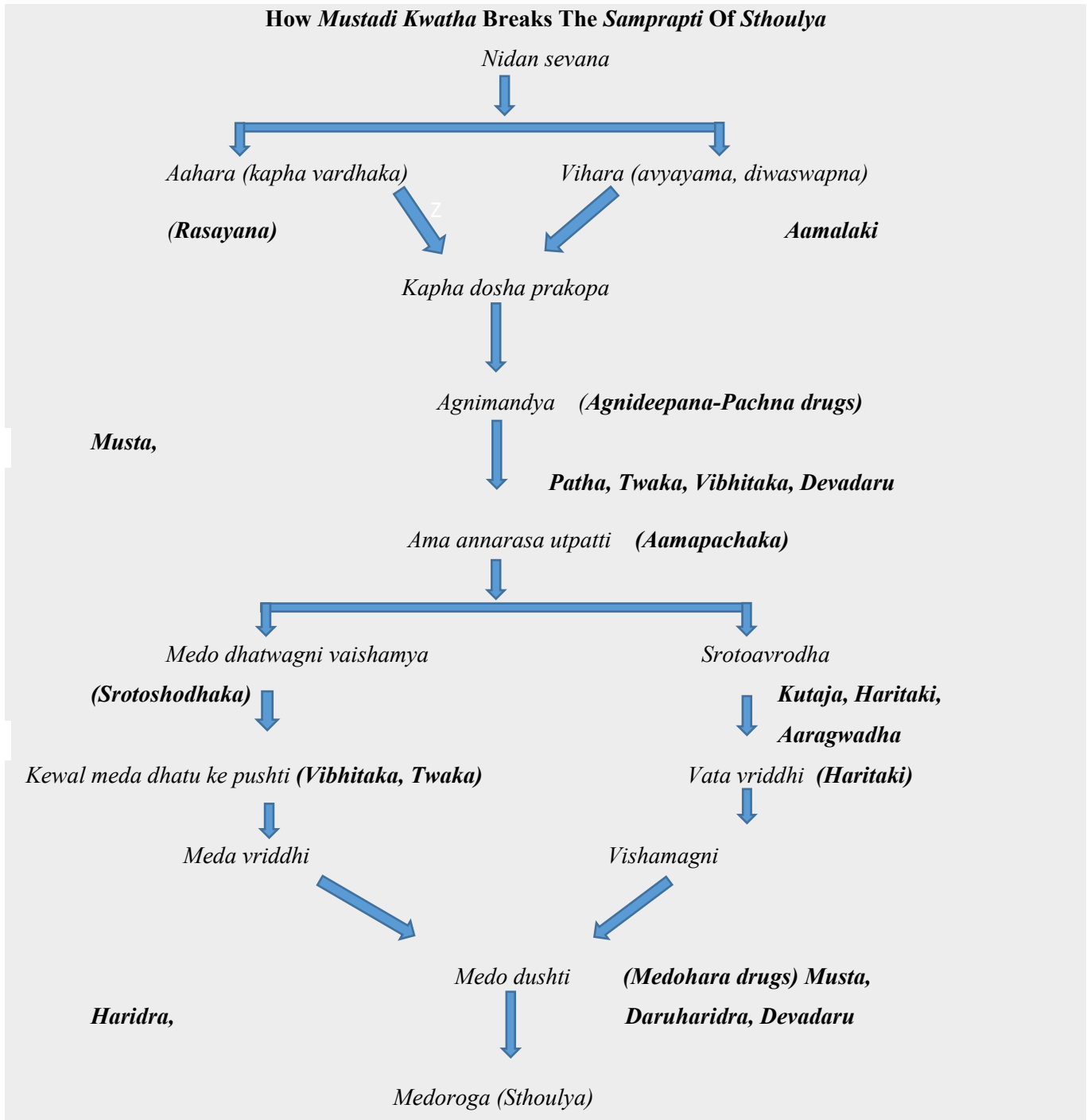
Ayuhrasa (diminution of life span), Javoparodha (lack of enthusiasm), Krcchravyavaya (difficulties of sexual act), Dourbalya (weakness), Dourgandhya (foul smell), Swedavabadha (excessive sweating), Kshudita atimatra (excessive hunger), Pipasa atiyoga (excessive thirst), Ksudra swasa (dyspnoea), Ayatopacaya (abdominal girth of body), Nidradhikyā (excessive sleep)⁴, Gadagada vani (indistinctness of speech), Chala Sphika, Stana, Udara⁵ (flabby buttocks, breast and abdomen) etc.

Drug Review⁶: Mustmaraghwadhah Patha Triphala Devadaru cha | Swadanshtra Khadiro Nimbo Haridre Twakcha Vatsakaat || Rasmesham Yathadosham Pratah Pratah Pibanarah | Santarpankritaiih Sarvairvyadhibhish Sampramuchyate || (Ch.Su. 23/12-13)

S.No	DRUGS	RASA	GUNA	VIRYA	VIPAKA	DOSHAGHANTA	AUSHADHA KARMA
1.	Musta (Cyprus rotundus)	Tikta, kashaya, katu	Laghu, Ruksha	Sheeta	Katu	Kaph Pitta Shamak	Aruchi, Agnimandya, Ajirana, Dourbalya
2.	Aargwadha (Cassia fistula)	Madhur, Kashaya	Guru, mridu, snigdha	Sheeta	Madhur	Tridosha Shamak	Sotha, Aruchi, Vibandha
3.	Patha (Cissampelos pareira)	Tikta	Laghu, tikshna	Ushna	Katu	Tridosha Shamak	Agnimandya, Ajirana, Sotha
4.	Aamalki (Embllica Of-ficinalis)	Panchrasa (lavanrahit) Amla	Guru, Ruksha,	Sheeta	Madhur	Tridosha Shamak	Aruchi, Sotha, Agnimandya, Vibandha, Dourbalya
5.	Vibhitaki (Terminalia Bellirica)	Kashaya	Laghu, Ruksha	Ushna	Madhur	Tridosha Shamak	Agnimandya, Vibandha, Dourbalya, Aadhmana, Kalaivya
6.	Haritaki (Terminalia Chebula)	Panchrasa (lavanrahit) Kashaya	Laghu, Ruksha	Ushna	Madhur	Tridosha Shamak	Agnimandya, Vibandha, Sotha, Shula, Aanaha, Gulma
7.	Devdaru (Cedrus deodara)	Tikta	Laghu,, snigdha	Ushna	Katu	Kaph Vata Shamak	Aadhmana, Sotha, Aamdoshapachana, Medoroga

8.	Swadamshttra (<i>Tribulus terrestris</i>)	Madhura	Guru, snigdha	Sheeta	Madhur	Kaph Shamak	Pitta	Vibandha, Sotha,, Dourbalya, Agnidourbalya
9.	Khadira (<i>Acacia catechu</i>)	Tikta, Kashya	Laghu, ruksha	Sheeta	Katu	Kaph Shamak	Pitta	Medoroga, Sotha, Aruchi,
10.	Nimba (<i>Azadirachta indica</i>)	Tikta, Kashaya	Laghu, snigdha	Sheeta	Katu	Kaph Shamak	Pitta	Sotha, Aruchi, Aamdoshapachana, Vibandha
11.	Haridra (<i>Curcuma Longa</i>)	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Tridosha Shamak		Sotha, Aamdoshapachana, Aruchi
12.	Daruharidra (<i>Berberis aristata</i>)	Tikta, Kashaya	Laghu, ruksha	Ushna	Katu	Kaph Shamak	Pitta	Dourbalya, Agnimandya
13.	Twaka (<i>Cinnamomum zeylanicum</i>)	Tikta, Katu	Laghu, ruksha	Ushna	Katu	Kaph Shamak	Vata	Aruchi, Aamdoshapachana, Agnimandya
14.	Kutaja (<i>Holarrhena antidysenterica</i>)	Tikta, Kashaya	Laghu, ruksha	Sheeta	Katu	Kaph Shamak	Pitta	Agnimandya

- ✓ **Triphala:** It is the combination of *Haritaki*, *Vibhitak*, *Amalaki* in equal proportion. It is regarded as one of the best of *Rasayana* Drugs, *Pramehaghna*, *Kledaghna* and *Medoghna*. Anti-hypercholesterolaemic effect of *Triphala* induced the cholesterol reducing effect on atherosclerosis. It has also Antioxidant action.
- ✓ **Haridra:** Hypolipidemic- The oral administration of curcumin, an alkaloid present in *Curcuma longa* significantly lowered the serum and tissue cholesterol level. Hypoglycemic, Antioxidant-The curcuminoids prevents in the buildup of tissue injuring free radicals particularly those responsible for the cardiovascular disease, lipid per oxidation thus works as antioxidant compounds. It also shows anti-atherosclerotic, fibrinolytic, and anti-thrombotic⁷.
- ✓ **Patha:** It is also known to exhibit hypoglycemic activity. One of the alkaloids found in *cissampelas pareira* is tetrandrine-analgesic, anti-inflammatory and anti-pyretic. It is also known to have Cardio-protective actions.
- ✓ **Musta:** Hepatoprotective effect, Antioxidant Anti-dyslipidemic, Anti-inflammatory, Anti-obesity and cardioprotective. Its tubers hexane extract was found to cause significant reduction in weight gain without affecting food consumption or inducing toxicity.
- ✓ **Kutaj:** Anti-amoebic and Antimicrobial activity. It has anti-bacterial and anti-inflammatory action. It is also known to possess hypoglycaemic and anti-obesity activity.
- ✓ **Aargwadha:** Hypocholesterolemia, Hepatoprotective, Antioxidant. The methanolic extract of the leaf of *cassia fistula* was found to exhibit hypoglycemic effect.
- ✓ **Neem:** Hypolipidemic, Hypoglycemic, Cardio protective, Immunostimulant activity. It helps in lower the blood cholesterol level. It has anti -bacterial and anti-inflammatory action.
- ✓ **Daruharidra:** Anti-hypercholesterolemia, Anti-obesity-It is effective in the treatment of obesity to reduce excessive fat (Meda). Berberine the chief alkaloid present in *Berberis aristata* is found to exert hypocholesterolaemic effect. Cardioprotective, Anti-platelet aggregation activity.
- ✓ **Devdaru:** Antidiabetic and free radical scavenging activity
- ✓ **Khadira:** Hepatoprotective effect, Hypoglycemic, Antioxidant. Its significant lowering of fasting and post prandial sugar and serum cholesterol in Diabetic subjects treated with *Medoghan*, *Rasayana*, (*Catchin*) a compound containing *Khadir*.
- ✓ **Twak:** Hpolipidemic, Hypoglycemic effects of cinnamaldehyde present in *Cinnamomum zeylanicum*. It has also Antioxidant effect.
- ✓ **Swadamshttra:** Hypolipidemic effect of saponins derived from *Tribulus terrestris*. Antianginal, Cardiotonic, Coronary artery dilator, Antioxidant.



DISCUSSION

The total effect of **Mustadi kwath** is *Tridosha shamak* especially *kapha vata shamak*. It pacifies the vitiated *Kapha Dosha* which is dominant in the pathogenesis of *Sthoulya* as well as depletes the excessively produced *Rasa, Mamsa, Meda, Vasa, Sweda* and *Kleda* which are all similar in attributes to *Kapha Dosha*. Thus, it is

known to act against the *Kapha Pradhana* pathogenesis of *Sthoulya*. *Triphala* and *Aaragvadha* have mild purgative properties which causes *Anulomana of Vayu* which further corrects the body *Vayu* bringing an end to the *Vata pradhana Samprapti*. The drugs like *Patha* and *Gokshura* are *Mutravirechana* which brings about diuresis relieving the body of excess *Kleda*. *Aaragvadha*,

Kutaja, Patha, Nimba, Khadira, Haridra, Daruharidra are known to act on *Medo Dhatu* and allied *Dhatus* and are indicated in diseases like *Kustha, Medoroga, Prameha*. Hence due to similarity of *Dosha* and *Dushyas*, it can be successfully used in *Sthoulya*. These drugs relieve the body of excess of *Kapha, Meda, Vasa, Sweda* and *Kleda* by diminishing their *Drava Guna*. Drugs like *Musta, Devadaru, Twaka, Kutaja, Neema, Patha, Triphala* bring about augmentation of the digestive fire (*Agnideepana*) leading to proper formation of the *Rasadi Dhatus*. *Patha, Triphala, Musta, Haridra, Daruharidra* digest the *Ama Dosha (Amapachana)* present at the *Jathragni* level as well as the *Medodhatvagni* level. Also, drugs like *Triphala, Khadira* are *Rasayana* in nature which lead to formation of optimal *Dhatus* and protect the body from injury due to vitiated *Doshas*. Drugs mentioned in each *Gana* of *Ayurvedic* classics have multifarious pharmacological properties. Some of the research studies carried out on these drugs confirmed both hypoglycemic and hypolipidemic activities. This observation is useful for designing new formulations to treat *Medodushti* and its complications. Most of the drugs are *Katu, Tikta, Kshaya Rasa, Ushna Virya, Katu Vipaka Laghu Ruksha Guna* are largely responsible for *Medohara* and *Lekhaneeya* activities and *Tridoshashamak* in nature, so these drugs are effective in *Sthoulya*.⁸

Musta, Haridra, Daruharidra etc. having Lekhana and Sthoulyahara, Rechana, these drugs possess Antihyperlipidemic, Antidiabetic, Anti-inflammatory, Antioxidant properties. *Deepana, Pachana, Anulomana properties* are helpful to check the pathogenesis of *Sthoulya*. *Ayurveda* could offer reliable, safe and cost-effective management for *Sthoulya*. *Sthoulya* to be the *Santarpana Janya Vyadhi* the line of treatment mainly includes *Lekhana Karma, Udwarthana, Lekhana Basti, Virechana*.⁹

Majority of herbs possessing *Kaphahara* and *Vatahara* activity are also found to be *Medohara* in action. The drug groups *Triphala* and drugs likes *Haridra* are useful in the management of *Sthoulya*. They may have profound influence on reduction of bodyweight and dyslipidemia.

In *Ayurvedic* classics all metabolic diseases have been described under the heading of *Sthoulya*.

CONCLUSION

Mustadi Kwath contains fourteen drugs. These drugs contain various medicinal properties and hence used in the treatment of various disorders especially *Sthoulya*. These drugs also have good source of various biologically active phytoconstituents. In the present review an attempt has been made to provide a collective knowledge on therapeutical and pharmacological applications of *Mustadi Kwath* and its constituent drugs. *Aadarsh (best) Chikitsa* is that which cure the disease and also not causes any other disease, so treatment of *Sthoulya* with *Mustadi Kwath* is an ideal choice. So *Mustadi kwath* may be a better choice in the management of *Sthoulya* as it is not only normalized lipid profile but also reduces the chance of development of Metabolic Syndrome by reducing weight and chance of development of Diabetes. The present research also proved that there is a major role in *Agni* and *Ama* in pathogenesis of *Sthoulya* and drugs having *Dipana Pachana, Ama Pachaka, Kaphamedohara* and *Srotoshodhaka* action is highly effective.

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