

**A CASE STUDY ON "MANAGEMENT OF OBESITY BY
PANCHKARMA"**

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ABSTRACT

In this life obesity is a very common disorder that hampers people daily routine activity. The main cause of obesity can be Vataprakop & Vishmagni. Classics of ayurveda have references related obesity, According to ayurveda signs & symptoms of obesity are swedpravrutti & avilmutrata and it can be treated remarkably with procedures of panchkarma & internal medicines.

KEYWORD: Vataprakop & Vishmagni.

INTRODUCTION

Obesity is a disorder in which according to ayurveda following symptoms are seen.

1. Excessive production of meda.
2. Javoprodh.
3. Krucchvyavayata.
4. Dourbalya.
5. Dourgandhya.
6. Excessive sweating.
7. Atikshudha.
8. Atitrushna.

Also associated symptoms are LBA which causes nerve compression may results in disturbed gait i.e. difficulty in walk, low back pain, joint pain, etc.

CASE REPORT

A male patient age 38 yrs old came with a major complaint as hyperobesity (weight 120 kg). Other complaints were lumbar pain, backache, knee jt pain with stiffness, Rt leg tingling numbness & headache too.

With these all signs & symptoms patient reached at panchkarma OPD, M.A.Podar Hospital, Mumbai-18. We examined the patient & found above mentioned lakshanas of obesity suffering since 15-20 yrs. And the result of this patient was suffering from referred complaints as backache, knee jt stiffness-pain, leg tingling numbness & headache. Patient was suffering from backache, headache & leg pain very severe. The main root cause was obesity.

OBSERVATIONS

Signs

SLR Test positive Rt leg 20⁰.

Tenderness in Rt hip.

Tenderness in Rt thigh.

Symptoms

Dragging type of pain radiating from lower back to right leg associated with numbness, tingling sensation & heaviness of the lower limbs.

INVESTIGATIONS

1) CT Dorsolumbar Spine

- Mild loss of lumbar lordosis.
- Diffuse osteopenia of spine.
- Narrowing lumbar canal L4-L5.
- Bony canal stenosis L1-L4.

2) MRI Lumbosacral Spine

- Bony canal stenosis L1-L4,
- Disc prolapsed with nerve root compression,
- Diffuse disc bulge L1-L2, L2-L3, L3-L4, L4-L5,

3) X-RAY Spine

NAD.

4) X-RAY Pelvic with both hips

NAD.

TREATMENT Given

1. Sarvang Snehan Swedan.

2. Karmabasti.

Anuvasana with Bruhat saindhavadi tail & Dashmula tail.

Niruha with Dashmula, Erandmula, Triphala, Rasna & Guduchi kwath.

3. Katibasti with Nirgundi oil.

4. Dashanga Lepam L.A.

5. Shunthi Lepam over head.

Oral Medicines

1. Arogyavardhini 500mg bd.

2. Chandraprabha Vati 500mg bd.

3. Sanjivani Vati 500mg bd.

4. Kanchnar Guggul 500mg bd.

5. Gandharva Haritaki 5gm hs.

6. Punarnavashtak kwath 20ml bd.

7. Kulath Yush with koshnajalapan.

8. Tab. Calcipral 1 bd.

9. Maharasnadi kwath 20ml bd.

10. PanchtiktaGGuggul 500mg bd

11. Rasayan Yog 1 bd.

Results Observed

- Weight measured at the time of discharge was 104 kg.
- Relief was found in pain, numbness & tingling sensation.
- Gait improved.
- The main lakshanas of obesity according to ayurveda javoprodh, dourbalya, dourgandhya, swedabadh, etc are reduced.
- Remarkable reduced improvement in the signs & symptoms of the patient.

DISCUSSION

Basti is the best treatment for vata. By using niruha & anuvasana the avaran of vata can be reduced which results to reduce fat & associated pain.

Sarvang snehan swedan also helps to reduce the excessive fat & mala through perspiration.

Katibasti helps to reduce local pain & lubricates that part.

Lepan also reduce local pain.

Oral medicines are also useful for aampachan, shothaghna, mutral to remove toxins, vedanahar, vatanuloman & for fat loss.

CONCLUSION

On the basis of this single case study it can be concluded that ayurvedic & panchakarma treatment is very effective in the management of obesity as observed in this patient.