

## TO ASSESS THE EFFECT OF SUKHA VIRECHANA (SHANKH PRAKSHALANA) IN THE MANAGEMENT OF STHOULYA (OBESITY)

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### ABSTRACT

The present era is more challenged with various life style diseases. Obesity (STHAULYA) is one such life style disease. Obesity is considered as the core of many diseases. The available data is based on the clinical findings only.

**KEYWORDS:** obesity, sthoulya, shankh prakshalana, lemon, Rock salt.

### Clinical study

The study has been conducted in a single group (30 patients) provided with diet plan. A protocol based on ayurvedic parameters of diagnosis as well as modern parameters was prepared.

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### MATERIALS AND METHODOLOGY

In the present clinical study, 30 patients selected randomly in a single group after detailed examination diagnosed as sthoulya as per samhitas from Patanjali Ayurvedigyan Evam Anusandhan Sansthana Haridwar.

History was recorded in a specially designed performa. Proper plan of treatment was made and after taking written consent from the patients.

**Type of study - Clinical.**

- ❖ **No. of patients** - A single group of 30 patients.
- ❖ **Collection of data** - Patients were selected from Patanjali Ayurvedic College & Hospital.
- ❖ **Research work** - A single group of 30 patients.
- ❖ **Drug & Duration** –

Shankh Prakshalana Plenty of clean lukewarm water

Rock salt

Lemon

**Inclusion criteria**

Individuals/persons suffering from obesity (sthoulya).

Both sex were included.

Individuals of age b/w 20-60 years were included.

**Exclusion criteria**

Post operative cases, drug abusers (under treatment of sthoulya & any other diseases.)

Accidental cases were excluded.

Persons suffering from any other systemic disorders were excluded.

**Assessment criteria**

Symptoms	Gradation
Chala sfika udara sthana	Absent = 0 present = 1
Aalasya(uttashahani)	Absent = 0 present = 1
Kshudra swasa(Dyspnoea)	Dyspnoea after heavy work(movement) = 0 Dyspnoea after normal work =1 Dyspnoea after little work =2 Dyspnoea in resting condition = 3
Daurbalya(alpa vyayam)	Absent = 0 present = 1
Nidradhikya	Absent = 0 present = 1
Swedadhikya	Absent = 0 present = 1
Dourgandhya	Absent = 0 present = 1
Snighdhata	Absent = 0 present = 1
Angagaurava	Absent = 0 present = 1
Atipipasa	Absent = 0 present = 1
Atikshudha	Absent = 0 present = 1
Jaranshakti	Absent = 0 present = 1
Alpavyavya	Absent = 0 present = 1
Gatrasaad(fatigue)	Absent = 0 present = 1
Sandhishoola	Absent = 0 present = 1
Abhyavarana sakti	Absent = 0 present = 1

B.M.I                      Before procedures  
                                    After procedures

**According to WHO - B.M.I = weight in kg/ Height in cm**

Category	BMI {Range}
Severe underweight	less than 16.0
Underweight	from 16.0-18.5
Normal	from 18.5-25
Overweight	from 25-30
Obese class I	from 30-35
Obese class II	from 35-40
Obese class III	over40

### Investigation

CBC with E.S.R

Lipid profile

Kidney Profile

Diabetes Profile

Thyroid profile

Liver profile

### Shankh prakshalana

#### Introduction

Shankha Prakshalana is also known as Varisara Dhauti. It is a very strong purification technique to clean the whole elementary canal (from the mouth to the anus).



**Shankha** = Shell (conch)

**Prakshalana** = Complete wash.

Our elementary canal system is like a shell, they have lots of curve. Our abdomen contains around 32 feet long intestine, which are never cleaned even once in our lifetime. So our intestinal flora is disturbed, contaminated matter accumulates on the layers. So absorption & secretion of juices does not take place properly. Putrefaction of this matter causes stinking in the stomach. It causes gastric problems like dyspepsia, indigestion & acidic belches.

### **Preparation before S. P.**

Before start S.P. practice of 5 asanas should be started at least one week before. In previous night of S.P. take light diet at around 7-8 P.M.

### **These asanas are**

1. Tadasana
2. Triyak Tadasana
3. Kati Chakrasana
4. Triyak Bhujangasana
5. Udarakarsana

### **Procedures**

- Start hankh prakshalana procedures in the morning 6-7 A.M.
- Sit in utkatasana (on your feet) and start drinking a glass of lukewarm salty water as quickly as possible and gradually increased 2-3 glass.
- Perform a series of specific asana respectively 6 times each, in all 30 asana in series.
- After completing the 1<sup>st</sup> round of asana go to the toilet & empty the bowel. If there has been no bowel movement don't worry, come drink water again & do same asanas respectively.
- Don't apply force to evacuate the faecal matter.
- First of all solid stool will be evacuated followed by a mixture of stool & water.
- As the practice progress more water & less solid stool will be excreted.
- After that yellow water & finally at last almost clear water will be evacuated.

**Diet**

30-40 minutes after completing the S.P. the specially prepared food

Khichadi (Rice +Moong dal +Salt+ Ghee) must be taken.

**Indication**

- ❖ Indigestion
- ❖ Floating
- ❖ Acidity
- ❖ Constipation
- ❖ Gradually tone the liver & other digestive organs & gland.
- ❖ Cure obesity, high cholesterol.
- ❖ Strengthens the immune system, chronic inflammatory disease.
- ❖ Restore blockages from the Nadies & purifies all the Chakras.

**Contraindication**

- ❖ High B.P.
- ❖ Peptic ulcer.
- ❖ Heart patients.
- ❖ Kidney & G.B.disorders.
- ❖ Hernia.

**DISCUSSION**

According to Ayurveda the patient was diagnosed as a case of sthoulya, predominantly kapha vata as vikrit doshas and rasa, mamsa, meda as vikrit dushyas, patient adopted sedentary life style, lack of exercise, overeating, intake of madhura, snigdha ahara and improper diet. Clinically patient presented with sign and symptoms such as increased body weight, fatigue. Considering sthaulya is a santarpana janya vyadhi the line of treatment mainly includes shankh prakshalana (such virechana).

**CONCLUSION**

Based on the signs and symptoms, Sthaulya was treated with shankh prakshalna procedure followed by pathyahara showed remarkable changes in reducing the weight of the patient.

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