EFFECT OF ATIVISHA CHOORNA AND ATIVISHA VISHOSHI KASHAYA IN OBESITY: A COMPARATIVE STUDY

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ABSTRACT

Introduction: Obesity is one among the major diseases of Modern era. In the present era with continuous changing life styles and environment, changed diet habits, man has become the victim of many diseases caused by unwholesome dietary habits and Obesity is one of them. In Ayurveda, Lekhana activity is advocated in the management of Sthoulya. Lekhana is defined as dravya reduces or scrapes away the unwanted tissues & metabolic wastes. Ativisha is a lekhana dravya included in lekhaneya mahakashaya of Charaka Samhita. Vishoshi kashaya shoshana karma, Hence the trial was conducted to compare the efficacy of Ativisha in Vishoshi kashaya form in sthoulya. Methodology: It was a randomized, parallel group, single centre, controlled clinical study. Subjects were randomly assigned in three groups as A, B and C with 15 patients each. Ativisha choorna, Ativisha Vishoshi choorna and Placebo were given to patients of group A, B and C for 45 days. Results and Discussion: It was observed that Group B subjects weight reduction was highly significant when compared to Group A and Group C. the group B subjects to patients of group A, B and C

Key words: Obesity, Sthoulya, Ativisha choorna, Vishoshi kashaya.

INTRODUCTION

With the present-day food habits and lifestyle of the people, obesity has become a global problem. Obesity is prevalent both in developed and developing countries affecting both children as well as adults. It is a predisposing factor for many of the diseases like cardiovascular diseases, diabetes mellitus etc thus becoming a prime cause for morbidity and mortality. In conventional system of medicine there are drugs which act indirectly on obesity, they reduce the appetite and have adverse effects. Hence, it is essential to find out the suitable remedy to tackle this problem.

In Ayurveda, Lekhana activity is advocated in the management of Sthoulya. Lekhana is defined as dravya reduces or scrapes away the unwanted tissues & metabolic wastes. Ativisha is a lekhana dravya included in lekhaneya mahakashaya of Charaka Samhita. Vishoshi kashaya shoshana karma, Hence in this study an attempt was made to establish the efficacy of Ativisha in Vishoshi kashaya form in sthoulya. It was observed that vishoshi kashaya yielded better results than choorna. The tikta, katu rasa of ativisha acts as Lekhana & Rukshana respectively. The laghu, ruksha gunas counteract the guru, snigdha, picchila guna of Kapha & meda. Conclusion: In this clinical research ativisha kashaya proved more effective than the ativisha choorna.

Key words: Obesity, Sthoulya, Ativisha choorna, Vishoshi kashaya.
choorna (shodhita) and placebo were filled in soft gelatin capsules and 6 capsules were given each day. Vishoshi kashaya was prepared according to the reference found in Harita samhita. To one part of the drug 16 parts of water is added, boiled on low flame and reduced to 1/16th & then it is filtered. Assessment was based on Reduction in weight, SFT mid arm, hip circumference.

OBSERVATIONS AND RESULTS

<table>
<thead>
<tr>
<th>Groups</th>
<th>0th day</th>
<th>15th day</th>
<th>30th day</th>
<th>45th day</th>
<th>F value</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group A</td>
<td>76.66 ± 5.18</td>
<td>74.46 ± 5.60</td>
<td>72.66 ± 5.41</td>
<td>71.4 ± 5.18</td>
<td>2.743</td>
<td>0.052</td>
</tr>
<tr>
<td>Group B</td>
<td>77 ± 2.85</td>
<td>73.84 ± 3.31</td>
<td>71.86 ± 3.57</td>
<td>71.44 ± 3.75</td>
<td>5.992</td>
<td>0.001</td>
</tr>
<tr>
<td>Group C</td>
<td>74.36 ± 5.51</td>
<td>73.94 ± 5.57</td>
<td>73.63 ± 5.49</td>
<td>73.33 ± 4.44</td>
<td>0.220</td>
<td>0.882</td>
</tr>
</tbody>
</table>

Table 2: Comparison of Hip measurements in centimeters before & after the treatment in all groups

<table>
<thead>
<tr>
<th>Groups</th>
<th>Treatment</th>
<th>Mean</th>
<th>SD</th>
<th>t-value</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group A</td>
<td>Before</td>
<td>107.6</td>
<td>7.63</td>
<td>0.8316</td>
<td>0.419</td>
</tr>
<tr>
<td>After</td>
<td>105.26</td>
<td>7.78</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group B</td>
<td>Before</td>
<td>111.06</td>
<td>6.32</td>
<td>1.6539</td>
<td>0.120</td>
</tr>
<tr>
<td>After</td>
<td>106.93</td>
<td>7.32</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group C</td>
<td>Before</td>
<td>108.86</td>
<td>5.58</td>
<td>0.1274</td>
<td>0.900</td>
</tr>
<tr>
<td>After</td>
<td>108.6</td>
<td>5.59</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DISCUSSION

Lekhana is a karma attributed to many dravys. Lekhana is defined as Dhatoonnalamaaavan dehasya vishshykolelkheyacchya yat, lekanam i.e lekhana dravya reduces or scrapes away the unwanted tissues & metabolic wastes. Lekhana karma is interpreted as medohara, scraping of medo dhatu. This effect can be best appreciated in the subjects suffering from sthoutya vis a vis obesity. Moreover, the incidence rate of obesity is on the rise and is a global problem. Hence this study was undertaken. Ativisha is a lekhana dravya included in lekhaneya mahakashaya of Charaka Samhita. Vishoshi kashaya mentioned by Hareeta Samhita does shoshana karma i.e Vishoshi shoshamadhate. Vishosha refer to drying up of medodhatu which is implied in the definition of lekhana also. Hence, the study was conducted to compare effect of ativishachoorna with ativisha vishoshi kashaya. To have a fair comparison a placebo-controlled group was added and hence the study was carried out on three groups. The dosage was fixed based on a pilot study. According to Sharangadhara samhita, for lekhanartha, medicines are to be given in the morning6 (Lekhnartham cha bhaishajyam prabhate:) hence medicine was given in the morning in empty stomach. Since one among the important management step is dietary management, hence all subjects received a customized individual food pattern amounting to approximately 1200kcal per day. The diet consisted of relatively large volumes of low energy complex carbohydrates that would require more than average time in digestion with the intent to displace more energetically dense items. This is nothing but ‘Guru cha Apattarpana’. Vyayama is mentioned as pathya in Sthoulya6. Hence patients were prescribed daily morning walk of their maximum capacity.

Highly significant results in weight reduction and statistically significant results in skin fold thickness were observed in the group that received Ativisha vishoshi kasaya and the group that received ativisha choorna showed statistically significant result in reducing body weight. It was observed that vishoshi kashaya yielded better results than choorna. The tikta, katu rasa of ativisha acts as Lekhana & Rukshana respectively9. The laghu, rugu gunas counteract the guru, snigdha, picchila guna of Kapha & meda. Ushna veerya also pacifies kapha. In Sthoulya there will be dhatu vruddhi (medodhatu) due to dhatvagni mandaya; this can be tackled upon by deepana, pachana, medohara karma of Ativisha. This can be substantiated by the presence of Triterpenoids, saponins, proteins which have stimulatory effect on the digestion. Among these proteins is specifically considered for enzymatic activity. Vishoshi kashaya does shoshana karma. Ativisha itself is a lekhana dravya, when a lekhana dravya is administered in vishoshi kashaya form it enhances the activity. Hence the mean difference of all parameters in Group B.

CONCLUSION

As per the observations made in current study conducted on 45 subjects, the 15 subjects who received vishoshi kasaya of Ativisha showed better results than choorna in reducing weight and features of Sthoulya.

REFERENCES


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