

Case Study of Role of Pippalyadi Basti on Medoroga w.s.r.t. Obesity

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Abstract: To assess the effect of Pippalyadi Basti on Medoroga, 20 patients are enrolled for weight reduction through samshodhan therapy, out of these patients one case was found very interesting. Patient was having dementia & weight gain problem. To manage weight two sittings of Pippalyadi Basti for 9 days was designed in the interval of 18 days, during interval period Pratimarsh Nasya was advised for the management of Dementia. Assessment of therapy was done on subjective & objective parameters. Satisfactory result was found on both parameters.

Keywords: Pippalyadi8 Basti, Medoroga, Samshodhan Therapy, Pratimarsh Nasya.

1. INTRODUCTION

In Ayurveda, Medoroga is considered as excess fat deposition & in modern parlance it is co-related to overweight/ obesity. Acharya Charak had described Atisthula person as most undesirable constitution in sutra sthan chapter 21. According to Carak, apart from the genetic factors, diet (like shleshmakar, abhishayandi) & lifestyle (like avyayam, divaswapna) are the main contributing factors in the aetio pathogenesis of Medoroga.¹

The management of obesity with modern drugs is quite unsatisfactory as most of the modern drugs employed in the treatment of the obesity possess serious side and toxic effects therefore it is decided to do Shodhan chikitsa in the form of Pippalyadi Basti. Pippalyadibasti² is taken as ruksha tikshana basti which is advocated by Acharya Charak, and beneficial for Shleshmvikar.

Internal purification procedure like Pippalyadi basti do the strotas shodhan, sampraptivighatan & is found to be effective in the reduction of body weight & other associated complaints of obesity. Weight loss with help of shodhan chikitsa is not a difficult task but to maintain that reduced weight is difficult. Pathay, Apathay was explained as Nidan Parivarjan for maintaining that reduced weight.

2. CASE HISTORY

A Female age 46 years visited Panchakarma O.P.D. D.Y. Patil Ayurveda Hospital, Nerul, NaviMumbai on 17/03/2019 for weight reduction as because of bharvrudhdhi she was having Backache & bilateral knee joint pain. Her associate symptoms were aalasya, breathing difficulty while climbing, profuse sweating & kshudha aadhikya. One unusual symptom was noticed while taking history she was having memory problems & often forget her daily routine activity that hampers her routine work. She was having difficulty to recognise her relatives & gradual memory loss was observed by the family members.

Ashtavidha pariksha:

Nadi – 74/min **Jiwha**- Saam Druk - prakrut
Mutra- regular Shabda- clear Akriti- Madhyam
Mala - Irregular, Constipated. Sparsh- Anushna

Special Examination- Weight- 80 kg, **Height** – 152 cm

BMI – 34.6 kg/m² (wt. In k.g/ Ht. in M²)

Waist Hip Ratio – W.H.R.= W.C./H.C. (44/42) **1.04.**

ASSESSMENT CRITERIA:

The assessment of overall effect of the therapy was based on the following gradings --

Subjective parameters-Clinical symptoms of the patient as described in CharakSamhita(ca. su. 21/4)³

- UtsahaHani / Aalasya
- Atikshudha
- Atipipasa
- Atisweda
- Daurbalya
- Dourgandhya

Subjective Parameter	Observations	Scale
1. Alasya/ utsahahani	No alasya (doing work satisfactorily with proper vigor in time)	Grade 0
	Doing work satisfactorily with late initiation	Grade I
	Doing work unsatisfactorily under mental pressure and takes time	Grade II
	Not starting work on his responsibility and doing little work very slowly	Grade III
	Does not take any initiation not want to work even after pressure	Grade IV
2. Atikshudha – (on the basis of aharmatra)	Normal appetite 2-3 times daily	Grade 0
	Excess appetite 2-3 times daily	Grade I
	3-4 times daily	Grade II
	4-5 times daily	Grade III
	More than 5times daily	Grade IV
3. Atipipasa	Normal thirst	Grade 0
	Upto 1liter excess intake of water	Grade I
	1to 2 liter excess intake of water	Grade II
	2-3 liter excess intake of water	Grade III
	More than 3liter intake of water	Grade IV
4. Atisweda	Sweating after heavy work and fast movement or in hot season	Grade 0
	Profuse sweating after moderate work and movement	Grade I
	Sweating after little work and movement	Grade II
	Profuse Sweating after little work and movement	Grade III
	Sweating even at rest or in cold season	Grade IV
5. Daurbalya / Alpayayam	Can do routine exercise	Grade 0
	Can do moderate exercise without difficulty	Grade I
	Can do only mild exercise	Grade II
	Can do mild exercise very difficulty	Grade III
	Cannot do even mild exercise	Grade IV
6. Daurgandhya	Absence of bad smell	Grade 0
	Occasional bad smell from the body which removed after bathing	Grade I
	Persistent bad smell limited to close areas difficult to suppress with deodorants.	Grade II
	Persistent bad smell felt from long distance and is not suppressed by deodorants.	Grade III

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	Persistent bad smell felt from long distance even tolerable to the patient himself.	Grade IV
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Objective Parameters

- Body weight
- Waist – Hip ratio (≤ 0.8 in Women & ≤ 1 in Men.)
- BMI ((BMI or Quetelet's Index) $BMI = \text{Weight in kg} / \text{Height in meter}^2$)

According to the BMI, patients can be divided into different degrees of obesity as follow: BMI classification:

1. Overweight: 25-29.9 kg/m²
2. Obesity (Class I): 30-34.9 kg/m²
3. Obesity (Class II): 35-39.9 kg/m²
4. Obesity (Class III or morbid obesity): $>40 \text{ kg/m}^2$.

Laboratory investigations

Complete blood count includes CBC & ESR, SERUM T3 & T4 & TSH, BLOOD SUGAR FASTING & POST PRANDIAL, BLOOD LIPID PROFILE.

Lab. Reports were found Normal. Her BMI was 34.6 which comes under class I Obesity.

3. MATERIAL & METHODS

Pippalyadi Basti was given in following manner

Two course of Basti for 9 days. As said by Acharya Charak Parihar kaal of basti should be twice of Basti course, hence after 18 days' interval second course of Pippalyadi Basti was repeated. Last followup was taken after second parihar kaal. Pippalyadi Basti is type of ruksha, tikshna Niruha Basti therefore followed by Trifaladi Anuvasan Basti.

Material / Drugs of Pippalyadi Basti:

Drugs	Quantity
Madhu	80 gm
Yavakshar	5gm
Saindhva	5gm
Triphalataila	50ml
Kalka (Shatpushpachurna)	20gm
Gomutra	80ml
Kwath (Pippali ,Chitrak)	320ml

Consecutive Niruhabasti(PippalyadiBasti)for 3 days andAnuvasan was given with triphala tail (100ml) on first day, fourth day and again 3 Niruh& last dayAnuvasan was given..

Duration and doses:

Drug	Niruha- Pippaliadiniruhabasti&LekhanBasti. (no. of basti 6) Anuvasan with triphala tail.(no. of basti 3) SthanikSnehan with til oil and SthanikSwedan with TriphalakwathNadiSweda
Dose	Niruha – 560 ml Anuvasan- 100 ml
Kal	Niruha- abhukta Anuvasan- adrapaninambhojan (immediately after meals)
Duration	Basti karma- D1 , D5& D 9- Anuvasanbasti. D2,D3D4,then D6,D7&D8 means 3 days ContinuesNiruhabasti.
Follow up	0, 10 th , 28 th , 38 th and 56 th day (8 weeks)

4. OBSERVATION & RESULT

It was observed that with the help of Basti Patient has reduced 11 k.g. weight in two months, apart from this, patient got significant result in subjective parameters. During the interval of Basti course Pratimarsh nasya with Jyotishmati oil was advised, that helped in loss of Memory symptom. Overall result after Clinical Evaluation has revealed as follows -

Clinical Evaluation was done on the basis of grading of symptoms.

Visit Symptoms	Before Treatment	After Treatment
Alasya/utsah hani	Grade II	Grade I
Ati kshudha	Grade III	Grade I
Ati pipasa	Grade I	Grade 0
Ati sweda	Grade III	Grade I
Shwasakrchrata	Grade II	Grade I
Daurbalya	Grade I	Grade 0
Daurgandhya	Grade I	Grade 0
Bharvridhi	80kg	69 kg

5. DISCUSSION

Medoroga (Obesity) is one among the major diseases that falls under the category of santarpanotha vyadhies⁴. This condition can lead to the association of many other disorders in its course. Hence, it gains high significance from the medical point of view.

Acharya Charak has described Ardhashlokoka Basti in siddhisthan chapter 10, 3 types of Vata, Pitta & Shleshma Har Basti, Pippalyadi Basti is one of them that is indicated as Shleshma Rogeshu Hiteshu. Keeping this point in the mind here this Basti is used in Obesity. Qualities of Triphaladitaila which is used as Anuvasan Basti in this patient mentioned in Sthoulyadhikara by Chakradatta⁵. Information regarding the Obesity on bases of BMI is considered from the contemporary science⁶. Probable action of Pippalyadi Basti is on the bases of its ingredients which are virudha guna of shleshma, that removes the obstruction & deplete fat, because of that vata anuloman occurs, works as Tikshna agni upashaya, other channels get cleared & nourishment of all dhatu. In this manner Sampraptivighatan of Medoroga (obesity) takes place.

6. CONCLUSION

On the bases of subjective & objective parameters It is concluded that Pippalyadi Basti has significant role in the management of Medoroga. In this patient before treatment BMI was 34.6 (class I Obesity) after treatment it was 29.8 (over weight) and observed improvement in other subjective parameters as well.

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