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## “Ahar – Vyayam – Aushadh”; an effective trinity in management of Sthoulya; A case study

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### Abstract:

*Non - communicable disorders are at ever increasing pace in today's era. Lifestyle change, quality of food cultivated and lack of physical activity are main reasons which are responsible for all this syndromes. Obesity - Sthoulyais one of the leading presenting symptoms in many of the diseases. According to Ayurveda it is considered under Nindit Purush – condemnable or unfit person. Here a case with obesity is studied and three fold regime was implemented to evaluate the effect. In most of the parameters studied, like, weight, waist circumference, BMI, excessive perspiration and heaviness were seen to be reduced considerably. Ahar – taking wholesome and timely diet, Vyayam – moderate exercise specifically intended for fat burning and Aushadh – some herbal treatment to fasten the metabolic rate and flush out accumulated toxins were implemented. The results were satisfactory and proved to be easily practiced by obese patients.*

**Keywords:** Nindit Purush, Ahar – Vyayam – Aushadh, Sthoulya, Obesity

### Introduction:

Industrial revolution had brought ease and comfort to life of people. Ever increasing demand in each sector had tend to develop unnatural and hazardous techniques in all fields. In agro sector also the cultivation of crops is done by the use of many harmful pesticides and chemicals. Also the development in science and IT sector had changes the working pattern of masses. Thus having a disturbed unhealthy lifestyle which ultimately results in development of a variety of non-communicable disorders. Obesity is a prime disorder which is becoming common day by day. Fast food culture, sleep deprivation and lack of physical activity had led to exponential increase in cases

of obesity. Obesity results in low quality of life and also has social stigma. Many other diseases also are observed to be developing along with obesity like, diabetes, joint pain, chronic fatigue syndrome, depression etc. Natural and easy way to the presenting situation is need of the hour. The disciplined implantation of *Ahar – Vyayam and Aushadh* trinity is found to be effective in generalized obesity cases.

### Case report

Name – abc

Age – 38 years, Sex – F

*Prakruti – Kapha – Pitta*

Weight – 86 kg, Waist – 96.5 cm

BMI –34.4

Presenting symptoms –

Shortness of breath ++++

Tired felling ++++

Increased sweating ++++

Difficulty in sleeping ++++

Excess fat around waist ++++

Treatment regime –

Holistic approach was adopted in order to have natural and harmless effect in long run. The three fold protocol of *Ahar, Vyayam and Aushadh* was implemented.

*Ahar* –

1. Food and water intake was checked thoroughly. Patient was asked to evaluate hunger time and thirst time and was advised to have fresh food and normal room temperature water respectively. The food and water ingestion cycle took 7 to 10 days to set and then patient was able to take fresh home cooked food at hunger call and normal water while feeling thirsty.
2. Intake of morning tea, snacks, high tea was omitted.
3. Fresh raw vegetables (beetroot, radish, carrot etc.) one serving just before food once in a day was advised to follow.

*Vyayam* –

1. Brisk walk in morning for 40 minutes daily was advised.
2. Followed by 6 to 10 *Suryanamaskara* (Sun salutations) and *Shawasana* (Corpse pose) for 5 minutes was advised.

*Aushadh* –

1. *Lavan – Adrakhyog* – use of *Lavana* in a pinch quantity with 1 cm square piece of fresh *Adrakh* was advised just before food.

2. *ChandraprabhaVati* 500 mg. before food 2 times
3. *Triphala Kwath* 20ml with warm water at bed time.

Above stated three fold protocol was prescribed for three months with follow up evaluation every month.

First month follow up –

Weight – 84 kg  
Waist – 96 cm  
Shortness of breath +++  
Tired feeling +++  
Increased sweating ++++  
Difficulty in sleeping ++  
Excess fat around waist ++++

Second month follow up –

Weight – 80kg  
Waist – 93.5 cm  
Shortness of breath +  
Tired feeling ++  
Increased sweating +++  
Difficulty in sleeping ++  
Excess fat around waist +++

Third month follow up –

Weight – 77 kg  
Waist – 91 cm  
BMI – 30.8  
Shortness of breath -  
Tired feeling +  
Increased sweating +  
Difficulty in sleeping +  
Excess fat around waist +

Probable mode of action –

*Ahar* –

Here the *Ahar* part was designed for improving digestive power. This focused on *Jathar Agni* and to maintain its optimum level. The food quantity and which food is to be eaten was not the goal. The above prescribed *Ahar* helped to improve the digestive fire - *Jathar Agni* which increased the metabolism and helped in burning of deposited fats in body. By restricting tea, snacks and soft

drinks, the intake of packed foods and mainly sugar intake was checked. Use of raw veges before food helped to add dietary fibers and subsided the hunger and eventually the amount of food/ meal was reduced naturally.

*Vyayam* –

Walking for 40 minutes proved to be best form of whole body exercise. This helped in excess accumulated calories consumption and improved the blood circulation all over the body. Walking also acts on serotonin and melatonin secretions had thus helped in improving sleep quality. *Suryanamaskara* (Sun salutations) is set of 12 Yoga poses which helped for stretching of all major muscles and improved functioning of all joints. This gave the strength and desired shape to lose muscular frame of body.

*Aushadh* –

Use of *Lavan – Adrakhyog* was advised before food. This helped for ease in digestion and also it helped to improve *Dhatvagni*. This in turn helped to pacify extra accumulated fats – *Meda Dhatu*. *Chandraprabhavati* was given before in *Apan Kala* so that it acted on *Kleda* which can be correlated to plasma or water content in the circulation. It helped to eliminate this fat through circulation. *Triphala Kwath* helped to flush the accumulated toxins in the body.

#### **Discussion and inference:**

The example of above mentioned case can be practiced as this was based on Ayurvedic principles. The food type was not given the importance but rather the digestive power – *Jatahar Agni* was kindled. This resulted in through digestion of food taken. *Vyayama*– exercise helped to move and utilize the accumulated fats over the body and also helped to tone the muscles. Simple and minimum *Aushadh Yojna* of *Lavan –Adrakhyog*, *Chandraprabha Vati* and *Triphala Kwath* helped to pacify the presenting condition and resulted in significant difference in presenting symptoms.

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