A CLINICAL STUDY OF ERANDA PATRA KSHARADI MANDA (AAHARIYA KALPANA) IN THE MANAGEMENT OF ATISTHOULYA W.S.R. OBESITY

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ABSTRACT

Eranda has own basic concept regarding the health and disease. Sthoulya is excessive production of meda. To break down samprapti of sthoulya, Drug should have a formulation having properties like kaphaghna, Deepak, Pachak, Medoghna, Lekhana, Ruksha, and Laghu Guna. Eranda patra ksharadi manda As per reference in Bhavprakash posses all these properties. Taking all these point into consideration, I thought to evaluate the effect of Eranda patra ksharadi manda in the management of Sthoulya. In present study 60 patients of Sthoulya were selected from OPD and IPD of M.A. Podar hospital, Mumbai. These patients were undergone throw laboratory investigations. They were treated with Eranda Ksharadi Manda given orally, duration of treatment was 1 months and follow up was done with parameters like Height, weight, BMI, Waist circumference, Waist Hip ratio and symptoms of Sthoulya. Symptoms were reduced signicantly. It shows relief in weight, BMI, Waist Circumference and Waist Hip ratio.

KEYWORDS

obesity, sthauyla, manda, Erandpatra Kshar

Introduction

Sthoulya (obesity) is discouraged by the society for social as well as medical reason. Obesity is the most common nutritional disorder in affluent societies. The incidence of Diabetes mellitus, hypertension, anigina pectoris, and myocardial infarction etc. is higher among obese individuals. Commonly obesity is due to excessive eating and lack of adequate exercise.

According to Acharya Charaka- In the case of fatty person, other Dhatus doesn’t grow to the extent. In today’s fast life incongruous food habit and relatively less exercise can be taken as major cause of Obesity. Acharya charaka was the first to present a detailed account of Sthauyla. Atishthula is one among the Ashtaunindita Purusha described by him.

In the pathogenesis of sthauyla, all the three doshas are vitiated, especially Kledaka Kapha, Pachaka Pitta, Samana and Vyaana Vayu are the Doshika factors responsible for the samprapti of sthauyla. Aama annarasa traveling in the body channels gets obstructed in the Medovaha Srotas owing to the khaivaigunya due to bijasvabhava or sharir shaithilya and combines with kapha and meda, decreasing the medo dhavagni which in turn gives rise to augmentation of meda. Vitiated Vyaana Vayu propels this augmented meda dhatu to its sites viz. udara(abdomen), sphikatip region), stana(breast), gala(neck) etc. resulting in sthauyla or ati Sthouyla. Manifestations of these Rupas are associated with either excessive accumulation of meda dhatu or diminished nourishment of other dhatus or obstruction in various Srotas(channels) by medojanya margavarodha or the aama or vitiation of vata and slesma Dosa, so excessive accumulation of Medo Dhatu produces various signs and symptoms in Sthoulya patient.

Keeping in view, this burning problem of the present era and its associated devastating disease, it has been decided to do research on Sthoulya with certain Ayurvedic Classical remedies. This research work is a paradigm in the pathway of solution of the disease Sthoulya. Taking all the above mentioned facts in consideration, as described in Bhavaprakasha, Eranda Patra Ksharadi Manda was formulated for the present study. Eranda (Ricinus communis Linn) Patra Kshara was added in Manda kalpana, which is reported to have KaphaVashaka, Medohara, Dipana and Pachana actions It acts as fat reducing with digestion & metabolism stimulating action. Manda pathya kalpana is Dipana, Pachana, and Sthahulyahara. Hingu has Tikshna, Ushna, Dipana, Pachana action.

AIM

To study the efficacy of Erand patra ksharadi Manda in the management of Atishthoulya w.s.r. to Obesity

MATERIALS AND METHODS

Study type: open clinical trial. Patients fulfilling criteria and attending OPD and IPD of M.A. Podar Hospital, Mumbai were selected for present study. Ethical clearance from R.A. Podar Ayurved College, Mumbai. An informed written consent of all 60 patients was taken in language best understood by them.

TIME : twice a day i.e. early morning (prataha kala) and at night (nisha kala)

STUDY DURATION: 1 Months.

DOSE:

Manda                   - 80 ml
Erandpatra kshara    - 250 mg
Hingu                 - 125 mg

PREPARATION OF ERANDA PATRA KSHARADI MANDA

The patients included in the study had given rakta shali, eranda patra kshara and hingu in a divided dosage required for one time to prepare. Then patient was taught how to prepare manda through video clip. After preparation of manda patient was asked to add the provided eranda patra kshara and hingu in it as a prakshep.

Diet: According to the pathya apatya mentioned in ayurvedic text diet was prescribed in all selected patients of sthauyla

Parameters of assessment:-

Assessment of the patients were done subjectively as well as objectively

1. Subjective parameters
2. Objective parameter

Subjective parameters:

Different symptoms were graded into four grade scale (0-3) on the basis of severity to assess the changes in the clinical symptoms of obesity. Study in the changes of gradation of each symptom was done in each follow up.
SCORING OF SUBJECTIVE CRITERIA:
1. Swedaatipravrutti (excessive sweating)
   1) Grade 0-No sweating
   2) Grade 1-Sweating on little exertion
   3) Grade 2-Sweating on more exertion
   4) Grade 3-Sweating at rest

2. Swaskashtata : (dyspnea)
   1) Grade 0-Absence of dyspnea
   2) Grade 1-Dyspnea after heavy work & relived by rest
   3) Grade 2-Dyspnea on slight exertion
   4) Grade 3-Dyspnea even at rest

3. Gaurav (feeling of heaviness)
   1) Grade 0-No feeling of heaviness
   2) Grade 1-Feeling of heaviness but no effect on routine work
   3) Grade 2-Feeling of heaviness with slight effect on routine work
   4) Grade 3-Feeling of heaviness more affecting the routine work

4. Nidra (excessive sleep)
   1) Grade 0-Normal sleep
   2) Grade 1-Sleep more than 8 hours
   3) Grade 2-Sleep more than 10 hours
   4) Grade 3-Feeling of sleeplessness throughout the day

Objective parameter
1. Weight
2. Body mass index (BMI)
   1. <18.5 -- Underweight
   2. 18.5-24.9 -- Normal weight
   3. 25-29.9 -- Pre-obese
   4. 30-34.9 -- Obese class 1
   5. 35-39.9 -- Obese class 2
   6. >=40 -- Obese class 3

3. Waist hip ratio (WHR):
   1. >40            -- Obese class 3
   2. 35-39.9    -- Obese class 2
   3. 30-34.9    -- Obese class 1
   4. 25-29.9    -- Pre-obese
   5. >=25          -- Overweight
   6. 18.5-24.9 -- Normal weight

4. Waist hip ratio (WHR): In male >1 and in female >0.85 considered as obese

Assessment of Subjective Parameters
Eranda Ksharadi manda reduces swedaatipravrutti by 49.5%, swas kashtata by 51.02%, gaurav by 48%, nidra by 45.63%.

Assessment of Objective Parameters
Eranda Kshara shows remarkable difference in weight by 3.033 ±1.371, BMI by 1.197 ±0.5356 , Waist circumference by 4.283 ±2.366, difference in Waist hip ratio by 0.01185 ±0.01752.

Total Effect of Therapy
No one patient has found completely relived and markedly improved. 41 patients (68.33%) of Sthauya treated with Eranda Kshara were improved. 19 (31.66%) patients have show very minor improvement.

DISCUSSION
Acharya Bhayaprakash has described Eranda Ksharadi manda for treatment of Sthauya. It shows better results in Subjective Parameters. It also reduces Weight, BMI, Waist Circumference, Mid Arm Circumference and Waist Hip ratio. 41 patients were improved and 19 shows minor improvement.

Mode of Action of Eranda Ksharadi Manda
Eranda Kshara with its Katu, Tikta, Kashyaya rasa, Usnha Virya, ruksha, Usnha, Lekhan, Medoghana Guna Katu Vipak causes Dipan, Pachana and digest Ama thus removes the Margavardhaka of Medovahastrotas. Due to above character it alleviates Kapha and Vata. Thus brings these two Dosha to normal and Medohar property clears excess of Meda. Manda pathya kalpana is Dipana, Pachana, and Sthauyahara. Hingu has Tikshna, Usnha, Dipana, Pachana action.

Table Showing Statistical Analysis Of Symptoms Of Patients Of Sthauya Wilcoxon–rank sum test:
<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Symptoms</th>
<th>Mean±SD</th>
<th>BT</th>
<th>AT</th>
<th>DIFF</th>
<th>P</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Swedaatipravrutti</td>
<td>1.76±0.7</td>
<td>9.00±0</td>
<td>0.87</td>
<td>0.76±0.62</td>
<td>AT</td>
<td>0.01</td>
</tr>
<tr>
<td>2</td>
<td>Swaskashtata</td>
<td>1.63±0.8</td>
<td>0.81±0</td>
<td>0.17</td>
<td>0.80±0.67</td>
<td>BT</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>3</td>
<td>Gaurav</td>
<td>1.75±0.9</td>
<td>0.9±0</td>
<td>0.15</td>
<td>0.75±0.60</td>
<td>DIFF</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>4</td>
<td>Nidra</td>
<td>1.7±0.7</td>
<td>2.33±0</td>
<td>0.58</td>
<td>0.70±0.69</td>
<td>SD</td>
<td>&lt;0.01</td>
</tr>
</tbody>
</table>

BT-before treatment
AT-after treatment
SD-standard deviation

Table 2 showing Assessment of objective parameters: paired t test
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Weight</td>
<td>82.5±6.218</td>
<td>79.467±5.882</td>
<td>3.033±1.371</td>
<td>0.17</td>
<td>17.13</td>
<td>&lt;0.00</td>
</tr>
<tr>
<td>2</td>
<td>Body Mass Index</td>
<td>32.587±1.426</td>
<td>31.390±1.447</td>
<td>1.197±0.5356</td>
<td>0.06</td>
<td>17.30</td>
<td>&lt;0.00</td>
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</table>
DISCUSSION
All the drugs used in Eranda patra ksharadi manda are Tikshna, ushna, katu ras tikta rasatmak, havings lekhan, medoghna, kaphahar properties. Whole combination acts to break vicious cycle of samprapti of sthoulya. Hingu digests the amasadusha annarasa. Eranda patra kshara are having scraping like action on meda, lekhan. For strotoshodhana requirement is sukshma guna fulfilled by hingu, manda. Hingu also shreshtha in vatashaman. Manda is agnipradipaka. Medadhatavagni is corrected by tiktarasatmaka dravya Hingu. Hence the above combination of drugs are effective in breaking the samprapti of Sthoulya.

CONCLUSION
This clinical study shows that females are more prone towards obesity. Age group 30-40 years should be conscious towards obesity. People having mixed diet, doing job, and people having kaphapitta prakruti and tikshagni have more chances of getting obesity. It was observed that symptoms are reduce significantly. It shows relief in weight, BMI, Waist Circumference, Mid Arm Circumference and Waist Hip ratio. From this we can conclude that the Eranda patra ksharadi manda can be used in the regular treatment of obesity.

REFERENCES

<table>
<thead>
<tr>
<th></th>
<th>Waist Circumference</th>
<th>Waist Hip Ratio</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td>89.276 ±9.620</td>
<td>0.9158 ±0.054</td>
</tr>
<tr>
<td></td>
<td>84.983 ±8.877</td>
<td>0.9039 ±0.0554</td>
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<tr>
<td></td>
<td>4.283 ±2.366</td>
<td>0.01185 ±0.01752</td>
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<tr>
<td></td>
<td>0.0354</td>
<td>0.00226</td>
</tr>
<tr>
<td></td>
<td>14.025</td>
<td>5.239</td>
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<tr>
<td></td>
<td>&lt;0.001</td>
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</tbody>
</table>

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