

## Review



### Review of Ayurvedic Classical Formulations for *Medoroga (Sthaulya)* from *Bharat Bhaishajya Ratnakar*.

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#### ABSTRACT:

**Background:** Obesity is currently one of the biggest health challenges, worldwide. In the absence of safe and effective drugs for the management of obesity, herbo-mineral formulations were mentioned in *Bharat Bhaishajya Ratnakar*. Obesity is similar to *Sthaulya* or *Medoroga* described in Ayurvedic classical texts. **Aim and Objectives:** To study formulations in *Bharat Bhaishajya Ratnakar* for *Medoroga (Sthaulya)* and to compile classical formulations for their therapeutic significance and identify frequently used herbs. **Materials and Methodology:** All five volumes of *Bharat Bhaishajya Ratnakar* were systematically reviewed, using terms such as “*Sthaulya*,” “*Medoroga*,” and “Obesity.” A total number of 34 formulations with 123 medicinal substances were documented. **Discussion:** In Analysis 11 herbs are *Amalaki*, *Haritaki*, *Bibhitaki*, *Chitraka*, *Shunthi*, *Pippali*, *Maricha*, *Vidanga*, *Nagarmotha*, *Elaichi*, and *Guggulu* most frequently repeated across formulations. These herbs possess *Deepana* (digestive stimulant), *Lekhana* (fat reducing) and *Medohara* (obesity-reducing) properties. **Conclusion:** The review highlights a group of herbs which are consistently given in *Bharat Bhaishajya Ratnakar*, underlined their importance in traditional practice and their potential for evidence-based integration into modern anti-obesity strategies.

**KEYWORDS:** *Medoroga*, *Sthaulya*, Herbo mineral Formulations, Obesity, *Bharat Bhaishajya Ratnakar*

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## 1. INTRODUCTION

*Sthaulya*(Obesity) is an abnormal condition characterized by excessive accumulation of *Medodhatu* (fat tissue), which correlates with obesity in modern medicine, defined by a BMI between 25-30 kg/m<sup>2</sup> as overweight, primarily caused by faulty lifestyle habits like overeating, unhealthy diet, lack of exercise, and improper sleep. Recognized as a major health concern linked to diseases such as diabetes, hypertension, heart disease, and certain cancers, obesity classified as a disease by the American Medical Association in 2013 is largely preventable through lifestyle modifications, balanced diet, exercise, and, when necessary, medications to aid weight management. [1] Obesity corresponds to *Medoroga* i.e. *Sthaulya* as described in classical Ayurvedic texts. *Sthaulya* refers to the abnormal accumulation of *Meda Dhatu* (fat tissue) along with *Mamsa Dhatu* (muscle tissue), leading to a pendulous appearance of the abdomen, buttocks, and breasts, without a corresponding increase in physical strength. Evidence from case studies and small clinical trials suggests that Ayurvedic interventions can be effective in managing obesity. [2]

The *Bharat Bhaishajya Ratnakar's* author is Shri Nagindas Chaganlal Shah Rasvaidyain; the book was translated by the late P. Gopinath Gupt Bhisgratnen; it was updated by the late Nivaran Chandra Bhattacharyana; and it was published by B. Jain Publishers (Pvt.) Ltd. in New Delhi. *Bharat Bhaishajya Ratnakar* is considered as first compilation, it covers almost all formulation or preparation (9598) present in available classical texts of Ayurveda of all branches. [3]

During compilation, several herbs were found repeatedly across formulations, indicating their value in obesity management. These commonly cited herbs reflect recognized efficacy in traditional practice and offer scope for scientific validation. Systematic organization of these formulations highlights Ayurvedic wisdom and provides a foundation for evidence-based research in developing effective anti-obesity therapies.

### **Obesity – Ayurveda and modern perspective**

In Ayurveda, *Sthaulya* is not merely an issue of excess body weight; rather, it is regarded as a complex metabolic disorder resulting from the derangement of fundamental physiological principles. It is primarily associated with the vitiation of *Kapha Dosha*, impaired *Agni* (digestive fire), and abnormal increase in *Meda Dhatu* (adipose tissue). *Ayurved* categorizes obesity under *Santarpanajanya Vyadhi* diseases arising from over-nourishment and indulgence in rich, oily foods leading to the accumulation of unutilized body fat, obstruction of *Srotas* (bodily channels), and secondary imbalance in *Vata Dosha*. [4,6] In Charaka and Sushruta, have described the pathogenesis, aetiology, symptoms, and complications of *Sthaulya*. It is recognize as one of the *Ashta Nindita Purusha* (eight undesirable body constitutions). [4, 5] By using therapies *Shodhana* (bio-purification therapies such as *Vamana*, *Virechana*, and *Udwartana*, *Shamana* (palliative treatments), strict *Ahara and Vihara* (diet and lifestyle), obesity can be corrected more effectively compared to modern medical approaches which mainly focus on calorie restriction and surgical treatments. The concept of maintaining *Dosha-Dhatu-Mala* balance and enhancing

metabolic efficiency through the strengthening of *Agni* is central to Ayurvedic obesity management. [6, 7]

Obesity etiology is complex and is of multiple causations. However, it is due to deposition of fat in the body results from the discrepancy between energy consumption and expenditure because of imbalanced diet, sedentary habits and genetic factors. Although obesity can easily be identified at first sight, a precise assessment requires measurements and reference standards. The mostly used criteria are Body weight, Body mass index, waist circumference and waist hip ratio. [8]

## 2. MATERIAL AND METHODOLOGY

### Literature Search Strategy -

This study was conducted through a comprehensive manual review of all parts (I – V) of *Bharat Bhaishajya Ratnakar* with a specific focus on identifying references to *Medoroga* from *Medorogadhikaar* chapter. All formulations were systematically compiled from *Bharat Bhaishajya Ratnakar*. Total 34 classical formulations and from formulations 123 drugs were identified. Each identified drug was researched for botanical name. For this purpose, additional sources including modern Ayurvedic pharmacognosy references, book on *Dravyagunavigyan* and web sources were used. The points related to Modern perspective regarding Obesity using keywords obesity, *sthaulya*, *Medoroga* have been searched from PubMed and Google Scholar.

### Inclusion Criteria -

Classical references in *Bharat Bhaishajya Ratnakar* mentioning *Medoroga*.

All research studies and articles on Obesity.

### Exclusion Criteria -

Non-peer-reviewed, anecdotal, or irrelevant studies.

Reports and studies not related to obesity.

### Classical Formulations:

Numbers of classical and significant formulations in the various dosage forms are mentioned in *Bharat Bhaishajya Ratnakar* for different pharmacological actions. A total of about 34 compound formulations is described under *Sthaulya* and *Medoroga*. [9]

The list of these formulations and references is mentioned below. All references are taken from *Bharat Bhaishajya Ratnakar* (Parts 1–5), under *Medorogadhikara* Chapter. Several classical formulations are mentioned in Ayurveda classics for *Medoroga*. The basic approach is to formulate various compounds to select several herbs with properties that address key aspects of the individual case.

**Table 1: Classical Herbal Formulations for *Medoroga (Sthaulya)* from *Bharat Bhaishajya Ratnakar*.**

S.N.	Formulation Name	Reference
<i>Kashaya Prakaran</i>		
1	<i>Arkadi Gana</i>	Part 1-41, No. 26
2	<i>Ushakadi Gana</i>	Part 1-41, No. 539
3	<i>Abhyang – Ubatan (1)</i>	Part 1-41, No. 506
4	<i>Abhyang - Ubatan (2)</i>	Part 1-41, No. 507
5	<i>Abhyang - Ubatan (3)</i>	Part 1-41, No. 508
6	<i>Amrutadi Guggul</i>	Part 1-41, No. 133
7	<i>Guduchyadi Kwath</i>	Part 2-37, No. 1185
8	<i>Bilwadi Kwath</i>	Part 3-38, No. 4578
<i>Churna Prakaran</i>		
9	<i>Guduchyadi Prayoga</i>	Part 2-37, No. 1274
10	<i>Chavyadi Churnam</i>	Part 2-37, No. 1709
11	<i>Taalpatra Kshaar</i>	Part 2-37, No. 2307

12	<i>Tryushnaadyam Churnam</i>	Part 2-37, No. 2385
13	<i>Phaltrikadi Churnam</i>	Part 3-38, No. 4524
<i>Guggul Prakaran</i>		
14	<i>Guggul Rasayanam</i>	Part 2-37, No. 1327
15	<i>Trushnyaadi Guggul</i>	Part 2-37, No. 2426
16	<i>Dashang Guggul</i>	Part 3-38, No. 3011
17	<i>Vyoshadi Guggul</i>	Part 4-42, No. 6694
<i>Tail Prakaran</i>		
18	<i>Triphalaadi Tailam</i>	Part 2-37, No. 2477
19	<i>Mahasugandh Tailam</i>	Part 4-42, No. 5306
<i>Rasa Prakaran</i>		
20	<i>Trimurti Rasa</i>	Part 2-37, No. 2756
21	<i>Trushnyadi Louham</i>	Part 2-37, No. 2787
22	<i>Murti Rasa</i>	Part 4-42, No. 5626
23	<i>Medohara Rasa</i>	Part 4-42, No. 5672

24	<i>Rasabhasma Yoga</i>	Part 4-42, No. 6071
25	<i>Vadvagni Rasa</i>	Part 4-42, No. 6942
26	<i>Vadvagni Loham</i>	Part 4-42, No. 6944
27	<i>Vadvanal Rasa</i>	Part 4-42, No. 6949
28	<i>Vidangadi Loham</i>	Part 4-42, No. 7038
29	<i>Mishra Prakaran - Babbuladi Yoga</i>	Part 3-38, No. 4764
30	<i>Gutika Prakaran - Methi Modak</i>	Part 4-42, No. 5184
31	<i>Avaleha Prakaran - Louharasayanam</i>	Part 4-42, No. 6263
32	<i>AsavaArishta Prakaran - Loharisht</i>	Part 4-42, No. 6299
<i>Lepa Prakaran</i>		
33	<i>Mochrasadi Lepa</i>	Part 4-42, No. 5425
34	<i>Vasadi Lepa</i>	Part 4-42, No. 6855

**Table 2: Plant Drugs for Classical *Medoroga* Formulations in Bharat Bhaishajya Ratnakar**

S.N	Drugs (Sanskrit Name)	Latin Name / English Name	Count	Formulations	Part Used
1	<i>Haritaki</i>	<i>Terminalia chebula Retz.</i>	14	<i>Ubatna 1, Amrutadi guggul, Guduchyadi kwath, Guduchyadi prayog, Trushnyadyam churnam, Guggulrasayanam, Triphaladya tailam, Trimurti rasa, Phaltrikadi churnam, Dashang guggul, Babbuladi yoga, Methi modak, Vyoshadi guggul, Louharasayanam</i>	Fruit
2	<i>Amla</i>	<i>Phyllanthus emblica L.</i>	13	<i>Amrutadi guggul, Guduchyadi kwath, Guduchyadi prayog, Trushnyadyam churnam, Guggulrasayanam, Triphaladya tailam, Trimurti rasa, Phaltrikadi churnam, Dashang guggul, Methi modak, Vyoshadi guggul, Louharasayanam, Vidangadi louham</i>	Fruit
3	<i>Pippali</i>	<i>Piper longum L.</i>	12	<i>Chavyadi churnam, Trushnyadyam churnam, Trushnyadi guggulu, Guggulrasayanam, Triphaladya tailam, Trimurti rasa, Trushnyadam louham, Phaltrikadi churnam, Dashang guggul, Methi modak, Vyoshadi guggul, Louharasayanam</i>	Fruit
4	<i>Shunthi</i>	<i>Zingiber officinale</i>	12	<i>Chavyadi churnam, Trushnyadyam churnam, Trushnyadi</i>	Rhizome

		<i>Roscoe</i>		<i>guggulu, Guggulrasayanam, Triphaladya tailam, Trimurti rasa, Trushnyadam louham, Phaltrikadi churnam, Dashang guggul, Methi modak, Vyoshadi guggul, Vidangadi Louham</i>	
5	<i>Marich</i>	<i>Piper nigrum L.</i>	11	<i>Chavyadi churnam, Trushnyadyam churnam, Trushnyadi guggulu, Guggulrasayanam, Trimurti rasa, Trushnyadam louham, Phaltrikadi churnam, Dashang guggul, Methi modak, Vyoshadi guggul, Louharasayanam</i>	Fruit
6	<i>Bibhtaki</i>	<i>Terminalia bellirica (Gaertn.) Roxb.</i>	11	<i>Guduchyadi kwath, Guduchyadi prayog, Trushnyadyam churnam, Guggulrasayanam, Triphaladya tailam, Trimurti rasa, Phaltrikadi churnam, Dashang guggul, Methi modak, Vyoshadi guggul, Louharasayanam</i>	Fruit
7	<i>Chitrak</i>	<i>Plumbago zeylanica L.</i>	8	<i>Chavyadi churnam, Guggulrasayanam, Trushnyadi guggulu, Triphaladya tailam, Trimurti rasa, Trushnyadam louham, Dashang guggul, Louharasayanam</i>	Root
8	<i>Vidang</i>	<i>Embelia ribes Burm.f.</i>	8	<i>Amrutadi guggulu, Guggulrasayanam, Trushnyadi guggulu, Dashang guggul, Vyoshadi guggul, Louharasayanam, Medohar rasa, Vidangadi louham</i>	Fruit
9	<i>Guggul</i>	<i>Commiphora wightii (Arn.) Bhandari</i>	6	<i>Amrutadi guggulu, Guduchyadi kwath, Trushnyadi guggulu, Dashang guggul, Vyoshadi guggul, Louharasayanam</i>	Resin
10	<i>Elaichi</i>	<i>Elettaria cardamomum (L.) Maton</i>	5	<i>Amrutadi guggulu, Guggul rasayanam, Methi modak, Louharasayanam, Mahasugandhtailam</i>	Fruit
11	<i>Nagarmotha</i>	<i>Cyperus rotundus L.</i>	5	<i>Guduchyadi prayog, Guggul rasayanam, Dashang guggul, Louharasayanam, Mahasugandhtailam</i>	Rhizome
12	<i>Chavya</i>	<i>Piper retrofractum Vahl</i>	4	<i>Chavyadi churnam, Trushnyadyam churnam, Trimurti rasa, Trushnyadam louham</i>	Fruit
13	<i>Guduchi</i>	<i>Tinospora cordifolia (Willd.) Hook.f. &amp; Thomson</i>	4	<i>Amrutadi guggulu, Guduchyadi kwath, Guduchyadi prayog, Triphaladya tailam</i>	Stem

The herbs given below are mentioned in 3 formulations:

1. *Arka (Calotropis procera (Aiton) Dryand.) – Arkadi Gana, Vadvagni Louham, Vadvanal Rasa*

2. *Bakuchi (Psoralea corylifolia L.) – Trushnyadyam Churnam, Trimurti Rasa, Trushnyadam Louham*

3. *Chandan (Santalum album L.) – Ubatana 3, Methi Modak, Mahasugandh Tailam*

4. *Lodhra (Symplocos racemosa Roxb.)* – Ubatana 1, Ubatana 2, Ubatana 3
  5. *Musali (Asparagus adscendens Roxb.)* – Trimurti Rasa, Louhrasayanam, Murti Rasa
  6. *Nirgundi (Vitex negundo L.)* – Trimurti Rasa, Louhrasayanam, Murti Rasa
  7. *Vasa (Adhatoda vasica Nees)* – Triphaladya Tailam, Louhrasayanam, Vasadi Lepa
- The herbs given below are mentioned in 2 formulations:
8. *Bhaang (Cannabis sativa L.)* – Trushnyadam Louham, Medohara Rasa
  9. *Bilwa (Aegle marmelos (L.) Corrêa)* – Bilwadi Kwath, Vasadi Lepa
  10. *Bola (Commiphora myrrha (T.Nees) Engl.)* – Mahasugandh Tailam, Vadvanal Rasa
  11. *Dalchini (Cinnamomum verum J.Presl)* – Methi Modak, Louhrasayanam
  12. *Haridra (Curcuma longa L.)* – Guggul Rasayanam, Triphaladya Tailam
  13. *Hing (Ferula narthex Boiss.)* – Ushakadi Gana, Chavyadi Churnam
  14. *Jaiphal (Myristica fragrans Houtt.)* – Methi Modak, Mahasugandh Tailam
  15. *Jatamansi (Nardostachys jatamansi (D.Don) DC.)* – Methi Modak, Mahasugandh Tailam
  16. *Javitri (Myristica fragrans Houtt.)* – Methi Modak, Mahasugandh Tailam
  17. *Jeerak (Cuminum cyminum L.)* – Chavyadi Churnam, Methi Modak
  18. *Karpoor (Camphor)* – Methi Modak, Mahasugandh Tailam

19. *Kushth (Saussurea lappa (Decne.) Sch.Bip.)* – Triphaladya Tailam, Mahasugandh Tailam
  20. *Lamajjak (Cymbopogon iwarancusa subsp. iwarancusa)* – Ubatana 2, Mahasugandh Tailam
  21. *Lavang (Syzygium aromaticum (L.) Merr. & L.M.Perry)* – Methi Modak, Mahasugandh Tailam
  22. *Nagkeshar (Mesua ferrea L.)* – Ubatana 2, Methi Modak
  23. *Neem (Azadirachta indica A.Juss.)* – Ubatana 1, Triphaladya Tailam
  24. *Saptaparna (Alstonia scholaris (L.) R.Br.)* – Triphaladya Tailam, Methi Modak
  25. *Taalpatra (Cinnamomum tamala (Buch.-Ham.) T.Nees & C.H.Eberm.)* – Taalpatra Kshaar, Trushnadyam Churnam
  26. *Talispatra (Abies spectabilis (D.Don) Mirb.)* – Methi Modak, Mahasugandh Tailam
  27. *Trivrut (Operculina turpethum (L.) Silva Manso)* – Triphaladya Tailam, Louhrasayanam
  28. *Ushir (Vetiveria zizanioides (L.) Nash)* – Ubatana 3, Mahasugandh Tailam
  29. *Vacha (Acorus calamus L.)* – Trushnadi Guggul, Triphaladya Tailam
  30. *Priyangu (Callicarpa macrophylla Vahl.)* – Ubatana 3, Mahasugandh Tailam
  31. *Karanj (Pongamia pinnata (L.) Pierre)* – Arkadi Gana, Ubatana 1
- The herbs given below are mentioned in 1 formulation:
32. *Agaru (Aquilaria malaccensis Lam.)* – Mahasugandh Tailam
  33. *Agnimanth (Premna serratifolia L.)* – Bilwadi Kwath

34. *Ajwain (Trachyspermum ammi Sprague) – Methi Modak*
35. *Ankol (Alangium salviifolium (L.f.) Wangerin) – Guggul Rasayanam*
36. *Apamarg (Achyranthes aspera L.) – Arkadi Gana*
37. *Aparajita (Clitoria ternatea L.) – Arkadi Gana*
38. *Aragwadh (Cassia fistula L.) – Triphaladya Tailam*
39. *Ativisha (Aconitum heterophyllum Wall.) – Triphaladya Tailam*
40. *Babbul (Vachellia nilotica L.) P.J.H.Hurter & Mabb.) – Babbuladi Yoga*
41. *Bharangi (Rothea serrata (L.) Steane & Mabb.) – Arkadi Gana*
42. *Bhringraj (Eclipta prostrata (L.) L.) – Guggul Rasayanam*
43. *Bhumyamlaki (Phyllanthus niruri L.) – Mahasugandh Tailam*
44. *Chorak (Angelica glauca Edgew.) – Mahasugandh Tailam*
45. *Dadim (Punica granatum L.) – Ubatana 1*
46. *Damnak (Artemisia indica Willd.) – Mahasugandh Tailam*
47. *Daruharidra (Berberis aristata DC.) – Triphaladya Tailam*
48. *Devdaru (Cedrus deodara (Roxb. ex D.Don) G.Don) – Guggul Rasayanam*
49. *Dhanyak (Coriandrum sativum L.) – Methi Modak*
50. *Dhataki (Woodfordia fruticosa (L.) Kurz) – Mahasugandh Tailam*
51. *Elavaluk (Prunus cerasus Scop.) – Mahasugandh Tailam*
52. *Gambhari (Gmelina arborea Roxb.) – Bilwadi Kwath*
53. *Indrayan (Citrullus colocynthis (L.) Schrad.) – Triphaladya Tailam*
54. *Ingudi (Balanites aegyptiaca (L.) Delile) – Arkadi Gana*
55. *Kachora (Curcuma zedoaria (Christm.) Roscoe) – Mahasugandh Tailam*
56. *Kalihari (Gloriosa superba L.) – Arkadi Gana*
57. *Kankol (Piper cubeba Bojer) – Mahasugandh Tailam*
58. *Karkatshrungi (Pistacia chinensis subsp. integerrima (J.L.Stewart) Rech.f.) – Methi Modak*
59. *Kasturi (Abelmoschus moschatus Medik.) – Mahasugandh Tailam*
60. *Katphal (Myrica nagi Thunb.) – Methi Modak*
61. *Kesar (Crocus sativus L.) – Mahasugandh Tailam*
62. *Khadir (Senegalia catechu (L.f.) P.J.H.Hurter & Mabb.) – Louharasayanam*
63. *Kutaj (Wrightia antidysenterica (L.) R.Br.) – Amrutadi Guggul*
64. *Laksha (Laccifer lacca) – Mahasugandh Tailam*
65. *Malkangni (Celastrus paniculatus Willd.) – Arkadi Gana*
66. *Methika (Trigonella foenum-graecum L.) – Methi Modak*
67. *Mochrasa (Bombax ceiba L.) – Mochrasadi Lepa*
68. *Mundi (Sphaeranthus indicus L.) – Louharasayanam*
69. *Murva (Gongronemopsis tenacissima (Roxb.) S.Reuss, Liede & Meve) – Triphaladya Tailam*
70. *Nagdanti (Croton oblongifolius Roxb.) – Arkadi Gana*
71. *Padmak (Prunus cerasoides Buch.-Ham. ex D.Don) – Mahasugandh Tailam*
72. *Patla (Stereospermum suaveolens (Roxb.) DC.) – Bilwadi Kwath*

73. *Pippalimul (Piper longum L.) – Trimurti Rasa*  
 74. *Poog (Areca catechu L.) – Mahasugandh Tailam*  
 75. *Punarnava (Boerhavia diffusa L.) – Guggul Rasayanam*  
 76. *Pundarik (Nelumbo nucifera Gaertn.) – Mahasugandh Tailam*  
 77. *Pushkarmool (Inula racemose Hook.f.) – Methi Modak*  
 78. *Rasna (Pluchea lanceolate Peter.) – Arkadi Gana*  
 79. *Renuka (Vitex agnus Stokes.) – Mahasugandh Tailam*  
 80. *Saral (Pinus longifolia Salisb.) – Mahasugandh Tailam*  
 81. *Sarshap (Brassica juncea (L.) Czern.) – Triphaladya Tailam*  
 82. *Shailey (Parmelia perlata) – Mahasugandh Tailam*  
 83. *Shirish (Albizia lebbeck (L.) Benth.) – Ubatana 2*  
 84. *Shyonak (Oroxylum indicum (L.) Kurz) – Guduchyadi Kwath*  
 85. *Snuhi (Euphorbia neriifolia L.) – Louharasayanam*  
 86. *Sprukka (Anisomeles malabarica (L.) R.Br.) – Mahasugandh Tailam*  
 87. *Sugandhbala (Pavonia odorata Willd.) – Trushnadi Guggul*  
 88. *Tagar (Valeriana wallichii DC.) – Mahasugandh Tailam*  
 89. *Tejpan (Cinnamomum tamala (Buch.-Ham.) T.Nees & C.H.Eberm.) – Methi Modak*  
 90. *Vrucchikali (Heliotropium indicum L.) – Arkadi Gana*  
 91. *Vyaghranakhi (Capparis zeylanica L.) – Mahasugandh Tailam*

**Table 3: Minerals used for Classical *Medoroga* Formulations in *Bharat Bhaishajya Ratnakar***

S. N.	Mineral (Sanskrit Name)	Latin / English Name	Count	Formulations
1.	<i>Saindhava Lavan</i>	Sodium chloride (Rock salt)	6	<i>Ushakadi Gana, Tryushnadyam Churnam, Trimurti Rasa, Tryushnyadam Louham, Phaltrikadi Churnam, Methi Modak</i>
2.	<i>Bid Lavan</i>	Mineral salt	4	<i>Tryushnadyam Churnam, Trimurti Rasa, Tryushnyadam Louham, Methi Modak</i>
3.	<i>Sauvarchala Lavan</i>	Potassium nitrate (Saltpetre)	4	<i>Chavyadi Churnam, Tryushnadyam Churnam, Trimurti Rasa, Tryushnyadam Louham</i>
4.	<i>Gandhaka</i>	Sulphur	4	<i>Trimurti Rasa, Murti Rasa, Medohar Rasa, Vadvagni Rasa</i>
5.	<i>Shilajit</i>	Asphaltum / Mineral resin	4	<i>Ushakadi Gana, Guduchyadi Kwath, Guggul Rasayanam, Louharasayanam</i>
6.	<i>Hartala</i>	Arsenic trisulphide	2	<i>Vadvagni Rasa, Vadvagni Louham</i>
7.	<i>Kasis</i>	Green vitriol (Ferrous sulphate)	2	<i>Ushakadi Gana, Louharasayanam</i>
8.	<i>Audbhid Lavan</i>	Mineral salt variety	2	<i>Tryushnadyam Churnam, Tryushnyadam Louham</i>
9.	<i>Abhraka</i>	Mica	1	<i>Guggul Rasayanam</i>

10.	<i>Tuttha</i>	Blue vitriol (Copper sulphate)	1	<i>Ushakadi Gana</i>
11.	<i>Swarnamakshik</i>	Pyrite	1	<i>Guggul Rasayanam</i>
12.	<i>Shankha</i>	Conch shell	1	<i>Vasadi Lepa</i>

**Table 4: Metals used for Classical *Medoroga* Formulations in *Bharat Bhaishajya Ratnakar***

S.N.	Metals Sanskrit Name	Latin / English Equivalent	Count	Formulations
1	<i>Loha</i>	<i>Ferrum / Iron</i>	9	<i>Guduchyadi Kwath, Guggul Rasayanam, Trimurti Rasa, Trushnyadi Louham, Louharasayanam, Murti Rasa, Vadvagni Louham, Vadvanal Rasa, Vidangadi Louham</i>
2	<i>Tamra</i>	<i>Cuprum / Copper</i>	3	<i>Vadvagni Rasa, Vadvagni Louham, Vadvanal Rasa</i>
3	<i>Abhraka</i>	<i>Mica</i>	1	<i>Guggul Rasayanam</i>
4	<i>Svarṇamakṣika</i>	<i>Pyrite /Chalcopyrite</i>	1	<i>Guggul Rasayanam</i>
5	<i>Kasis</i>	<i>Green Vitriol / Ferrous Sulphate</i>	2	<i>Ushakadi Gana, Louharasayanam</i>
6	<i>Tuttha</i>	<i>Blue Vitriol / Copper Sulphate</i>	1	<i>Ushakadi Gana</i>
7	<i>Shankha</i>	<i>Conch Shell (Calcium carbonate)</i>	1	<i>Vasadi Lepa</i>

Following 11 medicinal plant drugs are important and repeatedly widely used in various products out of above mentioned 123 Herbomineral medicinal plants. These

plants have been scientifically proven and used for various conditions of Obesity.

**Table 5.Frequently Used Medicinal Plants for Obesity Management in Herbomineral Formulations**

S.N	Botanical name and Family	Properties	Action	Activity
1	<i>Amalaki</i> <i>Phyllanthus emblica</i> L. Phyllanthaceae	Sour, sweet, pungent, bitter, Astringent, Dry	Pacify all doshas, Rejuvenator	( <i>Yavamalk Choorna</i> ) Management strategies in preventing <i>Sthaulya</i> . [10]
2	<i>Haritaki</i> <i>Terminalia Chebula</i> Retz. Combrataceae	Astringent, bitter, sweet, Pungent, sour	Pacify all dosha, Improves digestion, Improves life expectancy	<i>Gomutra haritaki</i> in diet control and exercise in the management of <i>Sthaulya</i> . [11]
3	<i>Bibhitaki</i> <i>Terminalia bellirica</i> (Gaertn.) Roxb. Combrataceae	Astringent, bitter, Pungent, sour	Hypolipidemic, Improves Digestion	Anti-obesity activity. [12]
4	<i>Chitrak</i> <i>Plumbago zeylanica</i> L.	Pungent, light, hot, dry	Pacify vata, kapha, Lekhana, Rasayana	<i>Pippalyadi basti</i> and <i>Lekhan basti</i> in the

	Plumbaginaceae			management of obesity. [13]
5	<i>Shunthi</i> <i>Zinziber officinale</i> Roscoe zinziberaceae	Pungent, heavy, Dry, Hot	Digestive, Carminative, Gastrointestinal Stimulant	<i>Vyoshadi saktu</i> in <i>Sthaulya</i> management. [14]
6	<i>Pippali</i> <i>Piper longum</i> L. Piperaceae	Pungent, Light, Hot	Pacify kapha, vata, Carminative, digestive	<i>Vyoshadi saktu</i> in <i>Sthaulya</i> management. [14]
7	<i>Marich</i> <i>Piper nigrum</i> L. Piperaceae	Pungent, Light, Strong Hot.	Scraping, Shoshan, Relieves anorexia	<i>Vyoshadi saktu</i> in <i>Sthaulya</i> management. [14]
8	<i>Vidang</i> <i>Embelia ribes</i> Burm.f. Myrsinaceae	Pungent, Bitter, Light, Hot	Intestinal worms, Psychological disorders	Anti-obesity effect of standardized ethanol extract of <i>Embelia ribes</i> . [15]
9	<i>Nagarmotha</i> <i>Cyperus rotundus</i> L. Cyperaceae	Bitter, Pungent, Astringent Light, Dry	Neuralgia, paralysis, Blood disorders	Clinical study of <i>mustadi</i> <i>ghanvati kwath</i> in <i>Sthaulya</i> . [16]
10	<i>Elaichi</i> <i>Elettaria cardamomum</i> (L.) Maton Scitamineae	Pungent, Sweet, Light, Dry	Digestive, Dermatitis	<i>Sthaulyahara Karma</i> of <i>Ela</i> . [17]
11	<i>Guggulu</i> <i>Commiphora wightii</i> (Arn.) Bhandari Burseraceae	Bitter, Pungent, light Dry	Decrease Excess fat, UTI, Diabetes	Anti-obesity. [18]

### 3. DISCUSSION

The purpose of this review article has been made to compile and study the classical Ayurvedic formulations related to *Medoroga* as described in the authentic text *Bharat Bhaishajya Ratnakar*.

It is considered as first compilation as per API. This compendium remains one of the most respected references in Ayurvedic pharmaceuticals and contains extensive documentation of herbal and herbo-mineral remedies used in traditional practice. The review identifies 34 classical formulations (as shown in table

no.1) and a total of 123 medicinal substances which are specifically recommended for treating obesity. These formulations help to correcting the imbalance of *Kapha* and *Meda* doshas, enhancing *Agni*(digestion) improving *Pachana* (metabolism), detoxification and fat mobilization. In this review, a total number of 34 classical Ayurvedic formulations specifically indicated for the management of *Medoroga* (obesity) were compiled exclusively from the five volumes of *Bharat Bhaishajya Ratnakar*, but in fifth volume there is no mention of *Medoroga* formulations. These formulations collectively

include 123 distinct medicinal substances (as shown in table no.2), which include both herbal and herbo-mineral ingredients. A detailed analysis of these formulations revealed a recurrence of certain medicinal plants. Specifically, 11 herbs (as shown in table no. 3, Figure no.1) were identified as being most frequently used throughout the formulations, enlighten their established therapeutic relevance in Ayurvedic management of obesity. These recurrent herbs, including *Amalaki (Phyllanthus emblica L.)*, *Bibhitaki (Terminalia bellirica (Gaertn.) Roxb.)*, *Haritaki (Terminalia Chebula Retz.)*, *Pippali (Piper longum L.)*, *Vidanga (Embelia ribes Burm.f.)*, *Shunthi (Zinziber officinale Roscoe)*, *Maricha (Piper nigrum L.)*, *Guggulu (Commiphora wightii (Arn.) Bhandari)*, *Elaichi (Elettaria cardamomum (L.) Maton)*, *Chitraka (Plumbago zeylanica L.)*, and *Nagarmotha (Cyperus rotundus L.)*, shows a group that can be used for obesity.

The repeated occurrence of these herbs across various formulations suggests that this herbs have more therapeutic properties towards obesity, further supported by existing pharmacological studies that validate their actions such as improving *Deepan* (Digestion), enhancing *Pachana, Lekhana* (reducing fat), and regulating inflammatory processes (*Shothahara*). Obesity-related diseases are the primary cause of death worldwide such as dyslipidemia, stroke, Diabetes type 2, metabolic syndrome and cardiovascular diseases which are complication due to obesity. Western medicine for obesity has restrictions, as they cause various side effects. [19] This systematic compilation gives a valuable resource for both practitioners and researchers,

supporting further exploration and clinical applications of these classical formulations in obesity management, also there is scope to create different new formulations using these herbs that will work effectively on Obesity. The repeated citation of these 11 medicinal herbs (table no.3, Figure no.1) across numerous classical formulations shows their potential role in the Ayurvedic management of *Medoroga/Sthaulya* (Obesity).

#### 4. CONCLUSION

Analysis of aforesaid formulations for *Medoroga* (obesity) shows a different pattern of herbal selection. It shows 11 medicinal plants consistently that occurring across all formulations. In conclusion, classical Ayurvedic management of *Medoroga* (obesity) emphasizes the use of specific herbs characterized by their *Rasapanchaka* predominantly pungent, bitter, and astringent tastes, light and dry qualities, hot potency, and pungent post-digestive effect which collectively act to pacify *Kapha* and *Meda dosha*, enhance digestion and metabolism, and facilitate fat reduction. Classical and contemporary evidence supports the use of Ayurvedic herbs as the foundation for new, scientifically tested anti-obesity formulations. Such formulation must undergo clinical trials to confirm their safety and effectiveness. This recurrent use highlights their therapeutic importance in traditional practice and their efficacy in managing obesity-related conditions. There is scope to create different new formulations using these herbs for treating obesity. There is necessity of further research to understand complete pharmacological activity of each drug for anti-obesity.

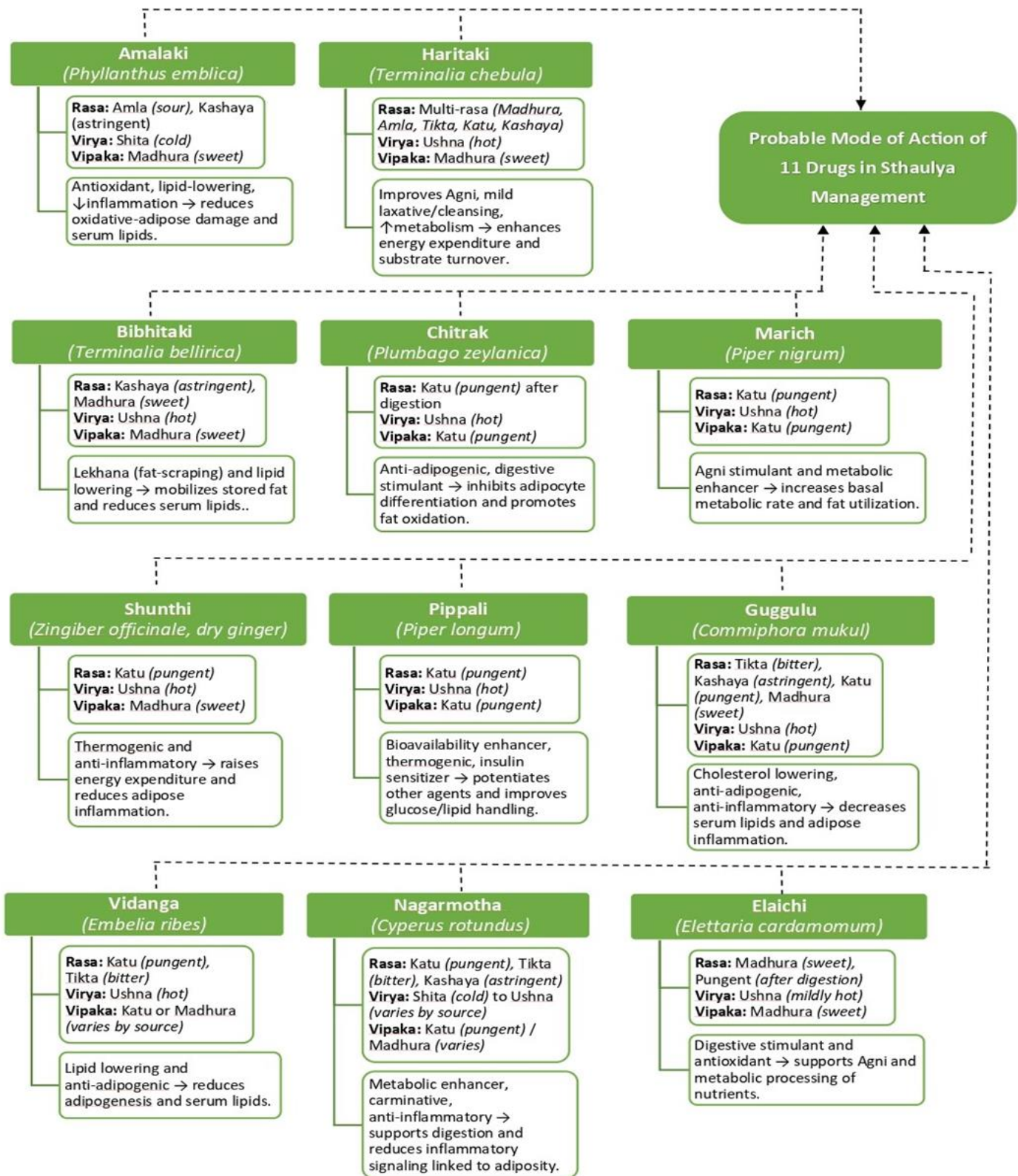


Figure 1: Illustration showing the probable mode of action of 11 selected drugs on obesity through their pharmacological and Ayurveda attributes.

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