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ABSTRACT

Background: Sthoulya comes under Santarpanjanya and Medo-Pradoshaja Vikara which is also a Kapha Pradhana Vyadhi where Apatarpana treatment modalities like Rookshana are indicated because it involves Marma, major Dosha and also for its Abhishyandi nature. Rookshana has been mentioned as Poorvakarma for Mamsala, Medhura, Bhurishleshma and Vishamagni persons for Snehapana prior to Shodhana, Sthoulya is one such condition. **Objectives:** To evaluate whether Rookshana performed prior to Snehapana in Virechana Karma has any beneficial effect over classical Virechana. **Materials and methods:** This is randomized open-labelled clinical trial. Forty patients of sthouly divided into 2 groups; in one group administered Snehana purvaka Virechana and another group Rukshanpurvaka Snehana followed by Virechana and **Results:** Rookshana Purvaka Virechana provided better relief in comparison to Snehapana Poorvaka Virechana in parameters of Chala sphik, Stana, Chala Udara, Atitrishna, Nidradhikya, Body Weight, BMI, Skin fold thickness of Biceps, Triceps, Scapular, Abdomen and Thigh, Circumference of Chest, Abdomen, Buttock, Mid-Thigh and Mid-Arm. Snehapana Poorvaka Virechana provided better relief in comparison to Rookshana alone in parameters of Atikshudha, Nidradhikya and Gourava. **Conclusion:** Rookshana Poorvaka Virechana has far better role in providing relief to the patients of Sthoulya. **Key words:** Sthoulya, Obesity, Rookshana, Snehapana, Virechana.

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INTRODUCTION

Obesity has reached epidemic proportions in India in the 21st century with morbid obesity affecting 5% of the country's population. Sedentary life style and unhealthy food habits are major causative factors resulting in many serious systemic complications. A study conducted in 2008 in Delhi has shown that approximately 25% of populations in urban areas are obese. According to the WHO, the prevalence of obesity is ranked one among the 10 selected health risks. Approximately 1.6 billion adults of age above 15 years worldwide are overweight. At least 400 million adults are clinically obese and by 2015 approximately 2.3 billion adults will be overweight and more than 700 million will be obese ¹. British Medical Journal states that 1/3rd of population worldwide are suffering from overweight or obesity. As per its reports, obesity causes 30,000 deaths per year. Obesity is killing about 3, 20,000 people per year in 20 countries of Western Europe. The total health care expenditure for obesity patients is 2–8%; this represents a wakeup call to the global community.

Global incidence of mortality and morbidity is also highly alarming due to the secondary complication of Obesity. Controlling obesity is being considered as the need of the hour.

Ayurveda with its holistic approach can help in this condition with its unique way of lifestyle management with Panchakarma therapeutic treatments that cleanse the body's deep tissue toxins, open the subtle channels and bring life by enhancing energy thereby increasing vitality, inner peace, confidence and wellbeing. Ayurveda is based on *Tridosha* and Panchamahabhuta theory. Panchakarma highlights itself by normalizing these Dosha after being eliminated from their Moola Sthana & hence proves the whole and soul of treatment in Ayurveda, by rejuvenating tissues and by enhancing the life span.

Hence to evaluate whether *Rookshana* ² performed prior to *Snehapana* in *Virechana Karma* ³ has any beneficial effect over classical *Virechana* in providing satisfactory relief to the patient of *Sthoulya* ⁴, the present study was taken up.

MATERIALS AND METHODS

Study Design – Randomised comparative clinical study

Sample source:

40 patients fulfilling the inclusion criteria of either sex, falling in the age group between 20-60 years, irrespective of socio economical status and caste was selected for the clinical study. Patients were selected randomly from OPD and IPD of IARH, Rajkot.

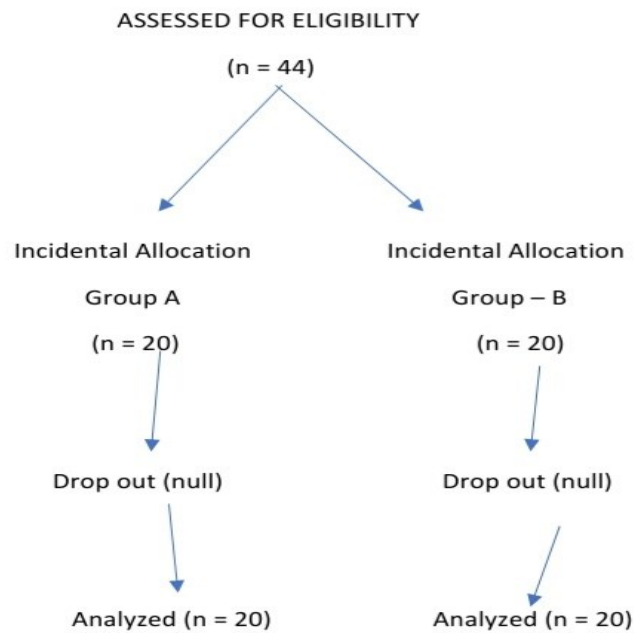


Fig. 1- Consort flow Chart

Study population – Subjects with clinical features of Sthoulya, fulfilling the inclusion criteria and approaching the OPD and IPD of Panchakarma and PTSR dept., Indian institute of Ayurved Research & hospital, Rajkot were selected for the study.

Sample size – 40

Randomization method- Simple randomisation

Study setting- Subjects with clinical features of Sthoulya, fulfilling the inclusion criteria and approaching the OPD and IPD of Panchakarma and PTSR dept., Indian institute of Ayurved Research & hospital, Rajkot were selected for the study.

Diagnostic Criteria:

1. *Chala - Stana, Udara, Sphik*
2. *Atiksudha*
3. *Atipipasa*
4. *Nidradikya*
5. *Daugandya*
6. *Gourava*

Inclusion Criteria:

- Patients fulfilling the diagnostic criteria.
- Patients between the age group of 20 to 60 years.
- Patients who are fit for *Virechana & Rookshana Karma*.

- Patient having BMI (kg/m²) Between 25 to 35.
- Patient having BMI (kg/m²) above 35.

Exclusion Criteria:

- Obesity due to endocrinal abnormality.
- Patients with systemic disorders interfere with the course of the treatment.
- Patient's contra indicated for Virechana.

Grouping

- Selected patients were assigned into *Rookshana Poorvaka Virechana* group (R.S. group) and *classical Virechana*⁵ group (CV group) equally.

Intervention

TABLE – 1, R.S.GROUP: ROOKSHANA POORVAKA VIRECHANA

	PROCEDURE	PREPARATION	DURATION
Rookshana⁷	<i>Abhyantara Rookshana</i>	1. <i>Pana-Nisneha Takrapan (Buttermilk -300ml three times/day)</i> 2. <i>Anna-Yavanna (Yava in the form of 1-2 Chapathi 3 times/day)</i> 3. <i>Bheshaja- Triphala Kwatha (15ml three times a day one hour before meal)</i>	<i>Abhyantara and Bahya Rookshana</i> were done simultaneously for maximum of 7 days or till the appearance of
	<i>Bahya Rookshana</i>	<i>Bahya Rookshana</i> in the form of <i>Sarvanga Udvardana</i> with <i>Triphaladi Choorna</i> (45mins) followed by <i>Ushna Jala Snana</i> .	<i>Samyak Rookshana lakshanas</i> ,whichever is earlier.
POORVA KARMA	<i>Snehapana</i>	<i>Pancha Tikta Ghrita</i> starting with <i>Hrasiyasi Matra</i> (50ml)	<i>Arohana-Krama</i> , till <i>Samyak Snigdha Lakshana</i> appear
	1. <i>Abhyanga</i> 2. <i>Swedana</i>	<i>Moorchita Tila Taila</i> (30mins) followed by <i>Mrudu Bashpa Sweda</i> in the form of <i>Ushna Jala Snana</i> on the days of <i>Vishramakala</i> and <i>Virechana</i> .	3 days

PRADHANA KARMA	<i>Virechana Karma</i>	<i>Virechana Karma</i> will be performed as per the classics by using <i>Trivrut Lehya</i> 50 gm along with <i>Triphala Kashaya</i> 50 ml as <i>Virechanopaga</i> .	Till <i>Samyak Virikta Lakshana</i>
PASHCHAT KARMA	<i>Samsarjana Krama</i>	<i>Tarpanadi Samsarjana</i>	3 -7 days

TABLE – 2, CV GROUP: CLASSICAL VIRECHANA

	PROCEDURE	PREPARATION	DURATION
POORVA KARMA	<i>Deepana Pachana</i>	<i>Panchakola Churna</i> in the dose of 5 grams three times a day 1 hour before meal along with <i>Ushna Jala</i>	For 5 days or Till the appearance of <i>Nirama Lakshanas</i> , whichever is earlier
	<i>Snehapana</i>	<i>Pancha Tikta Ghrita</i> starting with <i>Hrasiyasi Matra</i> (50ml)	<i>Arohana-Krama</i> , till <i>Samyak Snigdha Lakshana</i> appear
	1. <i>Abhyanga</i> 2. <i>Swedana</i>	<i>Moorchita Tila Taila</i> (30mins) followed by <i>Mrudu Bashpa Sweda</i> in the form of <i>Ushna jala snana</i> on the days of <i>Vishrama Kala</i> and <i>Virechana</i> .	3 days
PRADHANA KARMA	<i>Virechana Karma</i>	<i>Virechana Karma</i> will be performed as per the classics by using <i>Trivrut Lehya</i> 50 gm along with <i>Triphala Kashaya</i> 50 ml as <i>Virechanopaga</i> .	Till appearance of <i>Samyak Virikta Lakshana</i>
PASHCHAT KARMA	<i>Samsarjana Krama</i>	<i>Tarpanadi Samsarjana Krama</i>	3 -7 days

RESULTS

Table no. – 3 Effect of Treatment on Subjective Criteria

SYMPTOMS	MEAN DIFFERENCE GROUP-A	MEAN DIFFERENCE GROUP-B	't'	P value
CHALA STANA	1.250	0.900	2.483	< 0.05
CHALA SPHIK	1.750	1.300	2.7182	< 0.05
CHALA UDARA	1.450	1.050	2.260	< 0.05
NIDRADHIKYA	1.750	1.100	4.100	<0.001
DOURGANDHYA	1.450	1.000	3.943	<0.001
GOURAVA	1.650	1.300	2.307	< 0.05
ATI KSHUDHA	1.950	1.250	5.272	<0.001
ATI PIPASA	1.900	1.300	3.376	<0.001

Table no. – 4 Effect of Treatment on Objective Criteria

SYMPTOMS	MEAN DIFFERENCE GROUP-A	MEAN DIFFERENCE GROUP-B	't'	P value
Body weight	7.700	3.200	9.845	<0.001
B.M.I.	2.775	1.130	12.776	<0.001
Chest circumference	6.550	2.350	8.654	<0.001
Abdominal circumference	9.250	3.350	8.251	<0.001
Hip circumference	10.000	3.600	6.400	<0.001
Mid thigh circumference	5.950	2.075	9.911	<0.001
Mid arm circumference	4.825	2.075	7.739	<0.001

DISCUSSION

Rookshana Poorvaka Virechana was found to be more effective when compared to *Classical Virechana* in the management of *Sthoulya*.

The results of this study are in accordance with the textual references. *Sthoulya* comes under *Santarpanajanya* and *Medo-Pradoshaja Vikara* which is also a *Kapha Pradhana Vyadhi* where *Apatarpana* treatment modalities like *Rookshana* are indicated. *Rookshana* has been mentioned as *Poorvakarma* for *Mamsala, Medura, Bhurishleshmala, Snehasatmya* and *Vishamagni* persons prior to *Shodhana*. Generally, *Virechana* is preceded by internal *Snehapana* but in *Sthoulya, Kapha, Pitta, Mamsa, Meda* are already increased and internal *Snehana* may further increase them leading to the deterioration of the condition by causing *Sneha Vyapath*. As *Abhyantara Snehana* is a must prior to performing *Virechana*, therefore perhaps to overcome this problem of *Sneha Vyapath*, performing *Rookshana* as a *Purvakarma* prior to *Snehapana* in *Virechana* has been explained by *Acharya Vagbhata*.

During the course of the study, it was found that it took comparatively more time in achieving *Samyak snigdha lakshanas* in *Rookshana purvaka Virechana* group (RS group). This can be attributed to an increase in *Rooksha, laghu and khara gunas* in the body

following *Rookshana* which in turn increased the ability of the body to ingest and absorb larger quantities of *Sneha*. This probably resulted in enhanced fat metabolism and subsequent weight loss along with reduction in inches.

Effect on Chala Stana: *Rookshana Poorvaka Virechana* reduced the *Chala Stana* by 34%, while *Classical Virechana* reduced it by 29%. Obviously the *Rookshana Poorvaka Virechana* caused significant reduction in *Chala Stana* in comparison to *Classical Virechana*.

Effect on Chala Udara: *Rookshana Poorvaka Virechana* reduced the *Chala Udara* by 51%, while *Classical Virechana* reduced it by 45%. Obviously, *Rookshana Poorvaka Virechana* caused significant reduction in *Chala Udara* in comparison to *Classical Virechana*.

Effect on Chala Sphik: *Rookshana Poorvaka Virechana* reduced *Chala Sphik* by 29%, while *Classical Virechana* reduced it by 25%. Obviously, *Rookshana Poorvaka Virechana* caused significant reduction in *Chala Sphik* in comparison to *Classical Virechana*.

While looking into the better reduction in *Chala Stana, Chala Udara, Chala Sphik* in the *Rookshana Poorvaka Virechana* group, excessive fat which is deposited in *Sphik, Stana, and Udara* in *Sthoulya* is reduced by *Rookshana* therapy especially with *Udvardana* and internal *Rooksha Pana, Anna* and

Bheshaja by virtue of opposite *Guna* dominance.

Effect on *Nidra Adhikya*: *Rookshana Poorvaka Virechana* reduced *Nidra Adhikya* by 44%, while *Classical Virechana* reduced it by 31%. Obviously, *Rookshana Poorvaka Virechana* caused significant reduction in *Nidra Adhikya* in comparison to *Classical Virechana*.

Effect on *Daurgandya*: *Rookshana Poorvaka Virechana* reduced *Daurgandya* by 50%, while *Classical Virechana* reduced it by 31%. Obviously, *Rookshana Poorvaka Virechana* caused significant reduction in *Daurgandya* in comparison to *Classical Virechana*.

Effect on *Gourava*: *Rookshana Poorvaka Virechana* reduced *Gourava* by 49%, while *Classical Virechana* reduced it by 35%. Obviously, *Rookshana Poorvaka Virechana* caused significant reduction in *Gourava* in comparison to *Classical Virechana*.

Effect on *Ati Kshudha*: *Rookshana Poorvaka Virechana* reduced *Ati Kshudha* by 56%, while *Classical Virechana* reduced it by 49%. Obviously, *Rookshana Poorvaka Virechana* caused significant reduction in *Ati Kshudha* in comparison to *Classical Virechana*.

Effect on *Ati Pipasa*: *Rookshana Poorvaka Virechana* provided significant result by 56% in

Ati Pipasa while it was 42% in case of *Classical Virechana*. In this way, *Rookshana Poorvaka Virechana* is far better in providing relief in *Ati Pipasa* than *Classical Virechana*.

Effect on Body Weight: It was noticed that after *Rookshana Poorvaka Virechana* there was a decrease in the body weight by 8.81% which is statistically highly significant at $P < 0.0001$. The average weight reduction was 6kg, with a maximum reduction of 12 kg, which was seen in two patients. While in case of *Classical Virechana*, reduction was 3.36%

Effect on BMI: There was a reduction in BMI by 9.09% which is statistically highly significant at $P < 0.001$. The maximum reduction seen was 3.26. In case of *Classical Virechana*, reduction was 3.50% (Table - 85).

Total effect of the therapy: In Group A, (60%) 12 patients showed Marked Improvement in Reduction in B.M.I. Moderate Improvement was seen in 6 patients (30%) and Mild Improvement was seen in 2 patients (10%) after the *Rookshana Poorvaka Virechana* treatment. In Group B, 1 patient (5%) showed Marked Improvement and Moderate Improvement in 10 patients (50%) and 7 patients(35%) showed Mild Improvement, and 2 patients(10%) showed minimal change.

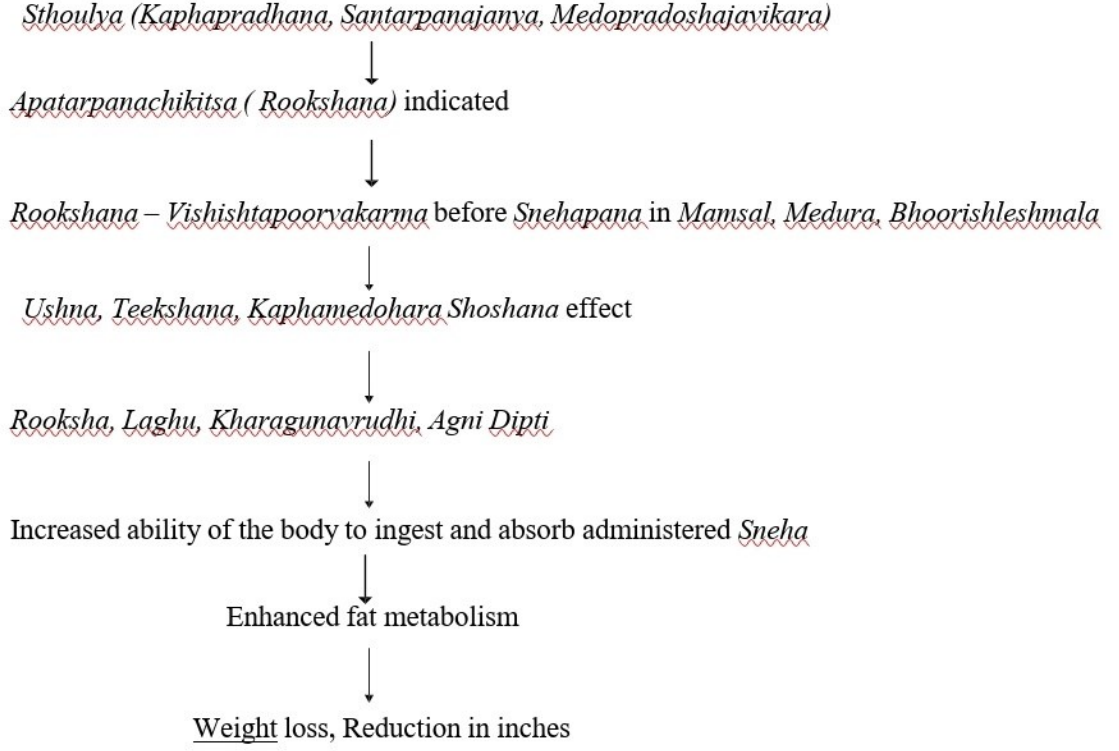


Fig. 2 Mode of action of Rookshana

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