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ROLE OF *LEKHANA BASTI* IN OBESITY (STHAULAYA)

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ABSTRACT
Sthoulya described as Obesity occurs due to the vitiation of Kapha & Vata. The signs and symptoms of Sthoulya can be correlated with Obesity. This has been said in Ayurveda and Sthaulya purusha (Obese person) is considered one of the nindita Purusha. Using Ayurvedic Panchakarma therapy i. e., Basti because Vata is playing an important role in Samprapti of Sthaulya. Here, in Vasti procedure, Acharya susrutha described a Lekhana Basti (a type of Niruhabasti) in Chikitsastana which can be used in Sthaulya. Lekhaniya gana contains the drugs like Triphala, Shatpushpa, Madhu (Honey), Ushaka, Kasis, Tuttha, Shilajit, Saindhava (Salt), Yavakshar, Gomutra (Cow Urine) which are having specially lekhaniya (Scraping) properties, Kapha and Meda (fat) hara property, in sthaulya increased kapha and meda (fat) is seen, the medicine having these lekhaniya property helps to scrap the excess fat from the body so this medicine is helpful to reduce fat. In the present study Lekhana Basti by sushrutha was evaluated for its efficacy in obesity, if we use it in different drugs combinations with medohara and lekhaniya property, it reduces Meda Vriddhi.

KEYWORDS: Obesity, Sthaulya, Medoroga, lekhana basti.

INTRODUCTION

Obesity is known as 'Sthaulya' in Ayurveda and is characterized as the condition in which unreasonable measure of fat is aggregated in the body. At the point when the Agni (digestive fire) is being vitiated, the ama (morbid material) is developed in the body. This has been said in Ayurveda, Sthaulya Purusha (Obese person) is considered one of The Nindita Purusha (despicable person). In Ayurveda, Sthaulya has been described as fatal for ages,

It is common after the age of fourty, in women after child birth and during menopause. Obesity occurs more in female than male and specially increases after use of IUCD, contraceptive pills, post-delivery, and in menopausal period. It is precursor to coronary heart diseases, high Blood pressure, Diabetes mellitus, Osteoarthritis, infertility, as well as psychological disorders like stress, anxiety, depression etc.

Obese individuals are susceptible to a higher risk of developing a wide range of co-morbidities, such as diabetes, cardiovascular disease (CVD), gastrointestinal disorders, hypertension, obstructive sleep apnea (OSA), muscular and joint disorders, respiratory obstructions, and psychological issues. These conditions can have a significant impact on patients' daily lives and raise mortality rates considerably. Even minor weight loss may help patients reduce their risk of this array of comorbid conditions.

Vagbhata has mentioned three types of Sthaulya i.e. Adhika (B.M.I. > 40 kg./m2 – Very Obese), Madhyama

(B.M.I. 30-40 kg. /m2 -Obese) and Hina (B.M.I. 25-30 kg/m2 – Over Weight) with management point of view.

Many theories and medicament put towards us for the management of this disease but till now perfect remedy for this problem is not found in modern medicine also, so people are expecting solution from Ayurveda. As, Charaka has described Sthaulya among the "Asta Ninditha Purusha" & Sleshma Nanatmaja, Santarpana Nimitaja Vyadhi. Using Ayurvedic Panchakarma therapy i. e., Basti because Vata is playing an important role in Samprapti of Sthaulya. Here, in Vasti procedure, Acharya susrutha described a Lekhana Basti (a type of Niruhabasti) in Chikitsastana which can be used in Sthaulya. Lekhana is a process in which Lekhaneeya Dravyas drying up or removing the increased Dosha, Dhātu, and Mala by scraping. In the present study Lekhana Basti by sushrutha was evaluated for its efficacy in obesity, if we use it in different drugs combinations with medohara and lekhaniya property, it reduces Meda Vriddhi. Lekhaniya gana contains the drugs like Triphala (Three Herbs), Shatpushpa (Anethum Sowa), Madhu, Ushaka, Kasis, Tuttha, Shilajit Saindhava, Yavakshar, Gomutra.

Aim: To study the effect of Lekhana basti in sthoulya (Obesity).

Objective: To study the impact of Lekhana Basti on Obesity.

MATERIAL AND METHODS

Disease review

Definition of Sthaulya- A person in which there is excessive and abnormal increase of meda dhatu along with mamsa dhatu resulting in pendulous apperane of buttocks¸ belly, and breasts, body grows disproprotionatly and there is lack of energy.

Aetiology of Sthaulya

All the nidana described by various acharyas for sthaulyaroga can be classified under four heading as follows.

Aharatamaka Nidana - Santarpan, Guru,madhura, Sheeta–snigdha ahara sevana, Navanna sevana, Pistanna sevan, Mamsa sevana, Dadhi sevana, Guda Vikriti.

Viharatamaka Nidana – Avyayam, Gandhamalyanu sevana, Bhojanottara Snana, Asana Sukham, Divaswapa, Avyavayaa.

Manasika Nidana- Harsnityatwata, Achintana, Priyadarshana, Mansonivritti.

Anya Nidan- Bijadoshawabhava, Snigdha madhura basti sevana, Amarasa, Snigdha udvartana.

Rupa (Clinical Feature)

Acc. to Acharya charak

Chal sphik, chal udara, chal stana, ati meda, mamsa vriddhi are lakshana of sthaulya. Besides these symptoms Acharya charak mention eight doshas of Medoroga which is as follows: - Ayushohrash (Decrease in life span), Javoparodha (Lack of enthusiasm), Krichhvyavaya (Difficulty in sexual intercource), Daurbalya (Generalised debility, Daurgandhya (Foul smell from the body), Swedadhikaya (Excessive sweating), Kshudhatimatrata (Excessive hunger), Pipastiyoga (Excessive thirst).

Samprapti

Due to obstruction of Srotas by Meda the vata moving mainly in the stomach, augment the Agni and absorb the food. Thus, the obese person digest food very quickly and craves for food tremendously. Over eating produce excess accumulation of Meda dhatu, this leads to Sthaulya.

Samprapti Ghatak

Dosha- Kaphapradhana tridosha, Samanvayu, Vyanvayu, Pachak pitta, Kledaka Kapha.
Dushya - Meda pradhan, Rasa, Mamsa.
Agni - Jatharagni, Medodhatwagni.
Srotasa -Medovaha.
Srotodusti - Sang (Margavarodha).
Adhisthan - Whole body specifically udara, sphika, stana.
Udhbhav Sthan – Kostha (Amashaya).
Vyakta Sthan -Sarva Shareera especially Sphik, Udara, Stana.
Prasara - Rasayani.
Rogmarga - Bahya.
Ama – Jatharagnimandya janit, Dhatwagnimandya janit.
Swabhav - Chirkalina.
Sadhyasadhyata – Krichhrasadhya.

Definition of Obesity: - Obesity is a complex multifactorial disease that accumulated excess body fat leads to negative effects on health. Obesity is often express in terms of body mass index.

Etiology of Obesity

Sedentary life style - Enforced inactivity (postoperative).

Dietary Factor - Overeating, high fat diet, Endocrine Disorder, Hypothyroidism, Cushing's syndrome, Polycystic ovary syndrome, Hypogonadism Growth hormone deficiency.

Psychiatric Disorder - Night eating syndrome.

Genetic Disorder - Autosomal recessive traits, Autosomal dominant traits, X-linked traits, Chromosomal abnormalities.

Drugs - Steroids, Clozepine, Amitryptyline, Cyproheptadine, ß blocker, Oestrogen-containing contraceptive pill, Tricyclic antidepressants.

Complication

- Type-2 diabetes mellitus, Dyslipidemia, Hypertension, Coronary heart disease, Cerebrovascular disease, Restrictive lung disease, Obstructive sleep apnoea, Gout, Osteoarthritis, Idiopathic intracranial hypertension, Cataract, Gastro-oesophageal reflux dsease, Gall stone, Pancreatitis, Liver disease, Non-alcoholic steatohepatitis, Irregular menses, Amenorrhoea, Infertility, Neural tube defect, pre-eclampsia, gestational diabetes, preterm labour, deep vein thrombosis.

Assesment of Obesity with Body Mass Index.

BMI is calculated as the person's weight in kilogram divided by the square of his or her height in meters (Kg/m2).

BMI (kg /M2)	Classification	Risk of obesity
18.5-24.9	Normal Range	Negligible
25.0-29.9	Overweight	Mildly increased
>30	Obese	
30-34.9	Class 1	Moderate
35-39.9	Class 2	Severe
>40	Class 3	Very severe

Probable Mode of Action of Basti

Absorption of Basti First sodium ion in Saindhava actively absorb from colon, high concentration of sodium ion facilitates sugar influx. Increase sodium ion in mucosal membrane generate osmotic gradient. Water follows this osmotic gradient; thus, passive absorption of water take place. Free fatty acid is easily absorbed by passive diffusion in the colon. From above description, it can be understood that how Saindhava, Madhu, Sneha and kwath is absorb from the colon. And along with the Sneha (Lipids), kwatha lipid and water-soluble portion is absorbed from the colon.

Action of Basti Dravyas

Saindhava: Because of its Sukshma Guna It reaches up to the Micro channel of the body.

Tikshana Guna breaks down the morbid Mala and Dosha Sanghata.

Snigdha Guna Liquefies the Dosha.

It reduces the Picchila, Bahula and Kashaya properties of Madhu.

It's become helpful for the elimination of Basti due to its irritant property.

In excess quantity, it can cause Daha and Atisara, Absence or less quantity of Saindhava is responsible for Ayoga.

Madhu: - If any drug is administered with appropriate vehicle, it can absorb and assimilated by the body very quickly. Madhu is made of various substances and considered best among the vehicles. It forms the homogeneous mixture with the Saindhava. Madhu has predigested sugar and it is easy to digest and are readily absorbed and assimilated by the body. In this way it energized body in very short period.

Sneha: - Sneha Dravyas reduces Vata Dushti, softens bodies microchannels, destroy the compact Mala, and removes the obstruction in the channels. Owning the Snigdha Guna it produces unctuousness in body; intern helps for easy eliminations of Dosha and Mala. It is already known that how Sneha increases the permeability of cell membrane and become helpful in elimination of Dosha and Mala. Because of its Guru–Snigdha Guna, it liquefies the Dosha and breakdowns the compact Mala. Apart from these functions it also protects the mucus membrane from the untoward effect of irritating drugs in the Basti Dryava.

Kalka, Kwatha and Avapa Dravya: - Kalka and Kwatha Dravya are the main constituents of the Basti Dravya. They serve the function of Utkleshana or Dosha Harana or Shamana depending upon what it contains and are selected accordingly.

Samprapti Vighatana of Roga: - Avapa Dravya is also used for elimination of particular Dosha. Lekhana Basti has prepared as per classical reference. Triphala Kwatha was used because of its Ushna Veerya, Tridosha Shamaka and Medohara property.

Properties of Lekhana Basti Dravyas

S.No.	Dravya	Rasa	Guna	Veerya	Vipaka	Doshghnata	Action and uses
1	Madhu	Madhura, Kshaya	Laghu, ruksha	Sheeta	Katu	Tridoshahara	Deepan, lekhan, yogwahi.
2	Saindhva	Lavana	Laghu, snigdha, Sukshma, tikshana	Sheeta	Madhur	Tridoshahara	Deepan, rochana, chakshusya, hridya
3	Til Taila	Madhura, tikta, Kashaya	Snigdha, Tikshna, guru, sara, Sukshma, vyavayi, vishada,	Usna	Madhur	Kaphavatahara	Deepan, lekhan, vatahara, balya

			vikasi				
4	Triphala Kwatha	Kashaya	Laghu,ruksha	Anushna	Madhur	Tridoshahara	Deepan, pramehahara, medohara, chaksushya.
5	Hingu	Katu	Laghu,ruksha, Tikshna	Usna	Katu	Kaphavatahara	Deepan, chhedan, vatanulomana
6	Tutha	Katu,Kshaya,Tikta	Laghu	Usna	Katu	Kaphavatahara	Lekhan, bhedana, medohara, rasayana
7	Kasis	Amla,Kshya,Tikta	Laghu	Usna	Katu	Kaphavatahara	Netrya, vishaghna, rajahpravrtaka.
8	Yavakshara	Katu,Lavana	Sukshma,Tikshna	Usna	Katu	Kaphavatahara	Chhedana, bhedana, deepana, pachana, vatanulomana
9	Shilajit	Tikta,Kshaya	Guru,snigdha,mridu	Sheeta	Katu	Kaphavatahara	Chhedana, rasayana, medohara
10	Gomutra	Katu,Tikta,Kshaya	Tikshna,ushna,laghu	Usna	Katu	Kaphavatahara	Deepana, pachana, lekhana

Efficacy of Lekhan Basti on Sthaulya Roga

Basti keeps all the five types of Vata in their normal status by affecting its Seat-Pakvasaya. Thus, it also reduces the vitiation of Samana Vayu. Atikshudha plays most important role in Sthaulya. Because due to obstruction by Meda, Vata remains in Kostha and through Agni Sandhukshana it causes Atikshudha which leads the person to Adhyashana and to take Guru Snigdha Ahara. It again causes Vitiation of Meda and production of Ama. In this way, this cycle goes on. Hence, it becomes very difficult to manage this disease but Basti controls the Samana Vata and breaks this cycle, thus helps in the management of this disease. It is already discussed above that how Basti Dravya get absorbed from the colon and reaches at the cellular level. After reaching at cellular level, they perform the action of Samprapti Vighatana by virtue of its Rasa, Guna, Veerya, and Vipaka. The drugs of Lekhana Basti have dominance of Katu-Tikta-Kashaya Rasa, Laghu-Tikshna-Sukshma Guna, Ushna Virya and Katu Vipaka. Lekhana Basti is specifically a Tikshna Shodhana Basti and it is indicated in Bahudosha Avastha which includes Medovriddhi. It removes vitiated doshas from whole body, thus causes srotosodhana. It makes the further removal of the doshas from the body, hence breaks the Samprapti of Medodusti.

DISCUSSION

Sthaulya is a disease in which there is abundant growth of Medodhatu in the body beyond normal limits. It is one of the Santarpanottha Vikaras(Disease due to consumption of excessive calories). Based on Nidanas, there lies a significant similarity in Medorog and Hyperlipidemia. Aharaja (dietary causes), Viharaja (lifestyle factors), Manasika (Psychological factors) and Beeja Doshaja (Genetic factors) Nidanas (diagnosis) observed in both the disease are almost similar being primarily Santarpankaraka. In this manner, the Samprapti (pathogenesis) likewise goes the same for both the conditions up somewhat. It contrasts in the last part because of 'Medo Dhatvagni mandya', 'Asthayi Medodhatu' increments. Kapha dosha' is associated mainly due to its 'Ashrayashrayi Sambhandha' to Meda. Similarly, vitiated Pitta is involved as seen by impairment of proper Agni function. Vata has a role in pathogenesis as seen from the impaired Dhatwaagni, which is appropriate Vayu's function. 'Asthayi Medo Dhatu' is transported via Rasa Dhatu, and Meda Dhatu has a direct quantitative increase due to 'Dhatvagni mandya'. Hence both these Dhatus shows a qualitative impairment seen on clinical grounds. Sthaulya is a 'Kapha-Vata pradhana Tridoshaja vyadhi', and Acharyas has recommended vataghna and Kaphaghna annapana and aushadhi for this disease. Lekhana Basti is selected as it has most action on Lekhana Karma as it having Vata Kapha Hara properties also. We have chosen Lekhana Basti for Sthaulya. It has less risk, safe and easy for administration than Vamana and virechana.

CONCLUSION

Sthaulya is one of the santarpanajanya Vyadhi and Apatarpana is the remedy for Santarpanajanya Vyadhis.Among all the treatment modalities in Ayurveda, "Basti" seems the best due to its fastest Apatarpana karma when prepared with apatarpaka or lekhneeya Dravyas. So in the light of above references from classsics of Lekhan Basti, Rasa, Guna, Veerya, Vipaka, Doshakarma and shodhana properties are useful to reduce Kapha-Vata Dushti, increases Agni, digests the Ama, correct the Medodhatvagni Mandya, remove obstruction in Medovaha Srotas and nourishes Uttardhatus. Thus, it becomes helpful in disease Sthaulya.

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