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RESEARCH ARTICLE

HERBS OF BHAVAPRAKASH NIGHANTU W.S.R. TO MEDOROGA (OBESITY)

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Abstract

Obesity is a penalty of the modern era, the world-wide latest report on prevalence of obesity according to W.H.O states that around 250 million cases of obesity are being reported every year. Obesity is considered the most sedentary disorder which has been ranked as the fifth foremost reason for death globally. It is an increasing problem in the developed world and has substantial health effects. In Ayurveda obesity has been described as Medoroga. Acharya charaka mentioned that a person in whom excessive and abnormal increase of fat tissue (meda dhatu) along with mamsa dhatu is found which results in to pendulous appearance of buttocks, belly and breasts and whose increase bulk is not matched by a corresponding increase in energy is called Sthula purusha. There are many Medohardravays mentioned in Bhavprakash Nighantu. Bhavmisra, the author of Bhavprakash Nighantu which is among one of the treatises in laghutrayi. This present study will be designed to screen the drugs having medohar action mentioned. Bhavprakash Nighantu on the basis of their rasa, guna, veerya, vipaka and their corresponding actions/karma mentioned. This study illustrates the drugs which having medohar karma/action described are taken into consideration.

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Introduction:-

Growing prevalence of obesity worldwide is an increasing concern surrounding the rising rates of Diabetes, Coronary and Cerebrovascular disease with the consequent health and financial implications for the population.¹ Acharya charaka described eight persons are despicable and obesity is one of them.² **Atisthaulya is caused by vitiation of meda/(adipose tissue) as medo dhatu vikara.**³ Medas is body tissue predominant in Prithvi and Ap Mahabhutas similar to Kapha Dosha.⁴ In person who indulge (for long time) in foods which cause increase of kapha, who are habituated to eat too much food and often ; who do not do any physical exercise and who sleep during day time, the food remains uncooked (inadequately digested) and more sweet ; this rasadhatu circulating throughout the body produces meda (fat) because of its rasa dhatu.⁵ In the body of too much obese person there is excessive accumulation of meda (fat) only, not the other dhatus (other dhatu become less), thus life span is shortened, due to laxity, softness and heaviness of meda (fat) the body movement is obstructed. Due to less quantity of seminal ejaculate and also obstruction of passage by fat the sexual intercourse is difficult. Due to disequilibrium of dhatus the weakness is produced; obnoxious body odour is due to abnormality and specific character of medas (fat) and hyper-perspiration. Due to association of fat with slesma, its oozing nature, excess quantity, heaviness and

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intolerance to physical exercise there occurs hyper-perspiration due to sharpness of agni and abundance of vayu in abdomen there develops excess hunger and thirst.⁶

Aims And Objective:-

To enlist the herbs which have Medohar action mentioned in Bhavprakash Nighantu, will be reviewed with respect to their ayurvedic parameters (rasa,guna,virya.vipaka and doshghanta).

Material And Method:-

A review of Bhavaprakash Nighantu, classical ayurvedic literature with respect to Dravyaguna and research journals with respect to the subject mentioned.

Due to passage having been obstructed with fat, vata moves about abundantly in belly and thus stimulates digestion and absorbs food. In case of delay in taking food, he is afflicted with some severe disorders. These two agni and vayu are particularly complicating and as such burn the obese like the forest fire burning the forest. In the event of excessive increase of fat, vayu etc. doshas suddenly give rise to severe disorders and thus destroy the life shortly. The person is called as over obese who, due to excessive increase of fat and muscles, has pendulous buttocks, abdomen and breasts and suffers from deficient metabolism and energy. Thus described the defects, cause and symptoms of the obese.⁷

Symptoms Of Obesity

According to Ayurveda ⁸	Modern correlation
Ayushorhas	Shortening of lifespan
Javoparodha	Hampered movement or loss of vitality
KruchtaVyavayata	Loss of sexual power
Daurbalya	Fatigue
Daugandhya	Bad or foul smelling
Swedabadh	Excessive sweating
Atikshudha	excessive hunger
Atirushna	Increase in thirst

List Of Medohara Dravya⁹

Table 1: -

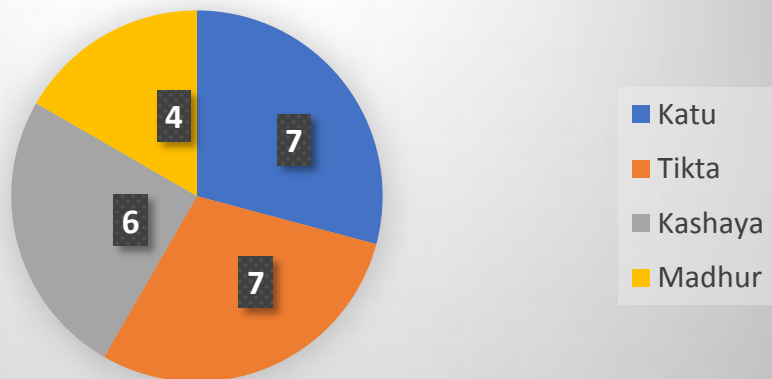
Dravya	Botanical name	Family name	Part used
Guggul	Commiphoramukul(Hook.ex Stocks) Engl.	Burseraceae	Exudate
Kantkari	Solanum surattense(Burm.f.)	Solanaceae	Fruit
Snuhi	Euphorbia nerrifolia Linn.	Euphorbiaceae	Exudate
Shobhanjan	Moringa oleifera Lam.	Moringaceae	Root, bark
Mundi	Sphaeranthus indicus Linn.	Compositae	Whole plant
Apamarga	Achyranthus aspera Linn.	Amaranthaceae	Root,seed
Khadira	Acacia catechu Willd.	Leguminosae	Heartwood
Bhurjapatra	Betula utilisD.Don.	Betulaceae	Bark
Kulatha	Dolichos biflorus Linn.	fabaceae	Seed
Yava	Hordeum vulgare Linn.	Graminea	Fruit
Kshirivriksha: - ● Pippal ● Parish ● Plaksha ● Udumbar ● Vata	● Pippal-Ficus religiosa Linn. ● Parish-Thespesia populaneaSoland ex Correa. ● Plaksha-Ficus infectoriaRoxb. ● Udumbar-Ficus glomerata Roxb. ● Vata-Ficus bengalensis Linn.	Pippal-Moraceae Parish-Malvaceae Plaksha-Moraceae Udumbara-Moraceae, Vata-Moraceae	Bark
Paribhadra	Erythrina indica Lam.	Fabaceae	Bark
Karpool	Cinnamomum camphora(Linn.)Presl.	Lauraceae	Exudate

Table 2:-

DRAVYA	RASA	GUNA	VIRYA	VIPAKA	DOSHGHANTA
Guggul	Kashaya,katu,tikta	Laghu,ruksha	Usna	Katu	Lekhana,medohara Kapha-vatahara ¹⁰
Kantkari	Katu,tikta	Laghu,ruksha	Usna	Katu	Kapha-vatahara Medohara ¹¹
Snuhi	katu	Guru,tikshna	Usna	Katu	Kaphahara, Medohara ¹²
Shobhanjan	Katu,Madhur,tikta	Laghu,ruksha,tikshna	Usna	Katu	Kapha-vatahara Medohara ¹³
Apamarga	Katu,tikta	Sarak,tikshna	Usna	Katu	Kapha-vatahara Medohara ¹⁴
Khadira	Tikta,kashaya	Laghu,ruksha	Sheeta	Katu	Kapha-pittahara Medohara ¹⁵
Bhurjapatra	Kashaya	Laghu	Usna	Katu	Medohara, kaphahara ¹⁶
Kulatha	Kashaya,katu	Laghu	Usna	Katu	Medohara, kaphahara ¹⁷
Yava	Kashaya,madhur	Ruksha	Usna	Katu	Medohara,kapha- Pittahara ¹⁸
Paribhadra	Katu,tikta	Laghu	Usna	Katu	Medohara, kaphahara ¹⁹
Kapoor	Madhur,tikta	Laghu	Sheeta	Katu	Lekhana,medohara Kaphahara ²⁰
Mundi	Madhur	Laghu	Usna	Katu	Medohara, kaphahara ²¹
Kshirivriksha(pippal Parish,plaksha,vata Udumbra)	Kashaya	Ruksha	Sheeta	Katu	Medohara, kaphahara ²²

Observation And Result: -**1. Medoharadravya according to rasa**

Rasa	No. of Dravya
Madhur	4
Tikta	7
Kashaya	6
Katu	7

Fig:- 1

2. Medoharadravya according to guna.

Guna	No.ofdravya
Laghu	9
Ruksha	6
Tikshna	3
Guru	1
Sarak	1

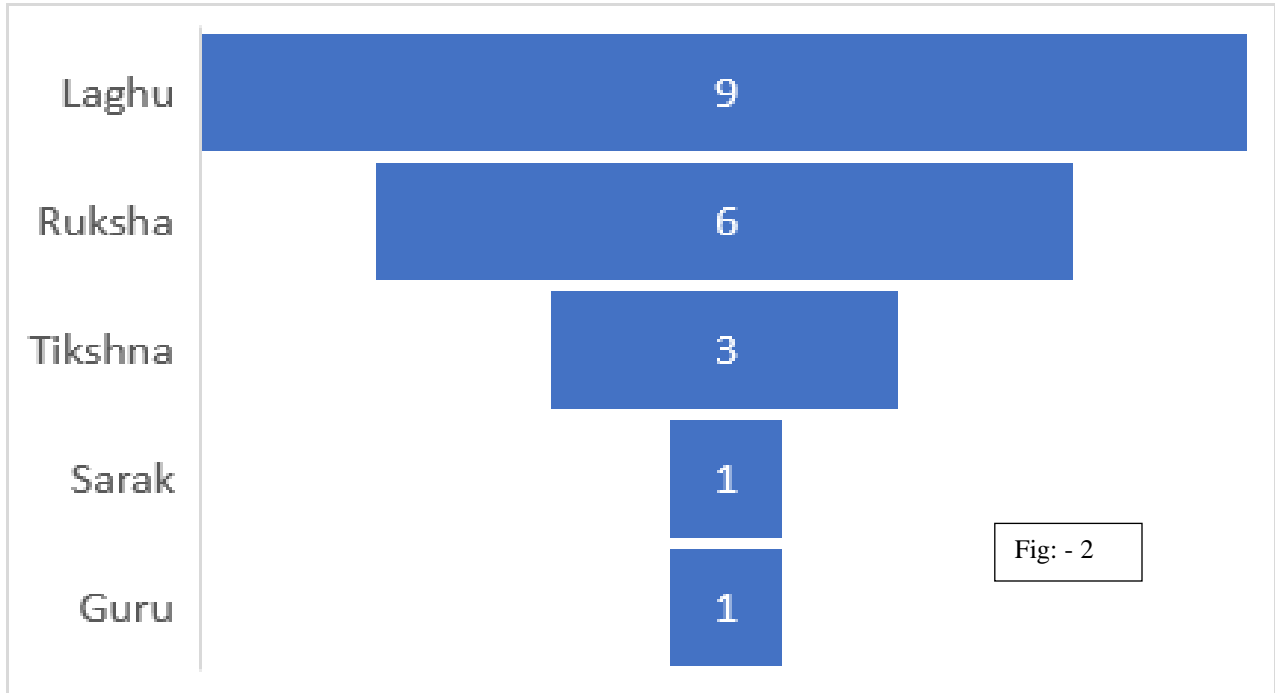


Fig: - 2

3. Medoharadravya according to veerya.

Veerya	No. of dravya
Usna	10
Shita	3

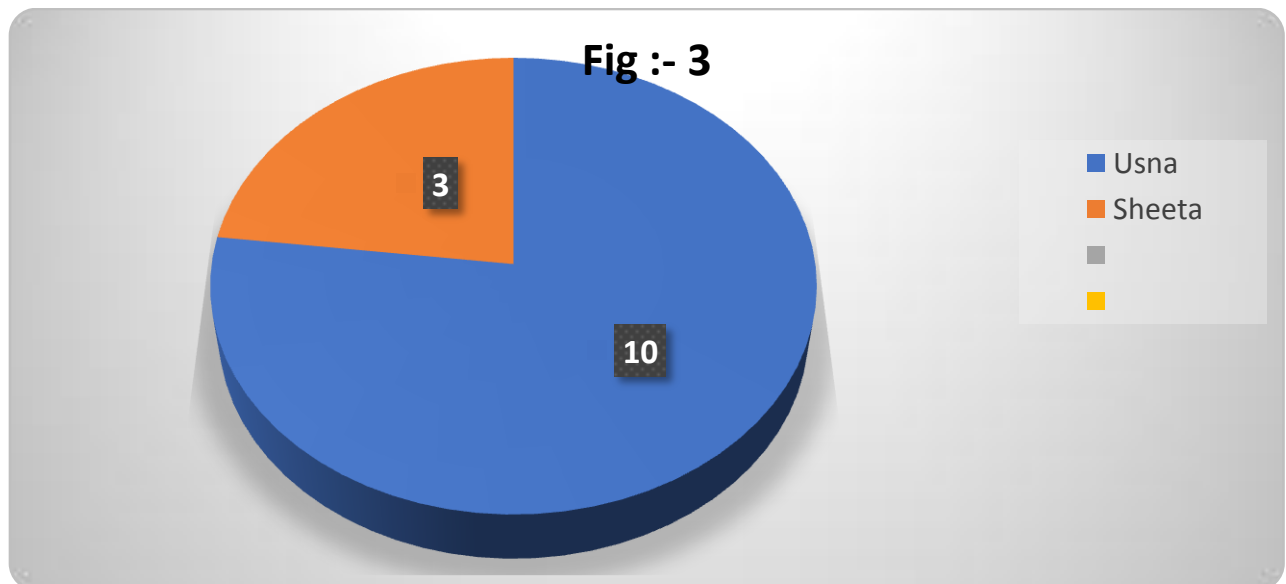
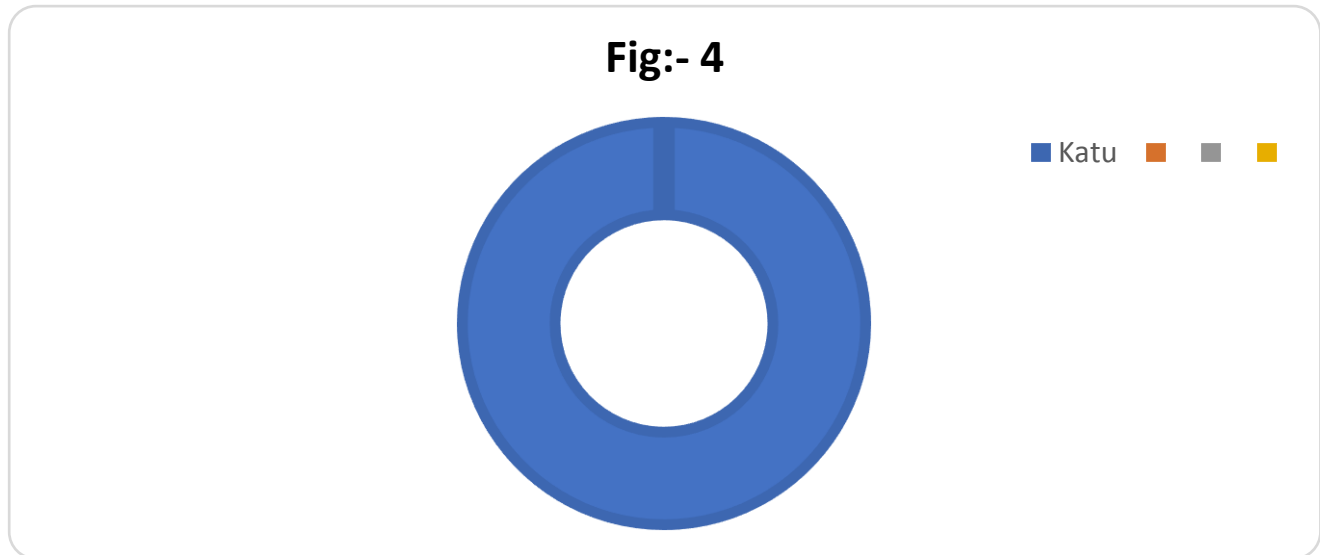


Fig :- 3

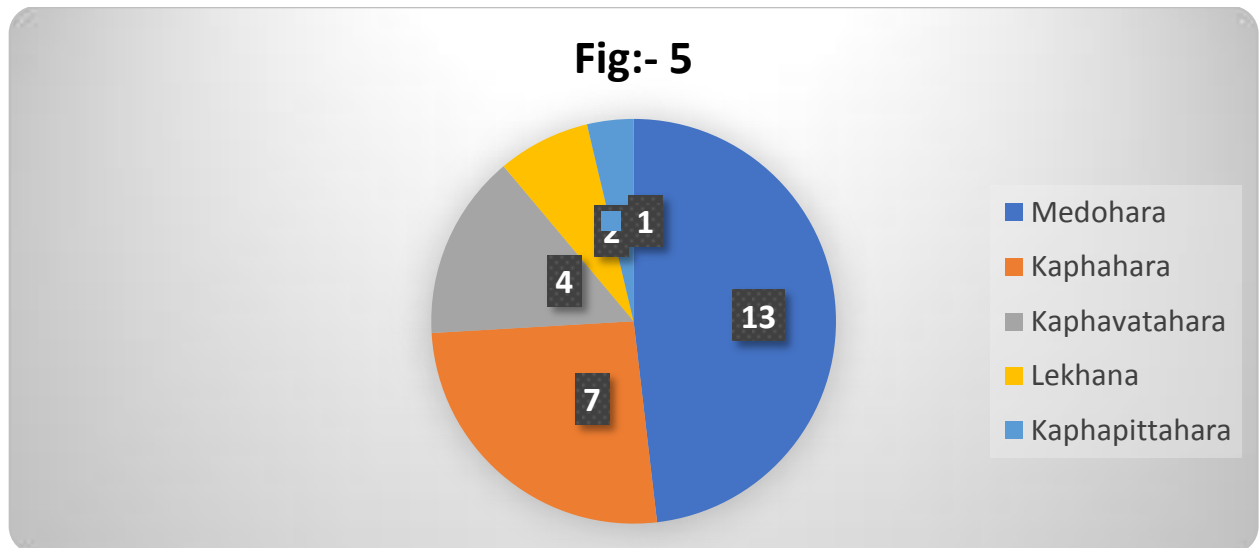
4. Medoharadravya according to vipaka.

Vipaka	No. of dravya
Katu	13



5. Medoharadravya according to Doshghanta.

Karma	No. of dravyas
Lekhana	2
Medohar	13
Kaphahara	7
Kaphavatahara	4
Kapha-pittahara	1



Discussion:-

Obesity is the most common metabolic disorder and is one of the oldest documented diseases.²³ Obesity is due to alimentary factors like overeating, sweet,oily foods having cold potency, lack of exercise, stress , strain and hereditary predisposition.²⁴ According to rasapanchkas 13 drugs from Bhavprakash Nighantu show medohar effect, which means reducing meda dhatu and of these drugs, 7 drugs have katu rasa, 6 kashaya rasa, 7 tikta rasa and 4

Madhur rasa. Madhur, amla, lavana rasa increase fat, whereas katu, tikta Kashaya have a reverse effect. Katu rasa are laghu, ruksha, usna,²⁵ they act on fat tissue through lekhana and channels its excretion through sweat, urine, stool etc.²⁶ Kashaya are ruksha, sheeta, guru²⁷ they reduce pitta but also act on kapha by absorption of excessive snigdha in it. Tikta are ruksha, sheeta, laghu²⁸ they stabilize skin and absorb kleda, excessive fat, mucus, pus, sweat, urine, faeces which reduces the guna (snigdha, guru, mridu) of meda dhatu.²⁹ Dravyas predominant in properties of laghu, ruksha, sheeta, usna constituted by vayu and agnimahabhuta enhances metabolism which results in medohar effect.³⁰ As per vipaka is concerned 13 dravyas having katuvipaka with ruksha, laghu properties, which subsides kapha and enhances metabolism and vata,³¹ they act on fat tissue through lekhana and channels its excretion through sweat, urine, stool etc.³² Guna point of view, 9 dravyas having laghuguna, 6 rukshaguna, 3 tikshana, 1 guru, 1 sarak, dravyas having laghu, ruksha and tikshana are used to treat obesity. Laghudravays improves digestive power (agni), it acts as kaphahara and vatavardhak, reduces tissue weight (langhana), excessive fat and clears channels of the body.³³ Rukshadravyas responsible for dryness which results in absorption of moisture. it subsides kapha and aggravates vata in obese patient.³⁴ Tikshadravya responsible for sharpness of a drug which expel the doshas completely, it act as pittvardhak and kapha-vatahara, it reduces tissue weight enhances the excretion of mala.³⁵ As per veerya is concerned about 10 dravyas having usnaveerya, 3 sheetaveerya. Usnaveeryadravyas are kaphara,³⁶ and have more medohar effect than sheetaveeryadravya. It is found that all above properties of dravyas are useful in medoroga (obesity).

Conclusion:-

Herbs mentioned in Bhavprakash Nighantu for medohar effect work by ayurvedic pharmacological aspect, which relies on taste, physical and chemical properties for its action. Herbs having katu, tikta, Kashaya rasa. Laghu, rukshaguna, usnaveerya, katuvipaka act on meda dhatu which results in a medohar effect. It illustrates that the drugs enlisted in Bhavprakash Nighantu are found to be effective in the treatment of obesity by the virtue of ayurvedic rasapanchakai. erasadiguna. This study will be beneficial for humanity to relieve obesity from society by medohardravaya enlisted in Bhavprakash Nighantu.

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