Comparative Evaluation of Efficacy of Gomaya Mashi Udvartana with Petiswedana and Rodhradi Gana Udvartana with Petiswedana in the Management of Sthoulya (Obesity) – A study Protocol

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Abstract---Obesity is a metabolic condition associated with the abnormal accumulation of fat in the body, resulting in multiple adverse effects on health. Generally, it occurs due to an imbalance between the intake of calories and its utilization in the body. Patients with a body mass index (BMI) of more than 25–30 kg/m are considered obese. The prevalence rate of Obesity is 11.8% to 31.3% as per observations of ICMR-INDIAB in 2015. It can be correlated with Sthoulya mentioned in Ayurveda that occurred due to vitiated Kapha and Meda. Sthoulya is one of the major diseases under Santarpanottha Vyadhi (Nutritional Disorders) caused due to Dushti of Medovaha Srotasa. It is an abnormal and excessive accumulation of
Meda Dhatu in the body. According to Acharya Charaka, Udvartana has Kaphhar and Medohar properties. It is of 2 types, i.e. Snigdha Udvartana and Ruksha Udvartana. Among them, Ruksha Udvartana is used in the management of Sthoulya. To evaluate the comparative efficacy of Rodhradi Gana Udvartana with Petiswedana and Gomaya Mashi Udvartana with Petiswedana in the management of Sthoulya (Obesity). A total of 60 patients will be enrolled and divided randomly into two equal groups. In group (Control group), Udvartana with Rodhradi Gana followed by Peti Swedana will be prescribed for 14 days. In group B i.e Interventional group, Udvartana with Gomaya Mashi followed by Peti Swedana will be advised to obese patients for 14 days. Subjective and objective outcomes will be statistically analyzed by appropriate methods. Conclusions will be drawn based on observations and results obtained in this study.

**Keyword:** Sthoulya, Udvartana, Obesity, Rodhradi Gana, Gomaya Mashi, Petiswedana.

**Introduction**

The World health organization has defined Obesity as a condition with excessive fat accumulation in the body to the extent that health is adversely affected [1]. It results from a positive energy imbalance expressed by body mass index (BMI) of 25–29.9 and ≥ 30 kg/m², respectively[2,3]. In 2000, WHO labeled Obesity as the most blatantly visible but most neglected public health problem worldwide [4]. It has become a major public health problem in both developed and developing countries. It is causally related to a wide spectrum of chronic non-communicable diseases, including Type 2 Diabetes, Cardiovascular diseases, and Cancer [5]. Both generalized Obesity and Abdominal Obesity are associated with an increased risk of morbidity and mortality [6]. Moreover, several studies reported Obesity as the well-documented major risk factor for many non-communicable diseases and health conditions, including Hypertension, High Lipid Concentrations, Type-2 Diabetes, Coronary Heart Disease, Stroke, and certain Cancers.[7-11]. According to WHO, in 2016, more than 1.9 billion adults aged 18 years and older were Overweight or Obese [12]. The global burden of Obesity is recorded to be 4 million deaths and 40 million disability-adjusted life years among adults globally in 2015[13]. The prevalence of obesity in urban areas of Maharashtra is 6.6% and 2.2%. The prevalence of obesity in rural areas is 3.4% and 0.6%. The prevalence of Obesity is higher in urban areas as compared to the rural areas. Lack of physical activities, family factors, frequent and overeating habits are important risk factors for this disease [14].

Certain factors e.g.age, gender, geographical variations, socio-economic status, etc., affect the prevalence of Obesity in India. The prevalence rate of central Obesity is 16.9%-36.3%, as per observations of a study conducted by ICMR-INDIAB in 2015. In India, Abdominal Obesity is the most contributing factor for developing cardiovascular complications [15]. Most persons with middle-age suffer from such type of Obesity, but it can occur at any stage of life. Normally, women
are more prone than men [16], but men suffer from this disease at 20-30 years [17].

There are different treatment modalities described by modern science for the management of Obesity like Diet, Exercise, Drug therapy, and Surgery. However, there are certain limitations of pharmacological options due to their certain neurological and psychiatric side effects. Moreover, non-pharmacological modalities like Diet lead to fatty/oily stool, fecal urgency, and fat-soluble vitamins [18]. So, it is necessary to search for simple but effective treatment modalities in alternative science, i.e., Ayurveda to manage such conditions.

According to Ayurveda, Obesity can be correlated with Sthoulya that originated from Kapha and MedaDushti. Sthoulya is one of the major diseases under SantarpanotthaVyadhi (Nutritional Disorders) caused due to the Dushti of MedovahaStrotasa. It is an abnormal and excessive accumulation of Meda Dhatu in the body [19]. Acharya Charak considered Atisthula as one among Astonindita Purusha, Medais increased in the body due to lack of physical exercises, sleeping during the daytime, and consuming food, which increases Kapha Dosha, ingestion of excess fats/oils and substances that are predominantly sweet. All the channels that continuously supply nutrients to other tissues are blocked by Medas (Fats), so further tissues are not properly formed, and only Medas get accumulated. Because of this unequal distribution of fats in the body, the person is called Sthula. In Sthoulya, the person suffers from mild dyspnoea, thirst, drowsiness, excessive sleep & appetite, the offensive smell from the body, incapability to work and participate in sexual intercourse.

Ayurveda vividly elaborates the Ayurvedic line of treatment through various Shaman and ShodhanChikitsa. Among Shodhana, it can be classified based on the route of administration, e.g., external and internal. Among them, Udvartana and Petiswedana these are BahyaShodhana procedures that eliminate Vitiated Dosha through the skin and help melt fat. Udvartana has Kaphhar and Medohar properties. According to Acharya Charaka, Udvartana is of two types, SnigdhaUdvartana and RukshaUdvartana. Among them, Ruksha Udvartana is used in treating Sthula (obese patients), in which dry powder of herbs without oil is generally used for this procedure. The previous clinical evidence shows that many herbal drugs can be used for Udvartana. Still, through this study, novel efforts are made to study the comparative efficacy of Udvartana with GomayaMashi, i.e., cow dung ash powder (Animal product) and herbal powder in the management of Obesity.

**Background & rationale**

Treatment of Obesity includes Diet therapy, Exercise, and drugs. Peripheral acting weight-reducing drugs possess some adverse effects such as fatty/oily stool, flatulence, fecal urgency, and deficiency of fat-soluble vitamins. Drug acting over an endocannabinoid system such as Rimonoban has side effects such as multiple Neurological and psychiatric ailments [21]. On the other hand, patients are generally unwilling to undergo surgeries, e.g., bariatric surgery, due to fear. Therefore, alternative treatment options in Ayurveda for the same should be searched due to the above scenario.
In Ayurvedic literature regarding the management of Sthoulya (Obesity), it is observed that extensive work has been carried out regarding the efficacy of various treatment measures in Ayurveda. However, these measures have certain limitations. Among Panchakarma, through Vamana and Virechana offers significant results in weight reduction, many patients have poor compliance rate towards the consumption of medicated ghee before administration of these procedures that is their mandatory criteria. There is a misbelief about the lipid elevating effects of this medicated ghee also. Therefore, obese patients get deprived of their miraculous results.

Moreover, most patients are reluctant and deny to undergo Vasti (Medicated Vasti), e.g., Lekhana Vasti, due to hesitancy. There is also much apprehension regarding Vasti formulations that contain many herbo-mineral combinations that may adversely affect the liver and kidney. Therefore, external treatments are quite popular among society for the management of this clinical condition. Udavartna, i.e., dry powder massage, is considered the best therapy for encouraging results in inches loss. On extensive review of Ayurvedic trials, it is found that many studies have been carried out regarding Sthoulya (Obesity). Still, research work on Gomaya Mashiudvartana in Sthoulya (Obesity) and comparative analysis is not done yet.

There are many rural areas and villages in India where cows are kept for milk and dairy product purposes. Thus, the cow dung can easily be procured from such rural areas and villages at a very low cost compared to other herbal drugs, for which one has to search a lot, and the herbal drugs are costly enough for one’s reach. Hence, this study is planned to study the comparative efficacy of Rodhradi Gana Udvartana with Petiswedana and Gomaya Mashi Udvartana with Petiswedana in the management of Sthoulya (Obesity).

### Aim and Objectives

#### Aim:
Evaluation of Comparative efficacy of Rodhradi Gana Udvartana with Petiswedana and Gomaya Mashi Udvartana with Petiswedana in the management of Sthoulya (Obesity).

#### Objectives:

- To assess & compare the efficacy of Rodhradi Gana Udvartana with Petiswedana and Gomaya Mashi Udvartana with Petiswedana over Weight in Kg & B.M.I. in Obesity.
- To assess & compare the efficacy of Rodhradi Gana Udvartana with Petiswedana and Gomaya Mashi Udvartana with Petiswedana over anthropometric parameters, e.g., Mid arm circumference, abdominal circumference, Mid-thigh circumference, Waist-Hip Ratio, & Skinfold thickness in Obesity.
- To assess & compare the efficacy Rodhradi Gana Udvartana with Petiswedana and Gomaya Mashi Udvartana with Petiswedana over biochemical parameters, e.g., Serum Lipid Profile in Obesity.
Material and Methods

Type of Study: Interventional Study
Study design: Randomized, single-blind controlled clinical trial
Case definition- Diagnosed case of *Sthoulya* (Obesity)

Diagnostic Criteria:
- Lipid profile (S. Total cholesterol, S.triglycerides, S. HDL, L.D.L, V.L.D.L)
- Fasting Blood Sugar

Research Question: Whether *Gomaya Mashi Udvartana* with *Petiswedana* is more efficacious than the *Rodhradi Gana Udvartana* with *Petiswedana* in managing *Sthoulya* (Obesity)?


Methodology

Study Setting: The study will be conducted in Panchakarma OPD & IPD, Mahatma Gandhi Ayurved College hospital & Research Centre (MGACH&RC), Salod (Hirapur) Wardha, Maharashtra.

Eligibility criteria
Inclusion criteria:
- Subjects between the age group of 20-40 years of either sex
- Patients having B.M.I. of 25 to 39.9 kg/m$^2$ with or without comorbidity of Obesity as per ICD Criteria for obesity[22]
- Subjects willing to participate in the study and sign the consent form

Exclusion criteria
- Patients having B.M.I. equal or > 40 kg/m$^2$
- K/c/o Hypothyroidism, Diabetes mellitus, Cardiovascular, Renal Disorder, and Drug-induced Obesity, etc.
- Pregnant lady and Lactating mother.
- Individuals showing unsuitability of Drug or ADR
- Patients not willing to continue due to any reason
- Patient contraindicated for *Udvartana* and *Petiswedana* [23]

Interventions

Group-wise details of intervention in this study are given in table no.1.
- Group A (Control Group): *Rodhradi Gana Udvartana* with *Petiswedana*
- Group B (Trial Group): *Gomaya Mashi Udvartana with Petiswedana*

Methodology of the study: The methodology of the study is mentioned in Figure no.1.
Criteria for discontinuing or modifying allocated interventions:

- Patients willing to quit in between will be allowed to quit & will be replaced.
- If a patient develops an acute illness during the trial, which may hamper the study.
- Withdrawn patients will be replaced
- If any untoward incidence, features of drug sensitivity, or any other disease or problem arises, the subject will alleviate the problem without taking charge.

Follow up: 16th day of study.

Assessment Criteria

The following Anthropometric assessment will be done before & after the treatment using a weighing machine & measuring tape.

- Body Weight of the patient in kg (Weight will be taken on an empty stomach with the same cloths)
- B.M.I. (calculated by International criteria of B.M.I.)
- Anthropometric Assessment/Body circumference(The girth measurements of certain regions, e.g., Chest- Abdomen – Hip – Mid-thigh –Mid arm using measuring tape before and after the Treatment)
  - Chest circumference – In normal expansion at the level of nipple
  - Abdomen circumference – At the level of the umbilicus
  - Hip circumference – At the level of the highest point of distension of the buttock
  - Mid-thigh circumference – Mid of the thigh between pelvic and knee joints
  - Mid arm circumference – Mid of the arm between shoulder joint and elbow joint
  - Waist-Hip Ratio
    In case of all circumferences, the mean values will be taken before and after treatment.

Biochemical test

Lipid profile (S. Total cholesterol, S. triglycerides, S. HDL, L.D.L, V.L.D.L)

Consent: The written informed consent will be taken from the patient before starting the study. During the study, the confidentiality of each patient will be maintained.
Table 1

<table>
<thead>
<tr>
<th>Group</th>
<th>Sample Size</th>
<th>Intervention</th>
<th>Quantity and Frequency</th>
<th>Duration</th>
<th>Follow up</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>30</td>
<td>Udvatana with Rodhadi Gana with Petiswedana (Standard) [N:30]</td>
<td>100 gm Daily once</td>
<td>15 days</td>
<td>0day(baseline)16th day</td>
</tr>
<tr>
<td>B</td>
<td>30</td>
<td>Udvatana with Gomaya Bhasama mashi with Petiswedana (Intervention) [N : 30]</td>
<td>100 gm Daily once</td>
<td>15 days</td>
<td>0day (baseline)16th day</td>
</tr>
</tbody>
</table>

**Result and Observations**

Data obtained from baseline & follow-up visits will be used for analysis, and the results will be reflected based on various charts, graphs, and tables. To verify the significance of the results: Reduction in Body Weight by more than 3 Kg, more than 5 cm reduction in Anthropometric measurements & Skinfold thickness (each in cms) after the intervention will be considered significant.

**Discussion**

Mainly Kapha-Meda is a prime pathological factor involved in the pathogenesis of the Sthoulya(Obesity). Therefore, drugs exhibiting Katu-TiktaRasa (pungent-bitter), Ushna Virya, LaghuRuksha-TikshnaGunaDravyasshould be mainly used to
induce the Medovilayana and pacify Kapha Dosha. Udvartana is, a type of massage of the body which subsides or normalizes Kapha, liquefies, and dissolves excess fat, is helpful for a good structural framework of the musculoskeletal system. It has Kapha-Medovilayana property due to the Veerya of Siras, thereby creating Paka of Kapha and Meda [24]. Udvartana is one of the readily available, eco-friendly procedures used to strengthen the locomotor system. As ApatarpanChikitsa is the most appropriate line of treatment in Sthoulya to prevent Amasanchaya and Srotavarodha, Twakasta Agni gets stimulated after applying drugs used for Udvartana, which leads to absorption and digestion of these drugs and further does Pravilayanaof Medha Dhatu (liquefaction of subcutaneous fat) below the skin. In Sthoulya, there is an increase in VikrutaMeda Dhatu, which stimulates the formation of Kleda in excess quantity that obstructs circulatory channels, and AbaddhaMeda Dhatu (loose fat) is formed. This process may lead to Dhatvagnimandya (decreased metabolism of MedaDhatu at cellular level).

Medohara property of drug used for Udvartana can be justified based on its Ushna, Tikshna, Laghu properties. Due to Rukshaguna of Dravya and Ruksha Udvartana, absorption of Kleda takes place [25]. Thus, Abaddhatva of Meda and Kapha might be reduced. Gomaya is Kaphasamak in nature, and it is indicated in mostly Kapha Dosha PradhanaVyadhi such as asthma, cough, hiccup, eye disorders, mouth disorders, Obesity, etc [26-28]. Other related studies were reviewed [29-44]. Gomaya being Kaphasamak and Medohara, best serves the purpose of Samprapti Vighatan of Sthoulya.

**Conclusion**

Conclusions will be drawn according to the observations based on various assessment parameters obtained in this study.

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