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# Effect of Gomutra Niruha Basti on Sthaulya (obesity)

Article in National Journal of Research in Ayurved Science · March 2018

DOI: 10.52482/ayurlog.v6i3.94

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**\*Corresponding Author:** [email- drshwetaparve@gmail.com](mailto:drshwetaparve@gmail.com)**Abstract:**

Obesity is a serious health condition that can lead to an earlier death. A variety of medical problems, including high blood pressure, heart problems, diabetes, sleep apnea, depression and arthritis, have been associated with being overweight. An individual who is 30% heavier than his or her ideal weight (determined by standard medical and insurance data) is considered obese. *Niruha Basti* is one of the most important and commonly used therapies having wide range of therapeutic action. *Niruha Basti* is one which eradicates *dosha* (Humors) from the body, increases strength of the body and has *Achintya shakti* (unpredictable effects). Gomutra has *Tikshna, Ushna, Laghu Virya: Ushna Vipaka: Katu* having *Kaphavata Shamaka* and Used as *Deepana, Lekhana, Pachana, Anulomana, Malshodhak Amapachana*, it is also used in *Virechana* and *Basti* have predominance of *Vayu* and *Agni*


*Mahabhuta*. So by means of such properties have a negative impact on *Kaphavidhi* and *Medovidhi*.

**Keyword:**

Obesity, Niruha basti, Achintya Shakti, Malashodhak, Kaphavidhi, Medovidhi.

**Introduction:**

Obesity is known as '*Medo Roga*' in Ayurveda and is defined as the condition in which excessive amount of fat is accumulated in the body. When the *agni* (digestive fire) is being vitiated, the *ama* (toxic substances) is built up in the body, leading to obesity (1). Obesity is a state of excess adipose tissue mass. "Overweight" refers to an excessive amount of body weight that includes muscle, bone, fat, and water (2). Obesity is a serious health condition that can lead to an earlier death. A variety of medical problems, including high blood pressure, heart problems,

diabetes, sleep apnea, depression and arthritis, have been associated with being overweight. An individual who is 30% heavier than his or her ideal weight (determined by standard medical and insurance data) is considered obese (3). Obesity is a global problem and more prevalent in developing countries. Overweight and obesity is the fifth leading risk for global health. At least, 2.8 million adults die each year as a result of being overweight or obese. The International Obesity Task Force (IOTF-2005) stated that more than 300 million people worldwide classified as clinically obese; having a BMI >30 (4). *Gomutra* has *Katu*, *Tikshna*, *Ushna*, *Kshara* properties. As it is  indicated the use of *Shilajatu*, *Guggulu*, *Deepana*, *Pachana*, *Lekhana* and *Gomutra*, *Triphala*, *Loharaja*, *Rasanjana*, *Vatanulomana*, it can do very well in certain *Vata-Kapha* condition like *Sthulya* (5). It can be used for long time of 3 -4 months, in the treatment of obesity, chronic inflammatory conditions etc (6). In present study the disease obesity has been treated and prevented by *Gomutra Niruha Basti*.

*Niruha basti* - *Niruha Basti* is one of the most important and commonly used therapies having wide range of therapeutic action. *Niruha Basti* is one which eradicates *dosha* (Humors) from the body, increases strength of the body and has *Achintya shakti* (unpredictable effects) (7).

**Need for Study-** In this disease; the excessive production of abnormal *Meda Dhatu* is clearly visualized. It is proved that the main culprit of pathogenesis of *Medoroga* is *Kapha* and *Meda*. Therefore, the first line of treatment is considered to restrict the excess production of *Kapha* and *Meda*. Many theory and medicament put toward us for the management of the disease but till now perfect therapy for this problem is not found. Even by the use of modern medicine, unwanted effects and long term complications are commonly seen but in *Ayurveda* obese persons reduce their weight without any side effects. In the *Chikitsa* of *Sthaulya Acharya Sushruta* has indicated the use of *Shilajatu*, *Guggulu*, *Gomutra*, *Triphala*, *Loharaja*, *Rasanjana*, *Madhu*, *Yava*, *Kordusha*, *Shyamaka*, *Uddalaka*, use of *Virukshana* and *Chedaniya Dravyas*, *Vyayama* and *Lekhana Basti*.(8).

So the study was based on the effect of *Gomutra Niruha* in *Sthaulya*

### **Aims\_and\_Objects:**

**Aim** – to study the effect of *Gomutra Niruha* on *Sthaulya* (obesity)

### **Objective –**

1. to study the effect of *Gomutra niruha* on BMI
2. to study the effect of *Gomutra niruha* on Hip- waist ratio

3. to study the effect of *Gomutra niruha* on lipid profile

### Material and Methods-

#### Methodology-

This study started after enrolment of patients attending the OPD and IPD of Dept of *Panchakarma* at Mahatma Gandhi Ayurved Hospital, college & Research center, Salod (H), Wardha. In this study, 30 diagnosed patients of *Sthaulya* were selected based on purposive sampling technique. In this study, patients were administered with *Gomutra Niruha Basti* (*Anubhuta yoga*). The subjective and objective parameters were assessed before the treatment and after the treatment. The data obtained were recorded tabulated

and statistically analyzed by using paired 't' test.

#### Materials:

All the selected patients after proper evaluation were administered with *Gomutra Niruha Basti* for a period of 15 consecutive days. Post-test investigation was done on the 16th day of treatment. *Basti* was administered in the pattern of *Kala Basti* where in *Anuvasana Basti* was administered in the beginning followed by three conjugative *Gomutra Niruha Basti* again *Anuvasana Basti* was administered. In the similar manner Nine *Gomutra Niruha Basti*'s and six *Anuvasana Basti* administered considering the *Kapha dosha* dominance.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Schedule	A	N	N	N	A	N	N	N	A	N	N	N	A	A	A

Table no 2: showing the ingredients of *Gomutra Niruha basti*

Sr. No.	<i>Gomutra niruha basti</i>		<i>Anuvasana basti</i>	
1.	<i>Madhu</i>	30ml	<i>Anuvasana basti</i>	<i>Tila taila 60 ml</i>
2.	<i>Saindava lavana</i>	10gm		
3.	<i>Til taila</i>	60ml		
4.	<i>Triphala churna</i>	10gm each		
5.	<i>Triphala qwatha</i>	600ml		
6.	<i>Gomutra</i>	100ml		
7.	Total Quantity	830ml		

#### Procedure

**Poorva karma:** Sarvanga abhyanga with TilaTaila followed by Peti Sweda was done for duration of 45 minutes.

### **Pradhana karma**

**Basti karma** was performed as per the classical reference.

*Gomuta niruha basti* was administered in empty stomach in the early morning.

*Anuvasana Basti* was administered using the *Tila taila* in the dosage of 60ml after the intake of food.

**Pashchat Karma:** Lift the legs, patting to the buttocks, and anti-clockwise massage to abdomen.

### **Inclusive Criteria –**

- The patient's *Sthoulya* diagnosed according to the classical features like *Ati kshudha*, *Ati pipasa*, *Ati sweda* etc.
- Patients of both sexes between the age group 20 to 50 years
- Patient with BMI 30 kg /m<sup>2</sup> and above
- Patient fit for *Basti* karma

### **Exclusive Criteria-**

- Subjects not fulfilling the inclusion criteria.
- Subjects having associated complications like Cardiac diseases and diabetes.
- Subjects having Obesity due to endocrinal or genetic abnormalities.
- Pregnant and Lactating women.
- Subjects having fissure, fistula and hemorrhoids

### **Objective –**

It follows the measurement of height, weight, B.M.I., circumferences of waist, hip and mid arm.

The waist circumference is measured at the level of umbilicus that of hip at the level of highest point of distension of hip, and of mid arm, from mid of the shoulder to elbow joint. It also includes the biochemical investigations as Serum Cholesterol, S.TGS, HDL, LDL, and VLDL.

### **Observations and Results:**

**Table No 1**

	Parameters			t- test	p
Sr. No.	BMI	BT	AT		
1.		Mean + SD	Mean + SD		
		29.14 ± 3.21	27.12 ± 3.25	0.001	S
2.	Hip – Waist Ratio	BT	AT		
		Mean ± SD	Mean ± SD		
		1.04 ± 0.08	1.06 ± 0.08	0.03	S
3.	Lipid Profile	BT	AT		

		Mean $\pm$ SD	Mean $\pm$ SD		
A	Total cholesterol	153.36 $\pm$ 16.54	131.63 $\pm$ 31.30	0.001	S
B	Triglyceride	112.2 $\pm$ 24.08	45.73 $\pm$ 6.96	3.6	NS
C	HDL	45.73 $\pm$ 6.96	50.2 $\pm$ 5.81	1.9	NS
D	LDL	153.36 $\pm$ 16.54	26.32 $\pm$ 6.26	3.3	NS
E	VLDL	22.44 $\pm$ 4.8	43.12 $\pm$ 7.6	8.8	NS

Figure no 1 – shows that BMI in the Sthaulya before the treatment and after the treatment

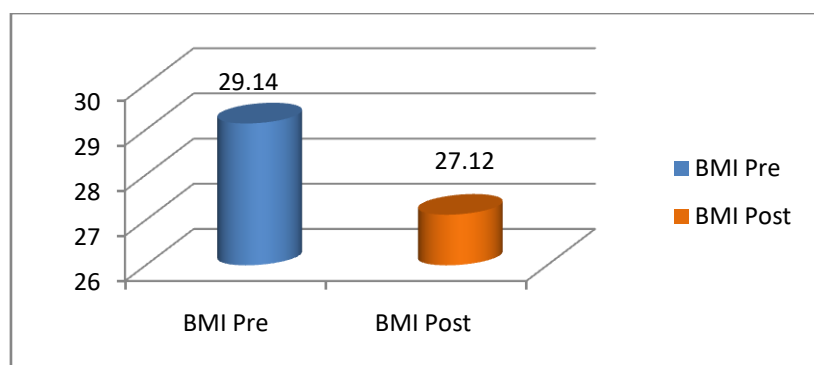


Figure no 2 – shows that WHR in the Sthaulya before the treatment and after the treatment

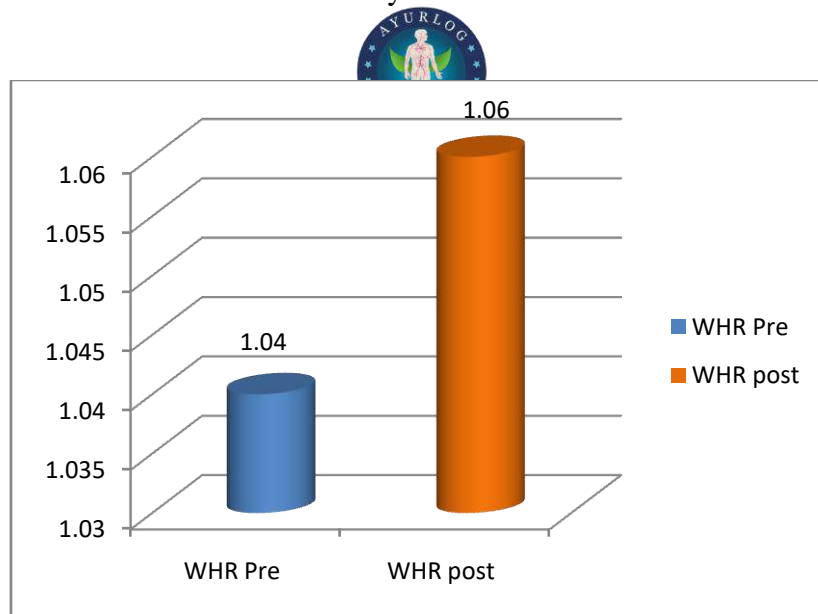
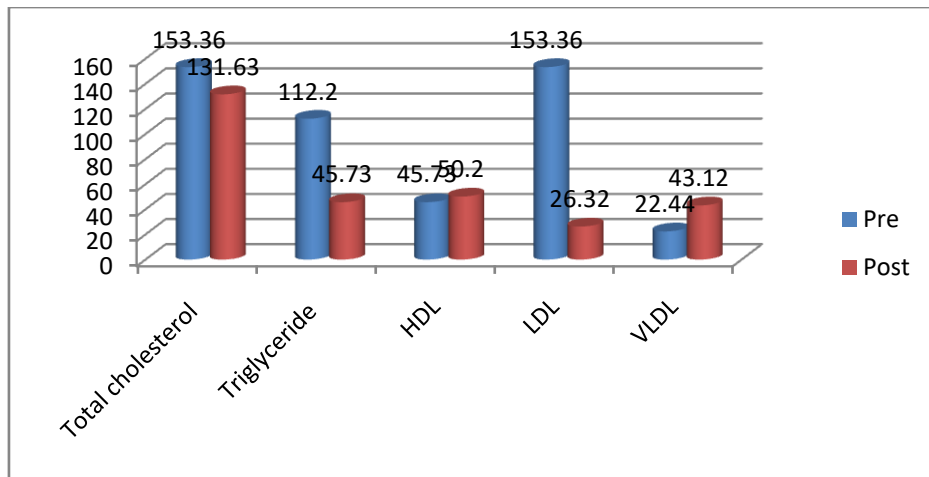


Figure no 3 – shows that Lipid profile in the Sthaulya before the treatment and after the Treatment



The mean value of BMI was  $29.14 \pm 3.21$  before the treatment of Gomutra Niruha basti in the Sthaulya hence; it was  $27.12 \pm 3.25$  which was decrease after the treatment. P value was 0.001 which was statistically significant.

The mean value of Hip waist Ratio was  $1.04 \pm 0.08$  before the treatment and the mean after the treatment was  $1.06 \pm 0.08$  in the subject of Sthaulya with Gomutra Niruha basti. P value was 0.03 which was statistically significant.

The biochemical parameters of lipid profile was observed in the table no 1 (3) this was obtained, mean and standard deviation values of total cholesterol, triglyceride, HDL, LDL, VLDL were before the treatment of Gomutra Niruha basti which was  $153.36 \pm 16.54$ ,  $112.2 \pm 24.08$ ,  $45.73 \pm 6.96$ ,  $50.2 \pm 5.81$ ,  $153.36 \pm 16.54$ ,  $22.44 \pm 4.8$  respectively and after the treatment it was  $131.63 \pm 31.30$ ,  $45.73 \pm 6.96$ ,  $50.2 \pm 5.81$ ,  $26.32 \pm 6.26$ ,  $43.12 \pm 7.6$ . This was

statistically non significant only the total cholesterol shows statistical significant.

### Discussions:

*Gomutra Rasa: Katu, Tikta, Kashaya, Lavana (Anurasa) Guna: Tikshna, Ushna, Laghu Virya: Ushna Vipaka: Katu Doshghanta: Kaphavata Shamaka Action and Uses: Deepana, Lekhana, Pachana, Anulomana, Malshodhak Amapachana*, it is also used in *Virechana* and *Basti* have predominance of *Vayu* and *Agni Mahabhuta*. So by means of such properties have a negative impact on *Kaphavridhi* and *Medovridhi*. Hence *Amasanchya* and *Srotorodha* are the fundamental cause of *Sthaulya*, So having such property of clearing *Amasanchaya* and *Srotorodha* in *Gomutra* will lead to breakdown of pathology of *Sthaulya* (*Samprapti vighatana*). And the biochemical analysis of cow's urine also indicates that by virtue of nitrogen and copper it helps to excreted out fat in the

form of *Kleda* through urine by increasing kidney functions and diuretic action. Copper don't allow the fat to deposit in the body and organs (9). *Triphala* is an effective blood purifier that stimulates bile secretion as it detoxifies the liver, helps digestion and assimilation, and significantly reduces serum cholesterol and lipid levels throughout the body (10).

### Conclusion:

*Basti* used in the present study is very much effective in significant results in the parameters of *Sthaulya*. Thus *Gomutra Niruha basti* can be effectively used in the management of *Sthaulya*. In this research study, we have used *Gomutra Niruha Basti* has good resulted in the patient of *Sthaulya*. This action may be tribute to its *Kaphavathar* and anti lipidimic action. This treatment approach is a safe and effective in *sthaulya*, further studies to be conducted in a large sample to establish the facts with more statistical and scientific strength.

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**Ayurlog: National Journal of Research in Ayurved Science- 2018; 6(3): 1-8**

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