

## A Case Study on Medovridhhi WSR to Obesity

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### Case Report

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### Abstract

Medovridhhi or Obesity is one of the commonest lifestyle disorders. This case study represents holistic approach of Ayurveda is effective in its treatment. Relief in various symptoms and change in parameters proved that the holistic approach is very effective in this disorder.

**Keywords:** Medovridhhi; Ayurveda; Global Food Markets; Cardiovascular Disease

### Introduction

The world is facing with many lifestyle disorders. Lifestyle disorders are being raised because of unbalanced food, sedentary lifestyle and stressful mental conditions. Obesity is one of the commonest disorders. In India, obesity has reached epidemic proportions in the 21<sup>st</sup> century with morbid obesity affecting 5% of the total population [1]. Unhealthy, processed food has become much more accessible following country's continued integration in global food markets [2]. Obesity is a major risk factor for cardiovascular disease. Indian Heart Association has been raising awareness about it [3]. India has second highest obese children in the world, which is 14.4 million [4]. Normal BMI 18.0-22.9 kg/m<sup>2</sup>, Overweight 23.0-24.9 kg/m<sup>2</sup> and Obesity >25 kg/m<sup>2</sup>. According to guidelines for diagnosis of obesity and abdominal obesity for India have been published in JAPI (2009) that a BMI over 23 kg/m<sup>2</sup> is considered overweight [5]. In Ayurveda, this condition can be called as Medovridhhi, which is due to excess formation of Meda, which accumulates in the body tissue. Obesity can be cured and prevented as well with holistic approach of Ayurveda. So, we are discussing a case study of a patient of obesity, who had tired of many medicines and therapies; we dealt that patient with combination of Aushadha, Ahara, Vihara which is the

basic treatment pattern of Ayurveda to treat Medovridhhi or obesity and the result was appreciating.

### Material and Methods

In this case study a female patient whose age was 39 years, weight was 93 kg, height was 163 cm and BMI was 35 had taken.

### History & Lifestyle

**Religion:** Hindu

**Education:** Higher secondary

**Occupation:** Boutique

**Marital status:** Married

**Socioeconomic status:** Middle class associated disease; Hypothyroidism since 4 years, Hyperlipidemia since 1 year.

**Family history:** Hyperlipidemia, Diabetes mellitus, IHD

**Emotional make-up:** Normal

**Veg/Non veg:** Non veg, freq. 1-2/week

**Type of Ahara:** Adhyashana mostly

**Dominant Guna in diet:** Guru, Snigdha

**Dominant Rasa in diet:** Lavana

**Freq. of fast-food intake:** 4 days/week

**Sleeping hours; in a day:** 1 hour, in a night: 9 hours

**Exercise:** walking 30 min day

**Addiction:** Tea

### Dashavidha Pareeksha

Prakriti: Vata-Kaphaja Vikriti: Kapha Pradhana  
Sara: Madhyama Samhanana: Madhyama  
Pramana: Madhyama Satmya: Madhyama  
Satva: Madhyama Aharashakti: Pravara  
Vyayamshakti: Madhyama Vaya: Yuva

### Method

This patient had advised to take Haritakishunthi churna, Surya Namasar and specific Ahara explained in diet chart. The diet chart included Apatarpaka, Ruksha Guna Pradhana Ahara. Duration of treatment was two months.

### Result

Result was quite interesting and more than expectations (Table 1).

Parameters	Before T/t	After T/t
Weight	93	82
BMI	35	30.86
Body fat%	45.57	40.67
<b>Measurements</b>		
Rt. Mid Arm	37	34
Chest	100.5	96.5
Abdomen	90.5	86
Mid-thigh	61	57
Leg	45.8	42
Hip	110	107
Waist	85	79.5
<b>Investigations</b>		
HDL	48	49
LDL	159.27	139.35
VLDL	20	19.8
S. Cholesterol	227.27	208.15
S. Triglyceride	100.2	99.1
Risk factor	4.7	4.2
Blood sugar (fasting)	99.1	78.26

Table 1: Evaluation of Parameters.

There is a relief in symptoms of Medovridhi (obesity) like Anga Gaurav, Kshudha Adhikya, Nisha Mutrata, Chal

Sphika, Chal Udara, Chal Stana, Anga Shaithilya, Gatra Sadan, Utsaha Hani, Nidra Adhikya, Tandra, Klama and Snigdha Gatrata.

### Discussion

Medovridhi (obesity) is a Santarpanajanya Vyadhi and its treatment is indicated as Apatarpana, Laghu, Ruksha Chikitsa in various Ayurvedic Samhita. The treatment which was used in this case was Haritakishunthi Churna, which has characteristic of Laghu, Ushna, Ruksha, Medohara, Vataghna etc. properties. Diet chart included Barley, walnut, milk, turmeric, amla, daliya, fruits etc. Which are Laghu, Apatarpaka and nutritious in nature. Surya Namaskar is a whole body exercise, which is helpful in losing weight and has many physical, mental and emotional benefits. Weight reduction and relief in various symptoms indicates that the given treatment was so effective.

### Conclusion

There are a lot of choices for the treatment of Medovridhi (obesity). In Ayurveda, here is a concept of Aushadha, Ahara and Vihara for any particular disease. Obesity can't be controlled only through medicines only. Proper diet and exercise have their importance in it. And in this case study it has proved that holistic approach is necessary for complete cure of a disease.

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