

“Amritadya Guggulu” an Effective Ayurvedic Medicine in Obesity

Dadhich MK*

MSM Institute of Ayurveda, BPS Women University, India

*Corresponding author: Dr. Mahesh Kumar Dadhich, M.D. Ph.D. (Ayurveda), Professor & HOD (Dravyaguna) Ayurveda, MSM Institute of Ayurveda, BPS Women University, PO Khanpur Kalan, Sonipat (HR), Pin: 131305, India, Email: mahesh_dadhich@hotmail.com

Editorial

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Editorial

God has made the human body to be admired for its grace, its beauty & its amazing complexities. But in this era of urbanization people are forgetting simple principles of life & thus giving rise to many health problems. One such health problem is Obesity. Obesity is defined as “Excessive accumulation of fat in body”. In Ayurveda this condition is described as “Medoroga”.

Obesity is most prevalent nutritional disorder among children and adolescent & its prevalence is statistically increasing day by day. The seriousness of this disease is shown by the fact that it is 2nd leading cause of unnecessary deaths.

Causes of Obesity According to Acharya Charka

- “Avayamadivaaswapnashleshmalaaharasevinha
- Madhuroannarasaha prayaha snehamedhovivardhati”

I.e. lack of exercise, intake of high energy containing food like sweets, oily products etc are some of the causes. Along with above causes genetic factor, environmental causes, oral contraceptive pills, hypothyroidism, psychological disturbances, corticosteroids are also responsible for obesity.

Fundamentals of Ayurveda in Treatment of Obesity

- Guru chatarpanam chestam staulanam karshanam prati

- Krishanam brihanartham cha laghu santarpanam cha yat
(C.S./21/20)

Treatment of Obesity According to Ayurveda

- Vataghanaayaannapanani sleshmamedoharnani cha
- Rukshaushna bastyatishna rukshayayudhartanani cha
(C.H./21/22)

With diet therapy alone, treatment of obesity is incomplete. Diet can avoid further possibilities of obesity but fat has to be treated and defective metabolism must be corrected, which can be done by Ayurvedic medicines. Ayurvedic medicines with dietary correction removes obstructed kapha & allows all dhatus to attain a balance. Apart from many medicines, “Amritadya Guggulu” an Ayurvedic medicine, has found to have weight reducing properties. Its effectiveness in obesity has been told by Acharya Chakrapani as---

- Amritatrutivellvatsakam kali pathyaaamlakaani guggulu
- Kramvradhamidam madhuplutam pidikastaulyabhanda ram jayet.
(C.D/17/222)

The ingredients of “Amritadya guggulu” are Amrita, Truti, Vella, Vatsak, Kalinga, Pathya, Aamlak, and Guggulu. The properties of each content of “Amritadya Guggulu” is shown in Tables 1-8 below.

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
1	Amrita	Tinospora cordifolia	Tikta Kasaya	Guru Snigdha	Ushna	Madhur

Table 1: Amrita (Guduchi).

The Medohara properties of Amrita has been stated in Dhanvantari nighatu as-

- Guduchi kaphavaataghni pittamedovishoshini

- Raktavaatprashmani kanduvisarpanaashini (D.N./Guduchayadi Varga/7)

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
2	Truti(Ela)	Elettaria cardamomum	Katu Madhur	Laghu Ruksha	Shita	Madhur

Table 2: Truti (Ela).

The Medohara properties of Ela has been stated in Shaaligram Nighatu as-

- Sthaulaela rochinitikshnalaghushnakaphavaatjit

- Sugandhi paachikashitachagni deeptikarimata. (S.Nighantu)

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
3	Vella (Vaayavidanga)	Embelia ribes	Katu Kasaya	Laghu Ruksha Tikshna	Ushna	Katu

Table 3: Vella (Vaayavidanga).

The Medohara properties of Vella has been stated in Kaideva Nighatu as--

- Veeryoushanam deepanam ruchayam
kramivaatkaphapaham

- Vistambhaadhyamaanshulaammedomehoarani cha (K.N./Aaushadhi varga/1149)

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
4	Vatsak (Kutaj)	Holarrhena antidysenterica	Tikta Kasaya	Laghu Ruksha	Shita	Katu

Table 4: Vatsak (Kutaj)

The Medohara properties of Kutaj has been stated in Charak Samhita as-

- Kutajtwak
shleshmapittaraktsangrahikoupshosharanam (C.S.Su.S/25/40)

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
4	Kalinga (Vibhitak)	Terminalia belerica	Kasaya	Laghu Ruksha	Ushna	Madhur

Table 5: Kalinga (Vibhitaki).

The Medohara properties of Vibhitaki has been stated in Bhaava Prakash Nighantu as-

- Ruksham netrahitam keshyam kramivaiswaryanaashanam

- Vibhtmajjatrutchardikaphavaathari laghu. (B.N./37)

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
5	Pathya (Haritaki)	Terminalia chebula	Pancharasa (except Lavan)	Laghu Ruksha	Ushna	Madhur

Table 6: Pathya (Haritaki).

The Medohara properties of Haritaki has been stated in Dhanvantari Nighantu as-

- Vatanulomni hridaya sendryanam prasadni

- Santarpankritannarogannaprayo hanti Haritaki (D.N./Guduchayadi varga)

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
6	Amlaki	Emblica officinalis	Pancharasa, (except Lavan)	Lagh, Ruksha Shita	Shita	Madhur

Table 7: Amalki.

The Medohara properties of Amlaki has been stated in Kaideva Nighantu as-

- Tadwad dhatri swedamehohramla sukrla hima

- Bhagnasandhankrita keshya pipasakaphapittahrita

(K.N./Aushadhi varga/238)

S.No.	Drug	Botanical Name	Rasa	Gunas	Virya	Vipaka
7	Guggulu	Commiphora mukul	Tikta Katu	Laghu, Ruksha Tikshna, Vishad Sukshma Sara, Sugandhi	Ushna	Katu

Table 8: Guggulu.

The Medohara properties of Guggulu has been stated in Mahaushad Nighantu as—

- Medomehashmavatanshacha kledakushtamarutan
- Pidikagranthishothaarsho gandamalakriminjayet

(Mahaushad Nighantu/12)

consists of srotoshodak, lekhaneeya and vata- kapha hara dravyas. Since the properties of ingredients of “Amritadya Guggulu” are lekhaneeya, medohara and also Vata-kapha hara, therefore it can be an effective medicine for obesity and thus decrease the incidence of unnecessary deaths occurring due to obesity.

As there is no disease which is originated without khavaiguna shrotodushti, the treatment of obesity

