

**Review Article****EFFICACY OF DHANYAMLA SARVANGA DHARA IN THE MANAGEMENT OF OBESITY: AN ANALYTICAL REVIEW****Vandana<sup>1\*</sup>, Alok Kumar Srivastava<sup>2</sup>, Meenakshi Gusain<sup>1</sup>, Priyanka<sup>1</sup>**<sup>1</sup>PG Scholar, <sup>2</sup>Professor, Dept. of Panchkarma, Rishikul campus, Uttarakhand Ayurved University, Haridwar (Uttarakhand), India.**ABSTRACT**

Obesity consist a major nutritional health problem in developed and developing countries, which has reached epidemic proportions. It is a medical condition of excessive fat accumulation to the extent that it may have negative effect on health. Obesity are major causes of co-morbidities, including type 2 diabetes, cardiovascular disease, various cancer and other health problem like obstructive sleep apnea, osteoarthritis and depression. Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity. Leptin enzyme is responsible for controlling appetite through its action on CNS, TNF alpha is also link factor between fat accumulation and metabolic disorders. The body mass index (BMI) is an internationally accepted index to estimate body weight. Taking medication like Sibutramine, Orlistat as an option for treatment of obesity can be given, because it is associated with many side effects. Bariatric surgery may be performed to reduce weight, but it is not very useful treatment. Diet, life style modification, physical activity can achieve the desired loss of body fat. In *Ayurveda* best treatment for *Sthaulya* defined by *Acharyacharak* and *Sushruta* and *Vagbhata*. *Dhanyamala sarvanga dhara* is highly effective in *Vata* associated with *Ama* and *Kapha*. *Dhanyamla sarvanga dhara* eliminates the body toxins, establishes health and tones up the joints and soft tissues. The drug will act soon as the medicine touches the skin surface. Due to Vasodilation property blood flow will increase through the area, increasing metabolism further eliminating the toxins, which will help in reducing the obesity. *Dhanyamala sarvanga dhara* controls the disease process and may cause long lasting relief.

**KEYWORDS:** Obesity, *Kapha*, *Medoaavritvata*, *Dhanyamla sarvanga dhara*.**INTRODUCTION**

Obesity derived from Latin word – OBESITAS which means - stout, plump, or fat. Obesity can be defined an abnormal growth of the adipose tissue due to an enlargement of fat cell size or an increase in fat cell number or a combination of both.<sup>[1]</sup> Obesity is a major public health crisis among children and adults. Obesity is leading preventable cause of death in worldwide. In 2015 about 600 million adults and 100 million children were obese. Obesity is more common in women than men.<sup>[2]</sup> The leading cause of death in obese adults includes ischemic heart disease, diabetes, respiratory disorder and cancer. Obesity is one of the major factors of the metabolic syndrome, commonly caused by a combination of excessive food intake, lack of physical activity and genetic susceptibility, a few cases primarily by gene, endocrine disorder, medications or mental disorder.<sup>[3]</sup> Pathology depends upon energy intake and energy expenditure. Assessment by BMI and further evaluated in terms of fat distribution via weight hip ratio, skin fold thickness, waist

circumference and total cardiovascular risk factor. There is good evidence indicating that although obesity may start as a life style driven problem, it can rapidly lead to disturbed energy balance regulation as a result of impaired hypothalamic signaling, which leads to a higher body weight set point. *Dhanyamla sarvanga dhara* contains properties like *Laghu* (light), *Snighda* (slimy), *Teekshana* (pungent), *Sheetasparsh* and hot potency. Due to these properties its actions like anti-inflammatory, analgesic, anti-histaminic carminative and digestive properties at cellular level and connective tissue breakdown.<sup>[4]</sup> Obesity is a burning problem in our society for whole human kind. In *Ayurveda*, there are much more curative and preventive measures, by which one can get rid of itself and its hazardous effect.

**Disease Background**

In *Ayurveda* we can correlate obesity with *Sthaulya*. Its description is found in *Brihatrayi* and *Laghutrayi*. *Sthaulya* described in *Charak samhita* and

*Sushruta samhita*. Acharya Charak, himself described in *Astauninditiya* chapter that *Sthaulya* is even worse over the lean and thin constitution.<sup>[5]</sup> Charak also himself quoted the luxurious life as to be the main cause of various diseases in *Vimana sthana*. Acharya Charak, defines *Sthaulya* as disfigured physique due to pendulous buttocks, abdomen and breast due to improper increase of fat and muscle and corresponding increase in energy with increased bulk. *Sushruta* described *Sthaulya* in *Sutra sthana Dosh dhatu mala Kshaya vijaniya*. He said *Ama* as a causative factor which is the root cause in its pathogenesis<sup>[6]</sup>. In *Vayadhisammudesiya* chapter of *Sutra sthana*; Acharya included *Sthaulya* as a disease of *Medo dushti*. In *Astang sangraha Dosha-divijayaniyaadyay* of *Sutra sthana* Acharya included the *Sthaulya* as to be the result of vitiation of *Kapha*.<sup>[4]</sup> Further in explaining the features of increased *Medo dhatu*, he mentioned the prodromal symptoms of *Prameha* and the complications of the obesity. He said that *Kapha* associated with *Meda* leads to obesity.<sup>[7]</sup> According to Charak overeating to take diet which is heavy sweet, cold, and oily in nature frequently, lack of exercise, lack of coitus, day sleeping, cheerfulness and worrisome behavior along with hereditary factors are the causative factor of *Sthaulya*. In *Charak samhita sthaulya* is classified under *Medo aavirit vata* also which is difficult to treat but its impact on the health due to its morbidity and mortality is common in both conditions. Main treatment of obesity is proper diet and physical exercise.

### Therapy

*Dhanyamla dhara* means stream pouring of liquids obtained by fermenting cereals and other herbal medicines over the body of patient. *Dhara* means pouring liquid medium in a thin, continuous, stream over the body or affected area.<sup>[10]</sup> In this, fermented liquids are poured over the body in streams for a fixed amount of time as is done in any type of *Sarvanga dhara*. It is a type of *Parisheka-sweda*. The therapy is very effective in *Kapha-vata* predominant conditions. It helps in compacting obesity, reducing inflammation, muscular pain, and activates nerves. It is a remedy for hemiplegic paralysis, and rheumatic complaints.<sup>[8]</sup> *Dhanyamla dhara* is a special type of treatment, derived from the word meaning cereal (*Dhanya*) and vinegar (*Amla*).<sup>[9]</sup> The procedure almost resembles that of *Kaya seka* or *Pizhichil*, *Kanji*, *Aranala*, *Kanjika* are synonyms of *Dhanyamla*. Its main purpose is the impact on subcutaneous fat, fighting for excess fat and excess weight.

**Duration** – It is usually done for 7, 14, 21, or 28 days.

**Mode of Action** <sup>[10]</sup>– Due to its *Ushna guna* and *Ushna veerya*, *Dhanyamla* destroys the vitiated *Vata* or *Kapha* or *Vata-kapha*, *Dhanyamla* antagonistic to *Ama* and *Meda*, removes the blocks in the cell and channels of transportation and nutrition. Due to *Amla rasa* of *Dhanyamla* it acts as *Deepan* and gets rid of *Ama* and also corrects metabolism.

*Dhanyamla* effectively combats *Vata*, *vata* disorder (neurological and neuromuscular) and disease of *Asthivaha srotas* like osteoarthritis and rheumatoid arthritis.

### Chemical Action

Glucoside called hesperidin present in *Dhanyamla* has the ability to prevent in capillary bleeding and reduces inflammation. It has also hypoglycaemic and anti hyperlipidaemic actions. Thus it is useful in eliminating metabolic disorder like obesity.

### General Properties of Dhanyamla<sup>[12]</sup>

धान्याम्लं धान्ययोनित्वाज्जीवनं दाहनाशनं।

स्पश्टपानात् पवनकफतृष्णाहरं लघु

तैक्षण्याच्च निर्हरेदाशु कफं गन्डूषधारणात्

मुखवैरस्यदोर्गध्य मलशोषकलामापहम्

दीपनं जरणं भेदी हितास्थापनेषु च । (सु.सू.45/215)

### Properties of Dhanyamla<sup>[13-17]</sup>

Rasa - Amla

Guna - Laghu, Snigdha, Teeksha, Sheeta sparsa

Vipaka - Amla

Veerya - Ushna

### Benefits Of Dhanyamla Dhara<sup>[18]</sup>

- *Deha stharyam*- makes the body strong
- *Agni stharyam* – establishes the normalcy of digestive fire and corrects metabolism
- Destroys *Ama* and hence removes block from the body tissues
- *Pushtidam* – promote nourishment
- *Sroto-vishodhanam* –helps in cleansing channels of the body.
- Removes excessive fat from the body.
- Improves blood circulation.

### Effect<sup>[19]</sup>

- Significant reduction of subcutaneous fat.
- Weight loss
- Reduction of cellulite and skin leveling
- Treatment of all type of muscle and joint aches, backache
- Treatment of hormonal disorder.

## DISCUSSION

*Dhanyamla dhara* is effective treatment for obesity. *Dhanyamla* is hot in potency (*Ushna Veerya*). It mitigates vitiated *Vata Dosha* and *Kapha Dosha*. Therefore *Dhanyamla* is effectively used for *Vataja*, *Kaphaja* or *Vata Kapha Samsarjana Janya* diseases. Therefore drug is most suitable for *Ama Janya* conditions like *Amavata* (Rheumatism), *Urustambha* (Stiffness of the thighs) and *Ajeerna* (Indigestion). *Dhanyamla* is having *Jvaraghn* property. Hence it can be safely applied to the patients having *Jvara* (Fever). Diseases of *Vata Vaha Srotas* as well as *Asthivaha Srotas* can be effectively managed with the properties of *Vatanulomana*, *Shula Prashamana*, *Nadi Uttejaka*, *Vedana*. This simply suggests the importance of *Dhanyamla dhara* in medical field by ancient Indian sciences.

Obesity is a state of excess adipose tissue mass. It is one of the major factors of the metabolic syndrome although it is part of metabolic syndrome but it can be said that it is etiological condition. WHO recognized it as one of the most serious public health problem of 21<sup>st</sup> century. It is common affecting in women after 40 years. BMI of 30 or more are obese.

The treatment often includes the diet, life style modification, physical activity and control risk factors, *Dhanyamla dhara* are more effective than central acting anorexiant and gastrointestinal fat blockers in the treatment.

**Researches on *Dhanyamla*:** I. Ollakkod S. et al. have reported that the treatment with *Dhanyamla Kayasheka* (External use of *Dhanyamla*) effectively reduced the features of *Amavata* (Rheumatoid Arthritis) such as *Sandhigraha* (Joint stiffness), *Sandhiruk* (Joint pain), *Sparsha Asahishnuta* (Tenderness over the joint), *Gourava* (Heaviness) and *Sandhishotha* (Joint swelling). The medicine was improved level of diverse antioxidants.<sup>[20]</sup> II. Ongoing research on *Dhanyamla*.<sup>[21]</sup> The authors are currently conducting a research using *Dhanyamla* under the title of "Comparative evaluation of *Dhanyamla vasti* and *Kayasheka* in the management of *Amavata* with special reference to Rheumatoid Arthritis" at Ayurveda Teaching Hospital Borella, Sri Lanka.

## CONCLUSION

In the modern age, obesity has become a worldwide problem and chiefly related to life style. In *Ayurveda Dhanyamla sarvangadhara* is very effective treatment for Obesity. *Dhanyamla* act on *Ama* and *Meda*, and reduces excessive fat. It is also preventing the complication of obesity, it is effective treatment for *Kapha* and *Ama*. It is concluded that *Dhanyamla* is a medicine which can be used as multifaceted treatment so further research should be carried out in this field.

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