

## A Review on *āmapāchana* (*pāchana kashāya*) and *shodana* (*Niruha Vasti*) in the management of *Atisthaulya*

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### Abstract

In *Atisthaulya* etiological factors, mainly vitiate *Meda-Kapha*. When analyze *Samprapti* (path – physiology) of *Atisthaulya*, according to *Charaka Samhita*, *Sroats* (channels) are obstructed by fat (*Medasavruta margata*). Then movement of *Vata* is specially confined to *Kosta* (Abdominal Visara) and cause to increase *Kostagni* (digestive power). In other hand due to disproportionate increase of *Meda* (fat), leads to *Medodhatvagni-mandya* (diminished *Medodhatvagni*). Then *Meda Vyana Vayu* could not transport nutrient to other *Dhatu* as well as, *Meda dhatu* is increased and *Uttardhatu* decreased. When consider results oriented *Ayurvedic* line of treatment, though *Atisthaulya* is *Santarpana janita Vyadhi* (disease due to excessive nourishment) only *Aptarpana Chikitsa* (Non nourishing treatments) is not sufficient to proper management. In *Atisthaulya* etiological factors mainly vitiate *Meda – Kapha*, and *Vata* get *Avarita* (Covered) by excessive *Meda*. [*Medasavruta margata*]. At the same time *Medodhatvagni-mandya* also correlated. Thus if we used only *Aptarpaka Dravya* (Non -nourishing drugs) it increases the vitiated *Vata*. Therefore, treatment should be planed considering vitiated *Vata*, *Meda*, *Kapha* as well as *Amapachana*. It is a difficult task to reduce *Meda* and to pacify the *Samana Vata* at same time. *Panchkarma* (Five folded Purification Treatments) can provide better solution to this problem. *Acharya Susruta* has mentioned *Niruha Vsti* (Dicoction Enema), among the *Shodhana Chikitsa* (Purification Treatment) idle for *Atisthaulya*. *Niruha Vasti* by virtue of its *Shodhana* (Purification) property reduces *Meda* and simultaneously pacifies the *Vata* by affecting its seat *Pakvasaya* (Lower Abdomen), so here *Niruha Vasti* is selected for the treatment of *Atisthaulya*. . In *Charaka Samhita* clearly mentioned that the *Vasti* (generally Decoction Enema) which contains *Ushna* (Hot), *Ruksha* (Rough) and *Thikshana* (strong) properties are ideal for obesity. To correct *Kostagni and Medodhatvagni* (Digestion), *Amapachana* is essential treatment procedure. So we can conclude that the ideal line of treatment for *Atisthaulya* (obesity) is *Niruha Vasti* accompanied by *āmapāchana*.

**Keywords:** Obesity, *āmapāchana*, *Niruha Vasti*

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