

CASE STUDY

A Case Study on the Effect of *Vamana Karma* in the Management of Dyslipidaemia

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ABSTRACT

Introduction: Dyslipidaemia is the condition which arises as a consequence of various metabolic disorder. In dyslipidaemia there is increase in total cholesterol, triglyceride concentration, low density lipoprotein in blood. It is one of the major risk factors for cardiovascular diseases, fatty liver disease, pancreatitis, etc. The management of Dyslipidaemia in modern medicine is not satisfactory because of prolong use of modern drugs and their side effects. In Ayurveda it can be compared with *Medoroga* which shows excess accumulation of *Meda Dhatu* in body.

Material & Method: *Medodhatu* is one of the Substance belonging to the category of *Kapha* and it is a *Santarpanotha Vyadhi* (Disease due to over nutrition) so, *Vamana karma* (Therapeutic emesis) is the preferred line of treatment. *Vamana karma* is the best therapy for the elimination of *Kapha Dosha* and related morbid factors. In present study a 37yr old male patient came with weight gain & disturbed lipid profile along with the family history of *Sthoulya* and *Hrudayroga*. Adopted line of treatment was *Shodhana* specifically *Vamana Karma*. *Snehapana* was done with *Mahatikta Ghrita* and *Karpastyadi Taila* and *Vamana Karma* was done with *Madanphala Pippli*.

Result and conclusion: Significant reduction in weight and lipid profile values were observed. Significant improvement was seen in clinical symptoms like Puffiness on face and eyes.

Key Words *Dyslipidaemia, Vamana karma, Kapha Dosha, Meda Dhatu, Shodhana*

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INTRODUCTION

Dyslipidaemia is the condition which arises as a consequence of various metabolic disorder. In dyslipidaemia there is increase in total cholesterol, triglyceride concentration, low density lipoprotein in blood¹. The severity of dyslipidaemia increases with increase in BMI. Around 60-70% of obese people have dyslipidaemias and 50-60% overweight have

dyslipidaemias². The presence of dyslipidaemias (DLP) significantly increases cardiovascular risk among patient with diabetes. According to WHO, Overweight is a BMI greater than or equal to 25kg/m². In Ayurveda we can compare it with *Medoroga* and *sthoulya*. It is considered under *Santarpanjanya Vyadhi*³ and included among eight *Nindniya vikara*⁴.

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Kapha dosha and *Meda dhatu* are directly related to each other. *Dushti* of *kapha dosha* further leads to *Meda dhatu dushti*. Decreased *Medodhatvagni* also leads to accumulation of excess *Meda* and *Kleda* in body. Treating *Kapha dosha* is also important in treatment of dyslipidaemia.

AIMS AND OBJECTIVES

To Assess the effect of *Vamana Karma* in *Medovridhhi*, specifically in relation to dyslipidaemia.

MATERIALS & METHODS

Case Presentation: A 37yr old male patient came to Panchakarma outpatient department of Rajkiya Ayurveda Anusandhan Kendra, Gulab Bagh, Udaipur in February 2024 with OPD No. – 5036. Patient came with complaints of overweight, *Sweadadhikya* (excess sweating), *Angagaurava* (heaviness) along with the family history of *Sthoulya* and *Hrudayroga*.

Personal details: mentioned in Table 1

Table 1 Personal details

Age	37yr
Sex	Male
Address	Udaipur
Opd No.	5036
Occupation	Engineer
Marital status	Married
Socio-economic	middle class
Weight	75kg
Height	5ft 2inch

Table 2 *Ashtavidha Pariksha* (eightfold examination)

1.	<i>Nadi</i> (pulse)	<i>Kapha Pittja</i>	5.	<i>Shabda</i> (speech)	<i>Sama</i>
2.	<i>Mala</i> (stool)	<i>Nirama</i>	6.	<i>Sparsha</i> (skin)	<i>Samshitoshna</i>
3.	<i>Mootra</i> (urine)	<i>Avikrita</i> (pale yellow)	7.	<i>Drika</i> (eyes)	<i>Prakart</i>
4.	<i>Jivha</i> (tongue)	<i>Nirama</i> (uncoated)	8.	<i>Aakriti</i> (posture)	<i>Sama</i>

Past history: No specific History

Family history: Family history of cardiovascular diseases and most of them died from Heart attack.

Examination of the patient

Vitals examination

Blood Pressure: 120/80 mmHg

Pulse rate: 78/min

Respiration rate: 16/min

On Physical Examination there is puffiness on face and eyes, heaviness in whole body, Abdominal girth was increased comparative to body. Abdomen was soft, non-tender, accumulation of fat in belly. General condition of patient was good, mental condition was good too, vitals were stable.

Ashtavidha Pariksha (Eightfold examination)⁵: Mentioned in Table 2

Dashavidha Pariksha (Tenfold examination)⁶: Mentioned in Table 3

Diagnosis: Patient was diagnosed with *Medoroga* (derangement of lipid profile/dyslipidaemia).

Treatment plan^{7, 8}: In this case the adopted line of treatment was *Shodhana* specifically *Vamana Karma*. *Snehanana* was done with *Mahatikta Ghrita and Karpastyadi Taila* and *Vamana Karma* was done with *Madanphala Pippli*. Details about the treatment is mentioned in the Table no. 4.

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Criteria for Assessment & Observation: clinical symptoms, BMI, Lipid profile which Assessment of patient was done on the basis of placed in table no 5 & in table no 6

Table 3 Dashavidha Pariksha (tenfold examination)

1	Prakriti	Kapha-pittaja	6	Sara	Madhyama
2	Vikriti	Kaphaja	7	Sahanana	Madhyama
3	Pramana	Madhyama	8	Ahara shakti	Uttama
4	Sattava	Uttama	9	Vyayama shakti	Madhyama
5	Satmaya	Madhyama	10	Vaya	Madhyamavastha

Table 4 Treatment Protocol

Treatment	Drug Name	Days
1. Deepana-Pachana	Shunthi, Dhaniya, Nagarmotha Sidhha Jala Panchkolasav, Tab D2D	10 days
2. Snehana	Mahatikta ghrita and Karpastyadi taila	5 days
	Days	Mahatikta Ghrita
	1 st day	30ml
	2 nd day	40ml
	3 rd day	50ml
	4 th day	60ml
	5 th day	70ml
3. Kapha Utkleshaka Aahara.		Night before Vamana Karma.
4. Abhyanga	Ksheerbala taila	2 days
5. Swedana	Sarvanga swedana	2 days
5. Vamana ⁶	A Combination of Madanphala-Mulethi-Vacha-Saindhava was given.	1 days
6. Paschata Karma	After Samyaka Vamana, Madhyama Sudhdhi Sansarjana Krama was advised	5 days

Table 5 Criteria for Assessment & Observations

Lipid Profile	Before Treatment	After Treatment
Total Cholesterol	219.9 mg/dl	185.4 mg/dl
Triglyceride	264.8 mg/dl	116.4 mg/dl
VLDL	46.6 mg/dl	16.1 mg/dl
Total/HDL Cholesterol Ratio	5.14	4.22
Non-HDL Cholesterol	177.10 mg/dl	141.50 mg/dl

Table 6 Body Mass Index (BMI)

Treatment	BMI
Before	30.2 kg/m ²
After	27.4 kg/m ²

RESULTS

A good result was observed in this case on all the parameters of disease. Before treatment patient was have puffiness on face, disturbed lipid profile and weight gain which was improved after the treatment. An informed written consent was taken from the patient for present case study.

DISCUSSION Dyslipidaemia is a metabolic disorder related with *Medovaha Sroto Dushti* along with *Kapha* and *Rasa Dushti*. *Ahara* and *Vihara* also play a significant role in decreasing and increasing of *kapha* and *Meda dhatu*. *kapha dosha* triggers the derangement of lipid components in various manners and obstruct the body channels. The management of dyslipidaemia in modern medicine is not satisfactory because of prolong use of modern

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drugs & their side effects, hence researchers are inclined towards alternative medicine. In present case which was diagnosed as *Medoroga* that can be correlated with dyslipidaemia approach was done to find significant treatment measure. *Shodhana*, *Rukshana Chikitsa* various *Aahara-Vihara*, etc methods are described in *Ayurveda* which help in reducing increased lipid profile values which in turn can be related to *Kapha* and *Meda Dhatu*. Among *Shodhana Karma*; *Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktmokshana* are included. *Vamana* among these works specially in excess *Kapha dosha* expulsion and for purification of the body. The lipid-lowering action of *Vamana Karma* occurs mainly through two ways⁹ i.e.

1. By eliminating out excess circulating lipids (*Kapha Dosha*) - *Vamana* eliminates specifically *Kapha Dosha* which belongs to *Medo Dhatu*, thus having its direct effect on fat tissue and thus decreasing lipid levels.

2. By restoring the liver's lipoprotein metabolism, *Vamana* also moderately helps in *Pitta* return to its normal state. All bodily metabolism (*Parinama*) and digestion (*Paka*) are controlled by *Pitta*, and dyslipidaemias is a condition of dysregulated lipid metabolism, or a disturbed state of *Pitta*. Therefore, *Vamana* restores homeostasis and corrects the mal-production of lipids by regulating vitiated *Pitta*. Additionally, *Vamana karma*, which directly affects liver function, regulates the entire metabolism of lipid formation and excretion.

CONCLUSION

Results obtained from this case can demonstrate that through *Shodhana* therapy may provide good approach for weight reduction, balance of lipid profile.

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Conflict of Interest: No

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