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Integrative Therapy (Naturopathy, Yoga and Ayurveda) Helped in Obesity – A case Study

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Abstract: The fat may be equally distributed around the body or concentrated on the stomach or midriff (apple-shaped) or the hips and thigh. A 44 yrs. old female from New Delhi was admitted at Arogyadham (Sevagram) for 15 days indoor package for Obesity. The goal of treatment was to reduce weight, to reduce BMI and restore normal health as well as to get detoxification done. Patient given Naturopathy diet plus therapies for first Five days, along with Yoga therapy and Basti as a Panchakarma therapy which includes Anuvasanabasti and Asthapanabasti alternately for next 10 days. At the end of 15 days duration, weight reduced by 6-7 kg. Over all it's a nice experience for her which not only helped her physically but mentally also.

Keywords: Obesity, Arogyadham, Anuvasanabasti, yoga

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INTRODUCTION:

body mass index (BMI) is between 25 and 29.9 a person is assumed as overweight. The fat may be equally distributed around the body or concentrated on the stomach or midriff (apple-shaped) or the hips and thigh. Asian Indians have more tendency to abdominal obesity and accumulation of visceral fat which is known as "Asian Indian phenotype"^{1,2} Many studies in India have

Table no.1 BMI Height Weight Range BMI Considered: -

BMI	Classification
< 18.5	Underweight
18.5–24.9	Normal weight
25.0–29.9	Overweight
30.0–34.9	Class I obesity
35.0–39.9	Class II obesity
≥ 40.0	Class III obesity

There are three types of Obesity apple, pear & mixed type

Sign and symptoms of Obesity

- Large body frame.
- Difficulty in doing daily activities.
- Lethargy
- Breathlessness
- Disproportionate facial features
- Big belly (abdomen), sometimes marked with white or purple blemishes
- Flabby fat in the upper arms and thighs
- Knock-knees (Genu valgum) is common

In this case study, Naturopathy diet like fresh herbal juices, fruits, whole grains, light diet in the evening helped in reducing over-all

reported higher prevalence of obesity among women³. One ICMR study presented that the prevalence of obesity (generalized and abdominal) was higher in India now compare to previous studies. The prevalence of central obesity was higher than the generalized obesity and metropolitan habitation had a higher prevalence of both forms of obesity than the rural residency.⁴

fat. Yoga helped in muscle strengthening and toning of the body. Naturopathy treatment gave relaxation and restoring normal health.⁵ And as a shodhana effect, Basti is very effective in evacuating excessive dosa i.e. fat and thus helped in reducing abdominal fat.⁶

Case Study:**History of present illness:**

A 44 yrs. old female from New Delhi was admitted at Arogyadham (Sevagram) for 15 days indoor package for Obesity. She had increased her weight within last 10- 15 years. Presently her weight was 115.6kg. Patient had history of hypothyroidism, also had back pain, palpitation. There was no history of hypertension, Diabetes -II or any other major illness.

Physical Examination:

When admitted on 10/03/2017 her height was 161.5 cms; weight was 115.6 kg and BMI was 44.46 kg/m². and BP was 125/85 mmHg; pulse 78 beats/minute; respiratory rate 22 breaths/minute; breath holding time 9 seconds/minute; her main objective behind the visit to Arogyadham was to recover from obesity, to improve her lifestyle, decrease stress and anxiety levels, increase flexibility, improve balance and lose weight.

Treatment at Arogyadham:

The goal of treatment was to reduce weight, to reduce BMI and restore normal health as well as to get detoxification done. We had planned to administer Naturopathy diet plus therapies for first Five days, along with

Yoga therapy and Basti as a Panchakarma therapy which includes Anuvasanabasti and Asthapanabasti alternately for next 10 days. So that she could resume her normal routine. Treatment was as follows:

Table no.2 Naturopathy Diet: for 5 days

Time	Diet	Quantity	Days
7 am	Herbal Juice (Bael/ Amla Neem/ Alovera,/Carrot,/Beet)	100ml	5
8.00 am	Breakfast: Fruit Diet (Apple/Papaya/Mosambi/Anar) + Herbal Tea (Dry Ginger, tulsi, lemon grass, jaggery)	1 bowl + 100ml	5
10 am	Lemon Jaggery/Honey Water	200 ml	5
12 am	Lunch	1 bowl	
	Fruit Diet (Apple/Papaya/Mosambi/Anar)	200ml	1 st
	Juice Diet (Lauki Juice, Fruits and Vegetables Juice)	1 bowl	2 nd
	Boiled Diet (Boiled Mung, steamed sprouts, Daliya, Boiled Veg. etc.)	1 bowl	3 rd
	Raw Diet (Veg salad, Sprouted etc.)	1 bowl	4 th
	Boiled and Normal Diet (steamed sprouts, Jowar/Wheat/Mix Roti, Butter milk, Veg Soup)	1 bowl, 2 Roti	5 th
5 pm	Herbal Tea (Dry Ginger, tulsi, lemon grass, jaggery)	200ml	5
7.30 pm	Dinner (Fruits and Vegetables)	1 bowl	5

Table no.3 Naturopathy Treatment: (first five days)

Sr.No.	Treatment	Details	Effects
1.	Mud Therapy	Stomach and knees daily	Detoxification
2.	Partial Steam	Neck, Back and knees	Relieves pain
3.	Mud Pack	Cold to stomach and knees	Relieves knee pain, Reduce constipation
4.	Massage + Steam Bath	Whole body for 45 min. & 7 min Steam 3 times a week	Relaxes the body; Improves circulation

Table no.4 Yoga Therapy: (first five days)

IAYT practices for Obesity			
Sr.No.	Practices	Details	Duration
1.	Yogasanas	Sukshma Vyayama, Tadasana, Ardha-katichakrasana, Pachimottasnasana, Ardha-chakrasana, Padahasthasana, Chakkichalanasana, Alternate toe touching, Bhunamunasana, Bhujangasana, Shalabhasana	Daily 5 – 6 Asanas on alternate days
2.	Pranayamas	Sectional Breathing with mudra, Surya-anulomvilom, Nadishudhi Pranayama, Bhramari Pranayama	15 min twice daily, 9 rounds each
3.	Kriyas	Kapalbhati	60 – 120 Stroke daily twice
4.	Meditation	Nadanusandana (Sound Meditation)	30 min twice daily
5.	Karma Yoga	Yogic Counseling	Once a week

Table no.5 Basti (Panchakarma) for 10 days:

Basti treatment for Obesity			
No	Basti	Details	No of Basti
1.	Anuvasana	Tail (Lekhan oil)	6 (six) Basti
2.	Asthapan	<ul style="list-style-type: none"> ➤ Triphala ➤ Dashmool ➤ Erandmool ➤ Rasna etc Kadha	4 (four) Basti

Table no.6 Results: The Body parameters recorded as follows:

Variable	Before Treatment	After Treatment
Pulse (Beats/min)	82	78
Respiratory Rate (cycles /min)	22	18
Sys. Blood Pressure (mm Hg)	125	122
Dia. Blood Pressure (mm Hg)	85	84
Breath Holding Time (Sec)	9	13
Weight (Kg)	115.6	109
BMI (kgs/msqr)	45.2	39.3

Discussion :

Several herbals, mineral and herb mineral medicines are described in various ancient text of Ayurveda for treating Sthaulya. Basti is one of the Panchakarma therapy in Ayurveda. The administration of liquid medicine (oils, Decoction etc.) through the rectal, urethral or vaginal route is collectively referred by the name basti. Depending upon the combination of the herb used during the administration of basti, it can produce Shodhana, Shaman, Brimhana effect in the body. ⁶ Lekhan anuvasan and asthapan is administered for scraping of the excessive fat. Asana called as stage of being one can remain physically and mentally steady, calm, quiet and comfortable. So comprehensive approach

like Basti, Yogasan and diet plan would be very beneficial to reduce obesity without any complications.

Conclusion:

The patient has been very cooperative and had willpower to follow the treatment religiously. At the end of 15 days, she got benefitted by the Arogyadham (Naturopathy, Yoga and Bast Treatment). Her weight also started reducing, six to seven kg. weight has been reduced; she has been feeling relief knee pain. She liked the calm and peaceful environment of Arogyadham. Over all it's a nice experience for her which not only helped her physically but mentally also.

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Conflicts of interest

Nil.

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