

**“AN UNCONTROLLED OPEN PARALLEL STUDY OF
USHNODAKPAN, VYAYAMA , AND BOTH IN MEDOVRIDDHI
W.S.R TO B.M.I”**



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ABSTRACT

**“AN UNCONTROLLED OPEN PARALLEL STUDY OF *USHNODAKPAN*,
VYAYAMA, AND BOTH IN *MEDOVRIDDHI* W.S.R TO B.M.I”**

Introduction:

Meda causes unctuousness in organs, enlargement of abdomen and flanks and also the disorders cough, dyspnoea etc. *Medovriddhi* is caused due to vitiation of body entities namely like *Kapha Dosha*, *Meda Dhatu*, *Mala* etc². *Acharya Charak* has described *Medovriddhi* as excessive increase in quantity of *Meda Dhatu* leading to pendulous movements of flanks, abdomen and chest with morphological disproportion³. Increased *Meda* causes unctuousness in organs enlargement of abdomen, flanks. *Acharya Vagabhatta* has stated that the increased *Medo Dhatu* also produces the similar features of *Mamsa Dhatu* and also causes fatigue, dyspnoea on exertion, drooping of buttocks, breast and abdomen⁴. *Ahar & Vihar* plays an important role in *Medovriddhi*. *Ushnodak* is one of the Unique *Dravadravya* which is explained by *Yogratnakara* comes under *Ahara* used in *Medovriddhi*⁵. Practice of *Vyayama* brings about lightness, ability to work, stability, resistance to discomfort and alleviation of *Doshas* (specially *Kapha*), which comes under *Vihara* in *Charaka Samhita*⁶.

Aim:

- To study comparative effect of *Ushnodakpana*, *Vyayama* and both in *Medovriddhi* with special reference to B.M.I

Objectives:

1. To evaluate the effect of *Ushnodakpana* in *Medovriddhi*.
2. To evaluate the effect of *Vyayama* in *Medovriddhi*.
3. To evaluate the effect of *Ushnodakpana* and *Vyayama* in *Medovriddhi*.
4. To compare the effect of *Ushnodakpana*, *Vyayama*, and both in *Medovriddhi*.

Materials and Methods:

1. It is the comparative study in which 90 subjects were selected on the basis of inclusion and exclusion criteria. Group of 30 were randomly made.

2. *Medovriddhi* were assessed BT, and AT with the ayurvedic criteria (Subjectively) and modern criteria B.M.I (Objectively) follow up in 15day.
3. Then they were divided in to three groups having 30 subjectseach.

Ethical clearance

Was obtained from Institutional Ethics Committee of Parul Institute of *Ayurveda*, Parul University. (IEC No PU/PIA/IECHR/2019/2), and Registered in Clinical Trial Registry India (CTRI/2019/03/018234).

Results:

- The final result showed that there is significant difference among three groups. Further we can observe that mean difference for Group C is greater than Group A and GroupB.
- Hence, we conclude that effect observed in Group C is more than Group A and GroupB.

Discussion:

In this study *Ushnodakpana*, *Vyayama* and both plays a very effective role in the management of *Medovriddhi*. Here the Subjects with each passing day subjects feels lightness in body, taking interest in doing physical activities, decrease in heaviness. There is also a remarkable reduction of B.M.I seen in overweight persons. So, it is cleared that, there is an effective role of *Ushnodakpan*, *Vyayama* and both in *Medovriddhi* with in that also *Ushnodakpan* and *Vyayama* both coordinately plays a very good role in its management because of combineeffect.

Conclusion:

The observation showed that there is significant effect of *Ushnodakpan* (Group A), *Vyayama* (Group B) and both (Group C) in *Medovriddhi* within that also *Ushnodakpan* and *Vyayama* both together (Group C) shows more beneficial effect in *Medovriddhi*. The study shows that there is significant reduction of B.M.I in overweight persons within 30 days.

Keywords: *Meovriddhi*, *Ushnodak*, *Vyayama*, Overweight.