

**TO STUDY THE EFFECT OF *USHNODAKA* IN *STHOULYATHA*  
OVER *MEDODHATU* W.S.R. TO BMI AND BODY WEIGHT”**



Dissertation submitted as partial fulfillment for the degree of

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March- 2018

Enrollment No: 150202203006

**ABSTRACT**

**“TO STUDY THE EFFECT OF *USNODAKA* IN *STHOULYTHA* OVER *MEDODHATU* W.S.R TO BMI & BODY WEIGHT”**

**Aim and Objectives:**

1. To study the effect of *Usnodaka* on *agni*
2. To study the effect of *Agni* on *Medadhatu*
3. To study effect of *Usnodhaka* on *Sthoulytha*.
4. To see the relation between *Medadhatu*, *Sthoulytha* w.s.r to BMI and body Weight

**Study Design:**

100 volunteers of *Sthoulya* will be selected according to inclusion criteria.From the O.P.D. of Parul Ayurved Hospital Varodara.

**Assessment criteria:**

Lakshana of *Sthoulya*, weight, BMI, circumference measurements and skin fold thickness.

**Material &Method:**

Literary: In depth compilation of all available *ayurvedic* literatures as well as modern literature will be carried out with regarding *Madadhatu*, *medaagni* and *sthoulytha*

Clinical source: 100 volunteers who fulfill the inclusion criteria of *Sthoulya* will be selected from the O.P.D, of Swastha vritta department of parul ayurvedic hospital – Limda, after taking their consent.

**Results:**

The change in the values before and after treatments were assessed by the paired ‘t’ test. there is statistically significant improvement in the weight, BMI, and also reduction in body circumference.

**Interpretation and conclusion:**

*Sthoulya* is a *santarpan janya vyadhi* whose main line of treatment has to be *Aptarpana*, which can be achieved through *Ushnodaka*. *Ushnodaka* is beneficial as it helps to initiate the weight loss mechanism.

**Key words:** *Sthouly aobesity, Ushnodaka*