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“Evaluation of Efficacy of Kunjal Kriya (Gajakarani) In the Management of Obesity.”

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Abstract:
Ayurveda is the traditional system of medicine in India and one of the prime modalities of health care. In modern sedentary society, obesity (Sthaulya) is the most hazardous factor which is the main underlying cause of life-threatening disease like Diabetes Mellitus, Atherosclerosis, Cardio vascular disease etc. As per the National Family Health survey (NFHS), the percentage of ever-married women aged 15-49 years who are overweight or obese increased from 11% in NFHS-3. Overweight and obesity are more than three times higher in urban areas. This may be lesser physical activity in the urban areas. Ayurveda and Yoga are the collection of principles of life that took birth with the world itself and is not liable to changes at anytime and anywhere. Both Shastras have mentioned purificatory processes to maintain healthy life. The purification through Shatkarma (also known as Shatkriya like Dhauti, Basti, Neti, Tratak, Nauliki and Kapalbhati) is mentioned first in Hath Yoga Pradipika and Kunjal Kriya is one of them. Kunjal is a type of Antardhauti, also known by the name “Gajakarani”. Kunjal Kriya alleviates the Kapha Dosha and increased Medo Dhatu in obese individuals and controls the Sthaulya.

Keywords: Obesity, Sthaulya, Kunjal Kriya, Gajakarani

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INTRODUCTION:

The word Sthaulya is delivered from root "Sthu" with suffix "Ach", which stands probably for thick or solid or strong or big or bulky. According to Vachaspatym, the word Sthaulya means heaviness of the body. A person having heaviness and bulkiness of the body due to extensive growth especially in Udaradi region is termed as "Sthula" and the state (Bhava) of Sthula is called "Sthaulya". Shaulya can be correlated to obesity. Excess deposition of adipose tissue is obesity. A body weight 20 % or more than the desirable weight for age, sex and height is regarded as obesity. A recent National Institute of Health consensus conference defined obesity as BMI > 27 kg / m². Now a day's obesity is defined as BMI > 25 kg / m². Obesity is the final common pathway of a complex array of genetic, physiological, nutritional, psychological and cultural influences. Among these social and psychological consequences of obesity include stigmatization and discrimination, decreased work mobility, decreased work capacity and dramatic economic losses.

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AIM AND OBJECTIVES:

To study the effects of Kunjal Kriya (Gajakarani) In the Management of Obesity.

MATERIAL AND METHODS:

For this case study 30 patient of both sexes in age group of 20 to 60 of Sthaulya (Obesity) are selected. Process of Kunjal Kriya

Requirement: Luke warm clean filtered water added with common salt should be taken.

Position: Sit in Kagasana with the elbows fixed on knee joint.
Time:
Before sunrise but after evacuation of natural urges and taking a bath, Kunjal Kriya should be done.

Inclusive Criteria:
1) BMI > 25 kg/m²
2) Patient -16-50 years of either sex willing for trail.

Exclusive Criteria:
1) Patients having obesity with associated diseases like Hypothyroidism, Cushing syndromes, patients on steroid therapy cardiac problem like IHD/CHD, DM.
2) Pregnant & lactating women.
3) Premenopausal age.

Withdrawal Criteria:
On occurrence of serious events.
Patient not giving proper follow up.

Criteria for Assessment:
Objective Criteria:
1. BMI.
2. Waist circumference at midpoint between lowest rib &iliac crest.
3. Waist hip circumference ratio
4. Skin fold at triceps mid arm.

Probable Mode of Action of Kunjal Kriya:

Vagbhatacharya in Sutrasthana 14/21 suggests that the main aim for treatment of Sthaulya is to balance the aggravated Kapha, Vata and to reduce the increased Medo Dosha. This can be better achieved through Kunjal Kriya. In human body majority of diseases are caused by Ama Dusti. The process Kunjal mainly acts on Amashaya and Annavaha Srotas. Amashaya is the prime seat of Kapha and Annavaha Srotas. Kunjal neutralizes the acid balance in the stomach, thus helpful in counteracting Tivra Jatharagni. This helps in reducing the excessive hunger and thirst intern the obesity. Luke warm water pacifies Vata, salt helps in liquefaction of Achadit and Avalipt Dhatugata Ama. Dhatugata Ama is expelled and as a result Dhatvagnimandya homeostasis rectified, resulting in proper metabolic-process. On account of proper, logical and rational application of Kunjal, Samana Vayu in Amashaya regains its normal physiological power causing adequate Annavivechana (assimilation) and Munchan (excretion). Hence the proper formation and expulsion of mala occurs with help of other Vayus. This ultimately causes a genesis of all Dhatus restricting excessive generation of Medo Dhatu.

Observation and Result:

Effect of therapy on subjective parameter by applying WILCOXONS SINGED RANK TEST:

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
<th>Wilcoxon’s singed rank W</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>BT</td>
<td>2.600</td>
<td>0.6215</td>
<td>0.1135</td>
<td>45.00</td>
<td>0.0034</td>
</tr>
<tr>
<td>AT</td>
<td>2.300</td>
<td>0.5350</td>
<td>0.09767</td>
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<td></td>
</tr>
</tbody>
</table>

BMI is significant as the P value is 0.0034.
2. Waist circumference

<table>
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<tr>
<th></th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
<th>Wilcoxon’s singed rank W</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>BT</td>
<td>2.100</td>
<td>0.8030</td>
<td>0.1466</td>
<td>91.00</td>
<td>0.0005</td>
</tr>
<tr>
<td>AT</td>
<td>1.633</td>
<td>0.6687</td>
<td>0.1221</td>
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</table>

At the end of treatment its P value is 0.0005 which is statistically significant.

3. Waist hip circumference ratio

<table>
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<tr>
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<th>Mean</th>
<th>SD</th>
<th>SE</th>
<th>Wilcoxon’s singed rank W</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>BT</td>
<td>1.800</td>
<td>0.6644</td>
<td>0.1213</td>
<td>91.00</td>
<td>0.0004</td>
</tr>
<tr>
<td>AT</td>
<td>1.367</td>
<td>0.7649</td>
<td>0.1396</td>
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</table>

At the end of treatment therapy significant as the P value is 0.004

4. Skin fold at triceps mid arm.

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
<th>Wilcoxon’s singed rank W</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>BT</td>
<td>1.700</td>
<td>0.7022</td>
<td>0.1390</td>
<td>231.0</td>
<td>&lt; 0.0010</td>
</tr>
<tr>
<td>AT</td>
<td>1.433</td>
<td>0.8172</td>
<td>0.1496</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

At the end of treatment its P value is < 0.0001 which is statistically significant.

**Discussion:**

The BMI, Waist circumference, Waist hip circumference ratio, Skin fold at triceps mid arm, is lowered because the action of therapy. No side effects were observed from the drug during the present study.

**CONCLUSION:**

Sthaulya or obesity is a predominant metabolic disorder. Now a day’s W.H.O. has undertaken obesity in 10 selected risks factors to the health in “The World Health Report - 2002”. Sthaulya is a condition due to Medo- Dhatvagnimandya leading to excessive formation of Meda-Dhatu and improper formation of other Dhatus. The process of Kunjal mainly acts on Amashaya (prime seat of Kapha) and Annavaha Srotas. It rectifies Jatharagni and Dhatugata Ama gets expelled resulting in halting of pathogenesis of Sthaulya. On the basis of this study, it can be concluded that this therapy is effective in the management of obesity and Ayurveda pathyahar, Yoga and panchkarma is the good solution as
the management and prevention of disease.

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