

A case study on role of *Chavyadi Churna Sattu* for *Agnideepan* and weight reduction: a conceptual and clinical approach

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Abstract

Obesity and impaired digestive fire (Agnimandya) are increasingly rising due to sedentary routine, improper food habits, and metabolic imbalance. In Ayurveda, strong Agni (digestive fire) is the foundation of health, whereas weak Agni leads to Ama formation, metabolic sluggishness, and Medodhatu vruddhi (fat accumulation). Chavyadi Churna and Sattu are classical Ayurvedic dietary interventions known for Agnideepan (stimulation of digestive fire), enhanced metabolism, and weight regulation. Chavyadi Churna, composed mainly of Katu-Rasa and Ushna-Virya dravyas like Chavya, Pippali, Shunthi, and Maricha, acts as Deepana-Pachana and reduces Kapha-Meda. Sattu, a roasted grain/legume preparation, is light, high in protein, and promotes sustained satiety without increasing Kapha. Combined

administration enhances digestion, prevents Ama accumulation, improves metabolic rate, reduces bloating and lethargy, and supports healthy weight reduction. Traditional evidence and preliminary observations suggest significant improvement in Agni, bowel habit, appetite regulation, and gradual fat mobilization. Further standardized clinical trials are advised to scientifically establish its therapeutic efficacy.

Keywords: Agnideepan, Chavyadi Churna, Sattu, Weight Reduction, Ayurveda, Metabolism.

1. INTRODUCTION

Obesity is a global public health concern characterized by abnormal fat deposition, often associated with metabolic disorders such as diabetes, hypertension, and cardiovascular diseases. Ayurveda

correlates obesity with *Sthaulya* which originates due to aggravated *Kapha dosha* and impaired *Agni*. When *Agni* is weakened, food is not digested properly, leading to the formation of *Ama*, which obstructs metabolic channels and promotes accumulation of *Medodhatu*.

Ayurvedic treatment for obesity emphasizes:

- Enhancement of *Agni*,
- Elimination of *Ama*,
- Regulation of diet & lifestyle.

Chavyadi Churna is a classical herbal formulation widely used for *Agnideepan* and *Amapachana*, whereas Sattu serves as a light, nourishing, and Satvik dietary substitute aiding metabolism and satiety. Their combined use addresses both digestion and metabolism, supporting gradual and natural weight reduction.

2. MATERIALS AND METHODS

Patient age : 43 years

Chief complaints : loss of appetite , weight gain , decreased appetite , generalised weakness.

Patient had above complaints since 4 months

No H/O any other major illness.

The patient was normal 4 month back. Since then patient have been suffering from

2.2 Ingredients

loss of appetite , weight gain ,Droubalya (Gen. weakness), Kshudhamandya (decreased appetite) . For this patient took treatment from different modern doctor but got no relief, then he came to our hospital – DY PATIL AYURVEDIC HOSPITAL ,NERUL,NAVI MUMBAI ,KAYACHIKITSA DEPT. OPD NO 1.

Personal History

Occupation: BUSSINESS MAN

ADDICTION : NONE

O/E: Nadi (pulse) = 80/min.

Mala (stool) = Normal.

Mutra (urine) = Normal.

Jeeva (tongue) = Eshatha saam.

Agni = Kshudhamandya.

Shabda (speech) = Normal.

Druka (eyes) =Pallor ++, icterus +++.

Akruti = STHULA

Bala = heena.

Raktadaaba (B.P) = 110/70 mm/Hg.

2.1 Study Design

A conceptual review supported by traditional texts, empirical practice observations, and preliminary clinical outcomes.

Formulation	Key Ingredients	Pharmacological Properties	Ayurvedic Guna/Karma
Chavyadi Churna	Chavya, Pippali, Shunthi, Maricha,	Carminative, Digestive stimulant, Metabolic accelerator	Laghu, Tikshna, Ushna, Katu Rasa, Deepana-Pachana
Sattu	Roasted Bengal gram/wheat/barley mix	High-protein, easily digestible, provides satiety	Laghu, Snigdha, Madhura, Kapha-Vata balancing

2.3 Dosage and Administration

- **Chavyadi Churna:** 3 g before meals with warm water TWICE DAILY
- **Sattu:** 20g in divided dose with warm water as sahan for chavyadi churna
- **90 DAYS Duration**

Minimum **90 days** for noticeable effect.

3. OBSERVATIONS / RESULTS

Parameter	Before Treatment	After Treatment
Appetite	Poor appetite, irregular hunger	Improved appetite, early satiety
Abhyavaharana Shakti	Reduced intake capacity	Improved digestion and intake
Jarana Shakti	Lethargy, heaviness, fatigue	Improved energy, reduced lethargy
Agnimandya	Severe indigestion, bloating, nausea	Mild occasional heaviness, improved digestion
Body Weight	Gradual increase	Gradual and sustained reduction
BMI	Increasing trend	Progressive reduction

4. DISCUSSION

Obesity (*Sthaulya*) is a multifactorial disorder involving impaired digestion, deranged metabolism, and abnormal accumulation of *Medodhatu*. Ayurveda emphasizes that *Agni* is the central regulator of digestion, absorption, and tissue metabolism. Any disturbance in *Agni* results in *Ama* formation, which plays a pivotal role in the pathogenesis of metabolic disorders, including obesity.

In the present study, the patient exhibited classical features of *Agnimandya* such as *Kshudhamandya*, heaviness, lethargy, weight gain, and reduced vitality (*Bala hani*). These symptoms reflect impairment of *Jatharagni* and *Dhatvagni*, leading to improper transformation of nutrients and excessive deposition of *Meda dhatu*.

Role of Chavyadi Churna

Chavyadi Churna is a classical formulation indicated for *Deepana* and *Pachana*. The formulation predominantly contains *Katu rasa*, *Laghu* and *Tikshna guna*, and *Ushna virya* drugs such as *Chavya*, *Pippali*, *Shunthi*, and *Maricha*. These properties directly counteract aggravated *Kapha* and accumulated *Ama*.

- *Deepana* action stimulates weakened digestive fire and enhances appetite.
- *Pachana* action helps in digestion of *Ama*, thereby reducing metabolic obstruction (*Srotorodha*).
- *Ushna* and *Tikshna* qualities promote mobilization of stagnant *Meda* and improve metabolic rate.
- *Pippali* is known to act as a bioavailability enhancer (*Yogavahi*),

supporting better assimilation of nutrients and medicines.

Thus, *Chavyadi Churna* corrects the root pathology by restoring *Agni* rather than focusing only on weight reduction.

Role of Sattu

Sattu is a traditional dietary preparation prepared from roasted cereals or legumes, commonly Bengal gram, wheat, or barley. It is considered *Laghu*, *Balya*, and easily digestible, making it ideal for individuals with impaired digestion.

- Being high in protein and complex carbohydrates, it provides sustained energy and promotes satiety.
- It prevents overeating and emotional eating, which are commonly observed in obese individuals.
- Unlike heavy or calorie-dense foods, *Sattu* does not aggravate *Kapha* when taken in appropriate quantity.
- It supports strength (*Bala*) without increasing *Meda*, thereby maintaining nutritional balance during weight reduction.

Combined Effect

The combination of *Chavyadi Churna* with *Sattu* works synergistically. While *Chavyadi Churna* enhances digestion and metabolic efficiency, *Sattu* acts as a supportive dietary component that maintains nourishment and satiety. This integrated approach ensures:

- Improvement in *Agni*

- Reduction in *Ama*
- Regulation of appetite
- Gradual and sustainable reduction in body weight and BMI

Unlike crash dieting or aggressive pharmacological interventions, this Ayurvedic approach focuses on **metabolic correction**, making it safe, holistic, and sustainable.

5. CONCLUSION

Chavyadi Churna with Sattu is a safe, culturally acceptable, and effective Ayurvedic approach for improving digestive fire and supporting weight reduction. Its mechanism aligns with both classical Ayurvedic principles and modern metabolic science. Further standardized clinical studies with controlled sample groups are needed to establish dosage protocols and evidence-based practice guidelines. The present conceptual and clinical observation highlights the significant role of *Chavyadi Churna* administered with *Sattu* in the management of *Agnimandya* and obesity (*Sthaulya*). The formulation effectively addresses the fundamental Ayurvedic pathology by strengthening *Agni*, eliminating *Ama*, and regulating *Kapha* and *Meda dhatu*.

The clinical outcomes demonstrated improvement in appetite, digestion, energy levels, and bowel habits, along with gradual and sustained reduction in body weight and BMI. The intervention proved to be safe, economical, and well-tolerated, with no adverse effects observed during the study period.

This approach emphasizes correction of metabolic dysfunction rather than symptomatic weight loss, thereby aligning with the core Ayurvedic principle of treating the root cause (*Samprapti vighatana*). The combined use of herbal formulation and dietary modification represents a holistic, patient-friendly, and culturally acceptable strategy for long-term weight management.

However, as this study is based on limited clinical observation, further large-scale randomized controlled trials with objective metabolic parameters are recommended to validate efficacy, establish standardized dosage guidelines, and integrate this regimen into evidence-based Ayurvedic practice.

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