

2. STHAULYA (OBESITY)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Śuddha Śilājatu (Black Bitumen)	-	500 mg BD	Hot Water	C.D. Sthaulya Cikitsā, 6-9
2.	Vijayasāra (Terminalia tomentosa)	Kwātha	20 ml BD	Honey	N. A. Palāśādi Varga, Pg-384

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Varuṇādi kwātha	Kwātha	30 ml BD	Honey	S.S.Ma. K.

2.	Navaka guggulu	Vaṭī	500 mg BD	Hot water	C.D. Sthaulyādh ikāra,35 14
3.	Amṛtādi guggulu	Vaṭī	500 mg BD	Hot water	C.D. Sthaulyādh ikāra, 35/12-13
4.	Trikaṭu Cūrṇa	Cūrṇa	2 gm BD	Honey/ Hotwater	B.R. Paribhāṣā Prakaraṇa -16
5.	Rasa Sindūra	Vaṭī	125 mg BD	Honey	R.T. Taranga 6, 162-167
6.	Lodhrāsava	Āsava	20 ml BD	Equal qty. of water after meals	A.H.Ci 10/39-42

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old śāli rice, sām̐vaka, kodrava, bājarā, maze (makkā), barley	Newly harvested śālī rice, wheat

Pulses	Chickpea (canā), pigeon pea (arahara), green gram (mudga), kulattha	Black gram (uḍada)
Fruits & vegetables	Brinjal, paravala, drum stick (śigru)	Potato
Others	Butter milk, cardamom, āmalakī, mustard oil, luke warm water, priyaṅgu, guggulu, lauha bhasma, śilājatu, intake of water before meal, food substances with pungent, bitter and astringent taste	Milk, curd, meet, fish, clarified butter, jaggery, intake of water after meal
Life style	Physical exercise, night awakening, worry, massage with medicated paste/powder (udvartana), lightening, sunlight exposure, walking, desaturation (apatarpaṇa), exercise, Bathing with luke warm water	Bathing with cold water, day sleeping, luxurious lifestyle, oil massage

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.