



## ANTI-OBESITY DRUGS OF KAIDEVA NIGHANTU: A LITERARY SURVEY

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### ABSTRACT

Obesity is a blessing of the modern age of machines and materialism. Globally, there are more than one billion overweight adults out of them more than 300 million are clinically obese. Individual habits with stressful life, wrong dietary habits and sedentary life is the main cause of disease. In modern medicine it is managed by dietary control, behavioral modification, drug therapy and surgery yet the success of treatment is not satisfactory. Ayurveda deals this disease as sthoulya (obesity) under medoroga (adipose tissue disorder). The present study is designed to screen the drugs with Kaphamedohara, Medorogahara, Sthoulyanashaka and Karshyakara properties from Kaideva Nighantu since the drugs with these actions are principle elements of obesity

treatment. It is found that Kaideva Nighantu provides us a great knowledge not only about the anti-obesity drugs (Aushadha) but also tells us the pathya anna and pathya vihara to be followed in obesity.

**KEYWORDS:** Obesity, Sthoulya, Kaphamedohara, Kaideva nighantu.

### INTRODUCTION

Obesity is the most common metabolic disorder. Obese is a person with a body mass index (BMI) over 30 kg/m<sup>2</sup>. Obesity is an increasing problem in the world as it effects on both

mortality and morbidity.<sup>[1]</sup> Type 2 Diabetes mellitus, Hypertension, Stroke, Hyperlipidaemia, Coronary Heart Disease, Gall stones, Increased risk of certain cancers, Respiratory diseases, Menstrual abnormalities, Pregnancy complications, weight related musculoskeletal disorders are the main medical complications of obesity.<sup>[2]</sup> Fat deposition results from the discrepancy between energy consumption and expenditure. Lack of physical activity, high fat diets, consumption of alcohol and energy dense drinks, loss of formalised meal patterns are the main reasons for obesity.

Acharya Charaka has described the features of obese person under the title Atisthoola and has included it in Ashtanindita purusha owing to their favorable nature to get diseases. This is a state in which increased adipose and muscle tissue of an individual make his hips, abdomen and breasts pendulous and whose vitality is much less than his body size.<sup>[3]</sup> To manage Medoroga Acharya Charaka has mentioned Apatarpana chikitsa (emaciation therapy). Apatarpana chikitsa consists of Langhana, Rukshana and Svedana.<sup>[4]</sup> As this condition is mainly due to the increased amount of Meda and Mansa dhatu, so the drugs with Lekhana (scrapping), Medaghna (anti adipose tissue), Kaphamedaghna (ability to reduce Kapha and fat) karmas are the principle elements of apatarpana chikitsa used in Sthoulya (obesity). In Brahatrayi many antiobesity drugs are described but more drugs could be available in Nighantus. Nighantu are considered as the complete reference book for Indian medicines of all categories including herbs, minerals and animal products. Hence present work is planned to review and explore the potential drugs for the management of obesity from Kaideva Nighantu.

#### **ABOUT TEXT**

Kaideva Nighantu is also known as Pathyapathyavibhodhaka Nighantu. It was written in 15<sup>th</sup> century (1425C) by Vaidhya Kaideva Pandit. It contains eight vargas which are as follows- 1. Aaushadhi varga 2. Dhatu varga 3. Dhanya varga 4. Drava varga 5. Kratanna varga 6. Mansa varga 7. Vihara varga 8. Mishraka varga. Among these vargas 1-2 vargas belong to Aaushadha, 3-6 vargas belong to Anna and 7<sup>th</sup> varga belongs to Vihara. Drugs from whole Kaideva Nighantu were screened for the properties of Kaphamedohara, Medonashaka, Medorogahara, Sthoulyanashaka, Karshyakara and Lekhana properties. Obtained data are presented below.

**Table 1: Antiobesity drugs of Aaushadhi varga with respective reference**

S.No.	Drug name	Action of the Drug	Reference
1.	Kantakari (Solanum xanthocarpum) phala	Kaphamedohara	1/54-56
2.	Nirgundi (Vitex negundo)	Kaphamedohara	1/127-128
3.	Madhu	Ruksha, Kaphamedohara	1/175-178
4.	Chaudra madhu	Lekhana, Kaphanashaka	1/182-183
5.	Dal madhu	Ruksha, Lekhana	1/197-198
6.	Purana madhu	Sthoulya, Medaghna, Ruksha, Atilekhana	1/200-202
7.	Madhupaka	Sthoulyanashaka	1/211
8.	Old Manda of Madhu	Kaphamedohara	1/215-216
9.	Aamlaki (Phyllanthus emblica)	Medoroganashaka	1/1/238
10.	Triphala	Kaphamedohara	1/245-246
11.	Fruit of Jamuna (Eugenia jambolana)	Lekhana	1/351
12.	Unripen fruit of Tinduka (Diospyros embryopteris)	Lekhana, Ruksha	1/402
13.	Unripen fruit of Kapittha (Feronia elephantum)	Lekhana, Ruksha, Kaphashamaka	1/414
14.	Kapitthapatra	Kaphamedohara	1/421
15.	Plaksha (Ficus infectoria)	Kaphamedohara	1/437
16.	Panchavalkala patra	Lekhana, Kaphanashaka	1/440
17.	Shushka shaka	Karshyakara	1/621
18.	Shigru patra (Moringa pterygosperma)	Medoroganashaka	1/747
19.	Murva (Marsdenia tenacissima)	Medohara	1/786
20.	Bijaka (Pterocarpus marsupium)	Medoroganashaka	1/814
21.	Tinisha (Ougeinia dalbergiodes)	Kaphamedohara	1/816
22.	Bhurja (Betula utilis)	Kaphamedohara	1/818
23.	Kakubha (Terminalia arjuna)	Kaphamedohara	1/820
24.	Khadira (Acacia catechu)	Kaphamedohara	1/823-824
25.	Katambhara	Kaphamedohara	1/872
26.	Mokshaka (Schrebera swietenoides)	Kaphamedohara	1/875
27.	Paribhadra (Erythrina indica)	Kaphamedohara	1/899
28.	Madanphala (Randia dumetorum)	Lekhana, Ruksha	1/901-902
29.	Rohitaka (Tecomella undulata)	Kaphamedohara	1/916
30.	Snuhi (Euphorbia neriifolia)	Kaphamedohara	1/918-920
31.	Ashmantaka (Ficus cordifolia)	Lekhana, Ruksha, Kaphashamaka	1/931
32.	Leaves of Amaltasa (Cassia fistula)	Kaphamedohara	1/945
33.	Karanja (Pongamia pinnata)	Kaphamedohara	1/966
34.	Shinshapa (Dalbergia sissoo)	Kaphamedohara	1/979
35.	Shirishika	Kaphamedohara	1/980
36.	Arishtaka (Sapindus mukorossi)	Lekhana	1/982
37.	Duralabha (Fagonia arabica)	Kaphamedohara	1/986
38.	Shravani (Sphaeranthus indicus)	Kaphamedohara	1/990

39.	Apamarga ( <i>Achyranthes aspera</i> )	Kaphamedohara	1/1034
40.	Fruit of Bala chatushtya	Lekhana	1/1058
41.	Nadikanta	Kaphamedohara	1/1094
42.	Fruit of Vatapatrici	Lekhana	1/1100
43.	Vidanga ( <i>Embelia ribes</i> )	Kaphamedohara	1/1149
44.	Trikatu	Sthoulyahara, Kaphamedohara	1/1171
45.	Vashpika ( <i>Gardenia gummifera</i> )	Kaphamedohara	1/1214
46.	Granjana	Kaphamedohara	1/1226
47.	Karpoora (esp. Bhaskar variety)	Lekhana, Kaphamedohara	1/1279
48.	Old Guggulu( <i>Commiphora mukul</i> )	Atikarshaka	1/1415

**Table 2: Antiobesity drugs of Dhatu varga with respective reference**

No	Drug name	Action of the Drug	Reference
1.	Rajata (Silver)	Lekhana	2/8
2.	Tamra (Copper)	Lekhana, Kaphahara	2/12
3.	Kansya (Bronze)	Lekhana, Kaphahara	2/13
4.	Vanga (Tin)	Ruksha, Lekhana, Kaphahara	2/20
5.	Naga (Lead)	Ruksha, Lekhana, Kaphahara	2/21
6.	Loha (Iron)	Ruksha, Lekhana, Kaphamedohara	2/24-25
7.	Makshika (Copper pyrite)	Lekhana	2/37
8.	Manahshila (Realgar)	Lekhana, Kaphahara	2/45
9.	Tuttha (Blue vitriol)	Lekhana, Kaphahara	2/54
10.	Shilajatu (Black bitumen)	Chhedana, Kaphahara	2/65
11.	Sauviranjana (Galena)	Lekhana, Kaphahara	2/72
12.	Ushkshara	Medanashaka	2/127
13.	Samudraphena (Cuttle fish)	Lekhana, Kaphahara	2/130
14.	Shankha (Conch)	Lekhana, Kaphahara	2/132

**Table 3: Antiobesity drugs of Dhanya varga with respective reference.**

S.No.	Drug name	Action of the Drug	Reference
1.	Dagdhabhumiyata dhanya	Ruksha, Shleshmapkarshaka	3/32
2.	Yava ( <i>Hordeum vulgare</i> )	Ruksha, Sthoulyanashaka, Kaphashamaka	3/38
3.	Shimbidhanya (Legumes) pralepa	Medonashaka	3/47
4.	Trinnadhanya	Lekhana, Ruksha, Kledashoshaka, Kaphashamaka	3/97
5.	Yavnala ( <i>Sorghum vulgare</i> )	Kledashoshaka, Kaphashamaka	3/106
6.	Gavedhuka ( <i>Coix lachryma</i> )	Karshyakara, Kaphashamaka	3/107

**Table 4: Antiobesity drugs of Drava varga with respective reference**

S.No.	Drug name	Action of the Drug	Reference
1.	Takra	Ruksha, Medorogaghna, Karshyakara	4/231-233
2.	Tila taila	Medaghna, Kaphayuktavatanashaka	4/306
3.	Sarshapa taila	Lekhana, Kaphamedohara	4/318
4.	Bhallataka & Tuvraka taila	Kaphamedohara	4/324
5.	Shankhini taila	Kaphamedohara	4/333
6.	Drakshasura	Lekhana, Kaphamedohara, Kledashoshaka	4/385
7.	Pakvarasa sidhu	Medonashaka	4/395
8.	Mutra	Medorogaghna	4/426

**Table 5: Antiobesity drugs of Kratanna varga with respective reference.**

S.No.	Drug name	Action of the Drug	Reference
1.	Shukadhanya yusha (Shukadhanya: Patola: Neema=3:1:2)	Kaphamedohara	5/71
2.	Kulattha yusha	Kaphamedohara	5/77
3.	Raga-Shadava	Medonashaka	5/102
4.	Yavapuplika	Medorogaghna	5/171
5.	Laja (Frying of Shalyadi dhanya)	Kaphamedohara	5/186
6.	Dhana (Frying of Yava, Chana)	Kaphamedohara	5/187
7.	Lumbika (Frying of Apakva Godhuma)	Ruksha, Kaphamedohara	5/204

**Anti-obesity karmas mentioned in Vihara varga<sup>[5]</sup>**

- Vyayama has been given most importance in the management of obesity due to its Medonashaka and mansasthairya property.
- Body massage and udvartana with gandhadravya and shimbidhanya has kaphamedohara property.
- Anupana in the beginning of food is also karshyakara.
- Night awakening is Ruksha and Kaphamedohara in property. Day sleeping is contraindicated.

**Antiobesity drugs of Mishraka varga-**

In this varga, Vacha is an antiobesity drug due to its Lekhana property.<sup>[6]</sup>

**DISCUSSION**

The study shows that in Kaideva Nighantu, author has used additional extended drugs from Brahattrayis. Drugs from herbal origin are more in number but drugs from animal origin

(Madhu, Takra, Samudraphena, Shankha, Mutra) and from mineral origin (Rajata, Tamra, Vanga, Naga, Loha, Makshika, Manahshila, Tuttha, Shilajatu, Sauviranjana, Ushkshara) also justify their importance in antiobesity action.

In table no. 1 the word madhu is used for many times. Madhu is Ruksha and Kaphamedohara in its general properties. Among different varieties of Madhu, Shaudra and Dal madhu are specially mentioned due to their additional Lekhana property. When madhu gets older this lekhana property increases very much so that Purana madhu is specially indicated in Sthoulyanashana. Madhupaka is prepared by heating eight part of madhu with one part of Triphala kvatha until the consistency of madhu becomes Picchhila and on leaving upon the water it gets immersed.<sup>[7]</sup> Madhu, Jamun fruits, Amalaki fruits may be included in diet plan of obese person.

Drava varga has eight subdivisions like Dugdha varga, Dadhi varga, Takra varga, Navnita varga, Ghrita varga, Taila varga, Madhya varga and Mutra varga. Among these subdivisions Dugdha, Dadhi, Navnita and Ghrita vargas are devoid of any antiobesity action due to their Kaphavardhaka, Medovardhaka and Dhaturvardhaka properties.<sup>[8]</sup> Mutra is considered as Medoroganashaka in general properties. When there is no indication of the animal whose urine to be used, we should use cow's urine.<sup>[9]</sup> In Kratanna varga seven anna preparations are also described having kaphamedonashaka properties.

Most of the drugs listed above are having Lekhana and Kaphamedonashaka properties since these are the basic tools of therapy where success of this disease can be achieved. Katu (pungent), Tikta (bitter) and Kashaya (astringent) taste drugs are compared more than other taste due to sthoulyanashaka; Lekhana; Kaphahara properties of katu rasa, Lekhana; Dhatushodhana and Medorogahara properties of Tikta rasa and Lekhana, Medohara properties of kashaya rasa.<sup>[10]</sup> The word Sthoulyanashaka is used in the context of Vyayama, Yava, Purana madhu, Madhupaka and Trikatu suggested that these might be best anti-obesity drugs according to this text. Purana Guggulu is also highlighted by demonstrating its Atikarshyakara property.

Ayurvedic mode of treatment not only depends upon drugs but it is a combination of Aushadha, Anna and Vihara. In Kaideva Nighantu not only the antiobesity drugs are described in Aushadhi and Dhatu varga but in Dhanya, Drava and Kratanna varga Pathya

anna and in Vihara varga Pathya vihara is also described. Vyayama is considered as the best therapy for Sthoulyapkarshana.

## CONCLUSION

The present review on antiobesity drugs of Kaideva Nighantu shows that this Nighantu has a wide variety of drugs which could be used as an antiobesity agent or new preparations could also be prepared by combination of these drugs so that the problem of obesity could be managed wisely by adopting the above mentioned Aushadha, Anna and Vihara.

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