



RAPID IMPROVEMENT IN LIPID PROFILE PARAMETERS DURING & AFTER VAMANA KARMA : A CASE REPORT

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ABSTRACT Vamana is one of the five therapies of Ayurvedic Panchakarma. Vamana refers to therapeutic vomiting which is done to reduce aggravated kapha dosha and dislodge toxins from the channels of the body. This case report highlights the effect of Vamana therapy on lipid levels in a patient with Dyslipidemia. The patient underwent the therapy after failing to show significant improvement in lipid levels following lifestyle modifications. The therapy involved the induction of emesis using a decoction of Madanaphala and medicated milk, preceded by pre-therapeutic procedures such as oleation and fomentation. The patient reported feeling light and refreshed after the procedure, and post-procedural investigations revealed a significant reduction in Triglycerides, LDL, VLDL levels. Vamana karma therapy may be a safe and effective alternative therapy for the management of dyslipidemia, although further studies are needed to fully understand its mechanism of action and long-term effects.

KEYWORDS : Vamana, Panchakarma, Dyslipidemia, Ayurveda.

Introduction:

Dyslipidemias are generally characterized clinically by increased plasma levels of cholesterol and triglycerides or both, variably accompanied by reduced levels of high-density lipoprotein (HDL) cholesterol.¹ Triglycerides are a type of fat found in the blood that is used as a source of energy by the body. However, when the levels of triglycerides are elevated, it can lead to the development of various health problems, such as cardiovascular disease, type 2 diabetes, and metabolic syndrome.² The association of dyslipidemia with Type 2 diabetes mellitus as comorbidity for cardiovascular events, leading eventually to a high rate of mortality, has been a growing concern for the medical world.³

The prevalence of Dyslipidemia in India is not exactly known as it usually appears as a subclinical case without symptoms. For every 1% increase in Cholesterol level, there is 1-2% increase in the incidence of coronary heart disease. According to the National Commission on Macroeconomics and Health, there would be around 62 million patients with CAD by 2015 in India and of these, 23 million would be patients younger than 40 years of age.⁴ This was the estimation for 2015 but we can assume the current numbers which are obviously much higher.

First choice in the treatment of Dyslipidemia are Statins.⁵ The data from the US national health and nutrition examination survey consulted from 1999 to 2000 reported that 25% of adults either had total cholesterol >239.4 mg/dl or were taking lipid lowering medication. Lifestyle modifications should always be a part of management of dyslipidemia. However, the need for long term lifelong therapy is associated with several adverse effects such as myopathy, increased risk of renal failure, hypothyroidism and memory loss in 15-20% of the patients on treatment with statins.⁶

Ayurveda describes dyslipidemia as *Kapha vikriti* and *Medodushti*. Dyslipidemia is a form of *Kapha Vikara* specifically associated with *Medodushti* in the form of *Abaddha Meda*.⁷

Vamana karma is a purificatory therapy in *Ayurveda* that has been used for centuries to eliminate excess *doshas* from the body. It involves therapeutic emesis induced by administering specific herbs and medicated milk. *Vamana karma* is a well-known procedure for the treatment of several diseases, including obesity, digestive disorders, and metabolic disorders. As per the Ayurveda classics, *Samshodhana* therapy is very effective in treating any disease (especially chronic illness), as it eliminates *Dosha* from the body (root of causing disease).⁸ *Acharya Charaka* also has clearly mentioned *Vamana* in the treatment of *Santarpana Janya Vyadhi*.⁹ The current case report supports the fact that *Vamana Karma* is effective in the management of dyslipidemia.

Case Presentation:

A 28-year-old male patient presented with complaints of heaviness in the whole body & abdomen, restlessness, palpitations, excessive

laziness and fatigue. The patient was a non-smoker, non-alcoholic, and had no history of diabetes or cardiovascular disease. On physical examination, the patient was found to be overweight (BMI=30.5 kg/m²), with weight of 90 kgs. Blood investigations revealed elevated lipid levels, specifically triglyceride levels (410 mg/dl). The patient was diagnosed with dyslipidemia by another doctor earlier and was advised to make lifestyle modifications, including dietary changes and regular exercise. However, after two months, the patient did not show any significant improvement in his lipid levels. So he approached us for further management of his condition. On examination the patient was found to be of *Kapha* dominant prakriti and *Kapha-Medo dushti* was also noted.

Management:

Based on the examinations, patient was advised to undergo *Vamana* therapy. The patient was first subjected to pre-therapeutic procedures, including oleation and fomentation, to prepare the body for the emesis. Oleation involves the administration of medicated oils or ghee to lubricate the internal organs and facilitate the elimination of toxins. Fomentation involves the application of heat to the body to stimulate blood flow and liquify the toxins. The emesis was induced using a decoction of *Madanaphala* (*Randia dumetorum*) and medicated milk. The patient was closely monitored during and after the procedure. The patient experienced a significant amount of emesis (8 *Vegas*) and reported feeling light and refreshed after the procedure. The patient was then advised to follow a specific diet and lifestyle regimen for the next few days to aid in the recovery process.

Table-1: Timeline of the management done

Date & Procedure	Medicines used & Quantity
16/03/23, 17/03/23 and 18/03/23 Deepana-Pachana	Chitrakadi Vati 2 tablets thrice daily
19/03/23 Snehapana Day 1	Panchatikta Ghrita 30 ml empty stomach in the morning followed with lukewarm water.
20/03/23 Snehapana Day 2	Panchatikta Ghrita 60 ml empty stomach in the morning followed with lukewarm water.
21/03/23 Snehapana Day 3	Panchatikta Ghrita 90 ml empty stomach in the morning followed with lukewarm water.
22/03/23 Snehapana Day 4	Panchatikta Ghrita 120 ml empty stomach in the morning followed with lukewarm water.
23/03/23 Snehapana Day 5	Panchatikta Ghrita 150 ml empty stomach in the morning followed with lukewarm water.

24/03/23 Vishrama Kala Sarvanga abhyanga and Sarvanga Vaspa Sweda were done.	
25/03/23 Vamana Karma was performed	After Akanthya Dugdhapana the Madanphala yog was given to the patient to drink. After four vegas Yashtimadhu phant was given and at last saindhav jala was administered.
25/03/23 onwards to 30/03/23 Samsarjana krama was advised to the patient.	

Results:

Before starting the treatment triglyceride level was 410 mg/dl, which after the five days Snehapana rose a little (442.3 mg/dl) but post-procedural investigations revealed a significant reduction in triglyceride levels (224.12 mg/dl), a reduction of almost 45 % from the previous levels just the next day of the Vamana karma. After the completion of Samsarjana krama the Lipid profile was checked again and serum triglycerides were found to be 150 mg/dl. VLDL before treatment was 90.6 mg/dl which reduced to 30.84 mg/dl after the therapy. Significant improvement in HDL levels were also noted. Weight of the patient before the treatment was 90 kgs which was reduced to 85 kgs at the end of the treatment. The patient also reported feeling more energetic and experienced an improvement in his appetite. The patient was advised to continue with the prescribed diet and lifestyle regimen and to undergo follow-up investigations after three months.

Table-2: Timeline of the improvement in lipid parameters

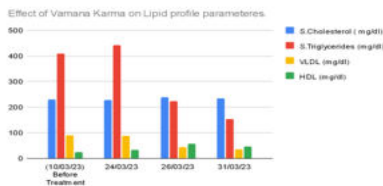
Date Blood Parameters	S. Cholesterol	S. Triglycerides	VLDL	HDL
10/03/23	230 mg/dl	410 mg/dl	90.6 mg/dl	25.40 mg/dl
24/03/23	228 mg/dl	442.3 mg/dl	88.5 mg/dl	33 mg/dl
26/03/23	239.5 mg/dl	224.12 mg/dl	44.82 mg/dl	56.34 mg/dl
31/03/23	233.8 mg/dl	154.2 mg/dl	30.84 mg/dl	46.27 mg/dl

Discussion:

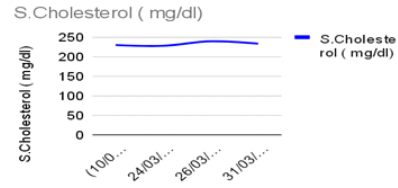
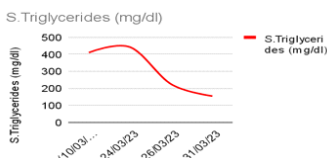
Dyslipidemia is a metabolic disorder that is characterized by elevated levels of lipids in the blood. Elevated levels of lipids can lead to the development of various health problems, such as cardiovascular disease, type 2 diabetes, and metabolic syndrome. Lifestyle modifications, such as dietary changes and regular exercise, are the first line of treatment for dyslipidemia. However, some patients may not respond to these interventions, and alternative therapies may be required.

Vamana karma is a well-known therapy in Ayurveda that has been used for centuries to treat a variety of diseases. The therapy involves the induction of emesis, which helps to eliminate excess doshas from the body. Doshas are the three basic elements of the body, namely Vata, Pitta, and Kapha, and imbalances in these elements can lead to the development of diseases. Vamana karma is a safe and effective therapy that has been used for the treatment of various diseases, including metabolic disorders. According to Ayurveda Dyslipidemia comes under the umbrella of Kapha Medo dushti which can be best treated with Vamana therapy.

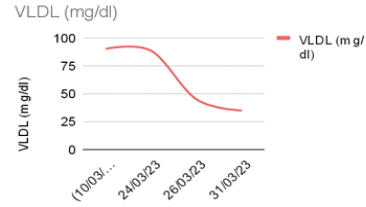
Graph-1



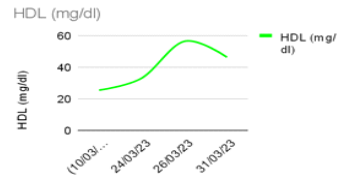
Graphv2



Graph-4



Graph-5



Conclusion:

Vamana karma therapy may be a safe and effective alternative therapy for the management of Dyslipidemia. The therapy helps to eliminate excess doshas from the body, which in turn improves the metabolism and digestion of fats. This case report presents evidence of the effectiveness of Vamana karma therapy in reducing triglyceride levels in a patient with Dyslipidemia. However, further studies are needed to fully understand the mechanism of action of the therapy and its long-term effects on lipid metabolism.

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