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GAU GHRITA'S MASSIVE IMPACT ON STHAULYA ROGA

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ABSTRACT

Hypertension, Obesity, or *Sthaulya Roga*, is a global health issue that impedes general well-being and contributes to a host of chronic illnesses. According to the traditional Indian medical system known as *Ayurveda*, obesity is a complicated illness that results from an imbalance of doshas, primarily kapha dosha, along with additional variables like poor diet, a sedentary lifestyle, and hereditary susceptibility. *Acharya Charaka* involved *Sthaulya Roga* in chapter *Cha. Su. 21* and *Samtarpana-Janita Rogain* chapter *Cha.Su. 23*. The signs and symptoms of these disorders are discussed in chapter *cha su. 15/37* which involve loss of libido, excessive sweating, excessive hunger, weakness, poor smell, and excessive thirst. The etiology of *Sthaulya Roga* is multifactorial and includes metabolic abnormalities, food patterns, lifestyle decisions, and psychological aspects. Pathogenesis is the build-up of excess *Meda Dhatu*(fat tissue) and *Ama* (toxins), which impedes *Agni* (digestive fire) and obstructs *srotas* (channels).In order to restore *Dosha* balance, *Ayurvedic* management of *Sthaulya Roga*employs individualised dietary changes, lifestyle interventions, herbal remedies, detoxification therapies, using *GauGhrit* has good impact on obesity and physical exercises catered to each patient's unique constitution and imbalances. *Ayurveda* provides insightful information and practical methods for managing and preventing *Sthaulya Roga* in modern healthcare settings by treating the underlying causes of the condition and encouraging holistic well-being.

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INTRODUCTION

*Sthaulya Roga*and*Samtarpana-JanitaRoga*have been described by *Acharya Charaka In Chapters Cha. Su.21* and*Cha.Su.23*respectively. Loss of libido, excessive sweating, excessive hunger, weakness, foul odor, and excessive thirst are some of the indications and symptoms of these illnesses that are discussed in chapter *cha su-15/37*.(1,2,3)*Sthaulya Roga*, or obesity in contemporary medicine, is a disorder marked by an excessive build-up of body fat that has detrimental effects on health. Genetic, environmental, and lifestyle variables all play a role in this complex illness. Globally, *sthauilya* is regarded as a serious public health concern due to its increasing prevalence and related comorbidities, which include musculoskeletal illnesses, diabetes, and cardiovascular disease.(4)In order to treat *Sthaulya Rogaholistically* and restore *dosha* balance while enhancing overall well-being, *Ayurveda*, the traditional Indian medical system, offers customised dietary and lifestyle changes, herbal medicines, and therapeutic interventions. Thorough knowledge of the aetiology and pathophysiology of *Sthaulya Roga*, as well as customised treatment plans designed to target underlying issues and encourage long-term weight control, are necessary for effective management of the condition.(5)The buildup of excess body fat that is associated with obesity is a global health crisis that poses serious hazards to one's general health and well-being. The World Health Organisation (WHO) reports that since 1975, the worldwide obesity rate has nearly

tripled. Over 1.9 billion persons who were 18 years of age or older were overweight in 2016. More than 650 million of them were obese. In 2016, 13% of adults over the age of 18 were obese and 39% were overweight.(6)Numerous causes, such as sedentary lifestyles, poor eating habits, socioeconomic issues, and urbanisation, are blamed for the growth in the incidence of obesity. Obesity puts a significant strain on healthcare systems around the globe by raising the risk of chronic illnesses like cardiovascular disease, type 2 diabetes, certain malignancies, and musculoskeletal diseases. Comprehensive public health initiatives that encourage healthy lifestyles, enhance nutrition, boost physical activity, and establish conditions for long-term weight management are needed to combat obesity.(7)

MATERIAL AND METHODS

- ❖ Government *Ayurvedic* medical college Varanasi.
- ❖ Modern and *Ayurvedic* literatures.
- ❖ Scientific journals, articles and case study.
- ❖ Monograph and Internet etc.

OBSERVATION AND DISCUSSION

Indianpeople always use *GauGhrit*, or clarified butter, in their meals, either as a condiment or for cooking. On weight loss, however, opinions on *GauGhrit* are split. While some people absolutely reject

it, others firmly believe in it. This misunderstanding raises the question: should we avoid *GauGhrith* or is it beneficial for losing weight? The purpose of this paper is to expose the truth regarding *GauGhrith's* contribution to weight loss. As per the American Heart Association, a daily meal consisting of 12 gm. of *GauGhrith* only accounts for 7% of fat, when a balanced diet should contain at least 25% fat. An approximate of 112 calories is found in one teaspoon of desiGauGhrith.⁽⁸⁾The composition of *GauGhrith* is a complex lipid that includes minor amounts of burned casein, free fatty acids, phospholipids, sterols, sterol esters, fat-soluble vitamins, carbonyls, hydrocarbons, and carotenoids (only found in *GauGhrith* made from cow milk). As per the US Department of Agriculture (USDA), one tablespoon (approximately 14g) of *GauGhrith* contains the following nutrients.

CONTENTS	Values for 14 gm.
Energy	123 K Cal.
Protein	0.04 gm.
Fat	13.9 gm.
Calcium	0.56 mg.
Potassium	0.7 mg.
Choline	3.12 mg.
Vitamin A	118 µg.
Retinol	115µg.
Beta Carotene	27 µg.
Cholesterol	35.8 mg.

Saturated fats, which are present in *GauGhrith*, can be harmful if ingested in excess. Research reveals that pure cow's milk from grass-fed cows can contain as much as 64% saturated fat in their *GauGhrith*. Nonetheless, a weight-loss diet that includes *GauGhrith* is a successful approach to shed extra fat. Dairy products high in fat, like butter and *GauGhrith*, have historically been linked to obesity and weight gain. Thus, it could seem counterintuitive to hear that *GauGhrith* can help with weight loss. However, this is how *GauGhrith* can support weight loss. *GauGhrith* contains fatty acids that aid in smooth digestion. Furthermore, these fatty acids promote the absorption of fat-soluble nutrients such as vitamins A, E, D, and K while regulating hormones.⁽⁹⁾ *GauGhrith* contains more omega-3 and omega-6 fatty acids than butter. Study shows that omega-3 helps reduce abdominal fat mass and percentage in overweight or obese individuals on a weight loss diet. Hence, *GauGhrith* helps reduce body fat levels and helps tone the body. *GauGhrith* has the unique ability to burn stored fat cells in the body for energy, leading to faster weight loss. Additionally, amino acids in *GauGhrith* can shrink fat cells around the stomach, thighs, and buttocks. Therefore, incorporating a moderate quantity of *GauGhrith* into a weight loss diet plan can be beneficial for preventing rapid fat accumulation in the body. *GauGhrith* also benefits those suffering from thyroid-related disorders that may cause unintended weight gain. *GauGhrith* aids in the better assimilation of vitamin D, which regulates thyroid function and prevents unwanted weight gain. Fat in *GauGhrith* is different from other fats as it contains conjugated linoleic acid (CLA). CLA is a naturally occurring fatty acid that, when consumed daily, supports weight loss and protects against carcinogenic diseases. Grass-fed *GauGhrith* is particularly rich in CLA, containing up to five times more than non-grass-fed *GauGhrith*, making it the preferred choice for those seeking to enjoy the benefits of *GauGhrith* for weight loss. In addition, another research shows that CLA isomers are antiobesity, antiatherogenic, anticarcinogenic, and antidiabetic. *GauGhrith* is also suitable for people with lactose intolerance as it does not contain casein or lactose, making it easily digestible. In addition to its weight-loss benefits, *GauGhrith* can contribute to detoxification and a healthy colon. Butyric acid in *GauGhrith* acts as a natural colon cleanser, helping flush out toxins from the body and maintaining a healthy colon. In addition, *GauGhrith* acts as a natural laxative, promoting regular bowel movements. Also, it helps to eliminate fluid buildup in the body that can contribute to weight gain. *Ayurveda*, highly regards *GauGhrith* for its numerous health benefits. It includes contributing to longevity, disease protection, and joint lubrication. In addition, consuming *GauGhrith*, especially *DesiGauGhrith*, is believed to aid in healthy weight management. With regular exercise and stress management, *Ayurveda* suggests incorporating small amounts of

GauGhrith into meals to support weight loss goals. However, seeking advice from a healthcare provider before incorporating *GauGhrith* into your diet or lifestyle is crucial, especially if you suffer from any medical issues or are taking any medications. *GauGhrith* is a valuable weight-loss ingredient due to its unique fatty acid profile and essential nutrients. In addition, it aids digestion, promotes the absorption of fat-soluble nutrients, and helps burn stored fat cells in the body for energy. Therefore, incorporating a moderate quantity of *GauGhrith* into a weight loss diet plan can be beneficial for preventing rapid fat accumulation in the body.

CASE REPORT

At the *Government Ayurvedic Medical College in Varanasi*, averages of 400 to 500 outpatients are treated daily. During my observations, I noticed that many of the patients seeking treatment had experienced weight gain due to their lifestyle choices, including poor diet, lack of physical activity, and stress. From this large pool of outpatients, I selected approximately 30 patients for a focused study, all of whom presented with concerns related to weight gain. These individuals were chosen to assess the impact of *Ayurvedic* treatments, such as *GauGhrith*, on managing obesity and related health issues. This smaller subset allowed for more personalized monitoring of their progress, providing valuable insights into how lifestyle factors contribute to weight gain and how traditional *Ayurvedic* interventions can effectively address such concerns. In today's fast-paced, technology-driven world, many patients experience significant weight gain, which continues to escalate daily, largely due to a lack of physical activity. This sedentary lifestyle contributes to increased fatigue and a worsening lipid profile, leading to elevated cholesterol levels. As a result, these individuals face a heightened risk of developing heart-related issues. The rise in obesity is a key factor in cardiovascular problems, with females often being more affected. Interestingly, women may exhibit greater health consciousness than men but are still more prone to weight-related issues due to hormonal and lifestyle factors. Despite their awareness, the demands of modern life make it challenging for many to maintain a healthy weight and engage in regular physical activity.

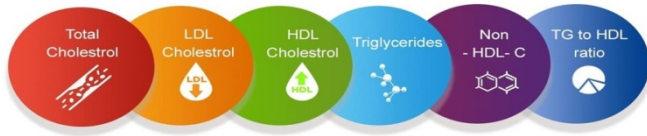
OBSERVATION OF BMI



For every patient reporting concern about weight gain, their Body Mass Index (BMI) is calculated by monitoring their height and weight. This method is essential for evaluating whether a person's weight is within a healthy range, or if they fall into categories such as overweight or obese. In my study, I focused on patients aged 25 to 39.9 years, as this group is particularly prone to experiencing weight fluctuations due to lifestyle factors like sedentary work environments, stress, and changes in metabolism. By determining BMI, I could assess the severity of weight-related health risks and implement appropriate interventions tailored to their specific weight category. This approach allowed for a clearer understanding of how weight gain correlates with health concerns and provided a basis for personalized treatment plans aimed at reducing BMI and improving overall well-being.

Clinical Investigations

Lipid Profile Test Includes



When cholesterol accumulates in the walls of your blood vessels, it can lead to blockages and an increased risk of cardiovascular diseases. Low-density lipoprotein (LDL) cholesterol, commonly referred to as "bad" cholesterol, plays a harmful role in this process by contributing to the buildup of plaque in the arteries. This can result in atherosclerosis, a condition where the arteries narrow, leading to an increased risk of coronary heart disease and stroke. In contrast, high-density lipoprotein (HDL) cholesterol is known as "good" cholesterol because it helps transport excess cholesterol from the bloodstream back to the liver, where it can be eliminated. Higher levels of HDL cholesterol are beneficial, as they reduce the risk of heart disease. Elevated triglyceride levels, another type of fat found in the blood, can further increase the risk of heart disease and vascular problems when combined with high cholesterol. Managing both LDL and triglyceride levels, while boosting HDL is essential for maintaining cardiovascular health and preventing related complications. ⁽¹⁶⁾

Drug Administration



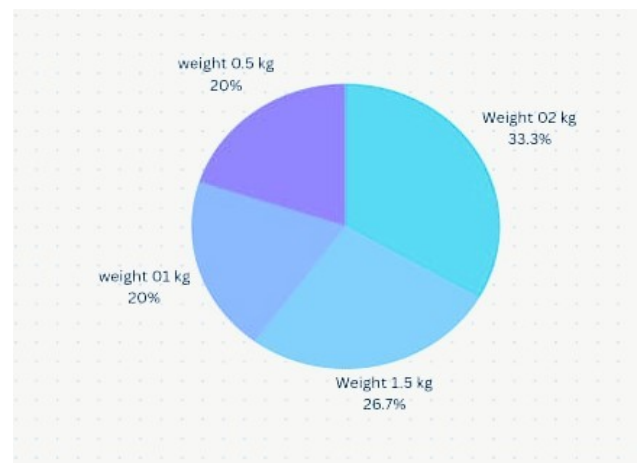
I administered one tablespoon (approximately 5 grams) of *GauGhrit* before meals twice daily with lukewarm water to individuals who were classified as obese, based on their BMI exceeding the normal range. The results were promising, as patients showed a noticeable

reduction in both cholesterol levels and body weight. Within just one month, their weight decreased by an average of 500 grams to 2 kilograms. This suggests that *GauGhrit*, when used as part of a controlled regimen, may contribute to effective weight management and cholesterol reduction in obese individuals. However, it should be emphasized that this approach was combined with dietary and lifestyle considerations to maximize health benefits.

RESULTS

Here is the table representing the weight loss of 30 patients using *GauGhrit*, along with the corresponding percentages:

Weight Loss (kg)	Number of Patients	Percentage of Patients (%)
2.0	10	33.33%
1.5	8	26.67%
1.0	6	20.00%
0.5	6	20.00%



This table highlights that the highest percentage of patients (33.33%) lost 2 kg, while 26.67% lost 1.5 kg, and 20% lost 1 kg and 0.5 kg each. The use of *GauGhrit* has shown a modest improvement in managing obesity through weight reduction. Patients experienced varying degrees of weight loss, ranging from 0.5 kg to 2 kg, suggesting that *GauGhrit* may contribute to gradual weight management when taken as part of a holistic approach. Though the reduction is not drastic, it highlights the potential of *GauGhrit* supporting weight loss efforts, especially when combined with a balanced diet and proper lifestyle modifications. The results indicate that while *GauGhrit* aids in reducing weight, it works best when integrated with other healthy practices.

CONCLUSION

GauGhrit, or clarified cow's *GauGhrit*, is valued in traditional health practices for its potential to support weight loss when consumed in moderation. Despite being a source of saturated fats, it is believed to enhance digestion, boost metabolism, and aid in nutrient absorption, all of which may help manage excess weight. Its rich content of short- and medium-chain fatty acids is thought to promote fat oxidation and increase energy expenditure. Additionally, *GauGhrit* helps lubricate tissues and joints, improving mobility and supporting physical activity, which further aids in maintaining a healthy weight. For successful weight management, incorporating *GauGhrit* should be part of a broader approach that includes a balanced diet, regular physical activity, and healthy lifestyle adjustments. While *GauGhrit* may offer benefits such as improved digestion and enhanced metabolism, it should be consumed in moderation. Excessive intake of any fat, including *GauGhrit*, can lead to adverse health effects like weight gain or increased cholesterol levels. Individual responses to *GauGhrit* may vary, depending on factors like metabolism, body type, and health status. Therefore, it is essential to tailor its use to

personal health goals and ensure it complements other weight management strategies for sustainable and effective results. To tailor the use of *GauGhrit* to individual health needs and goals, it is advisable to consult a healthcare provider or an *Ayurvedic* practitioner. Personalized guidance ensures safe and effective incorporation of *GauGhrit* into one's diet. While initial evidence suggests potential benefits such as improved metabolism and fat oxidation, more scientific research is needed to substantiate these claims and fully understand the mechanisms behind *GauGhrit's* impact on weight loss. It's essential to approach its use cautiously, acknowledging that individual responses may vary, and to ensure that it complements a broader plan of healthy eating and active lifestyle choices.

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