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Role of biopurification virechana (therapeutic purgation) in the ayurvedic management of sthaulya (prediabetic)

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Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children, and authorities view it as one of the most serious public health problems of the 21st century. Of late, it has been shown that it has positive correlation with insulin resistance and is a strong risk factor for cardiovascular diseases and a strong predictor of future diabetes mellitus. A comparative clinical study was conducted to assess the efficacy of virechana performed by using classical Snehana (oleation) as Purvakarma (preoperative) in prediabetic in group A, group B by conducting Rookshana as Purvakarma prior to Snehana and to ascertain whether performance of Rookshana prior to Abhyantara Snehapana in Virechana provide better relief in the diabetes patients by comparing both the groups. From the above study conducted i.e., Rookshana Purvaka Virechana therapy proved very significant in weight management and reduction of glucose and lipid levels with p value <0.001

Biography

Karanvir Singh has completed his graduation from Guru Ravidas Ayurved University, Punjab and specialized in Panchakarma (Ayurveda Bio-purification). He has standardised various models for proving evidence for the use of the bio-purification methods. He is currently working as Post-graduate Resident in Department of Panchakarma at SDM College of Ayurveda and Hospital, Hassan, India. He has credentials of being organising secretary for All India Ayurveda Congress 2015 and published many articles and presented various international papers on metabolic disorders.

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