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Effectiveness of Ashwathi Chooranam and Yoga therapy in the Management of Obesity: A Case Report

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ABSTRACT:

Obesity is a growing global health concern associated with various metabolic and lifestyle disorders. Traditional systems of medicine such as Siddha emphasize holistic approaches for the management of obesity through herbal formulations and lifestyle modifications. The present study was undertaken to evaluate the effectiveness of Ashwathi Chooranam combined with yoga therapy in the management of obesity through a single-patient case report. A 42-year-old female patient reported to the Outpatient Department (OPD) of Arignar Anna Government Hospital of Indian Medicine with complaints of progressive weight gain, fatigue, breathlessness on exertion, poor digestion and stress for several years. Clinical assessment revealed an elevated Body Mass Index (BMI) of 34.9 kg/m^2 and Waist–Hip Ratio (WHR) of 0.89, indicating obesity with central fat distribution. The patient was treated with Ashwathi Chooranam (Verukadi ~1 g) administered orally twice daily with honey as an adjuvant for a duration of 48 days, along with a structured yoga therapy protocol. The yoga regimen included 4 minutes of warm-up exercises followed by Bhujangasanam, Vrikshasanam, Trikonasanam, Pavanamuktasanam, and Savasanam (3 minutes each), and Bhramari Pranayamam and Nadi Suddhi Pranayamam (4 minutes each) practiced for a total duration of 30 minutes daily. Anthropometric parameters were recorded before and after treatment. At the end of therapy, body weight reduced from 93.7 kg to 88.2 kg, BMI from 34.9 kg/m^2 to 32.8 kg/m^2 and WHR from 0.89 to 0.87. The patient also reported improvement in fatigue, digestion and breathlessness. The above findings suggest that Siddha medicine combined with yoga therapy will be beneficial in the management of obesity.

KEYWORDS: Ashwathi chooranam, Body mass Index, Obesity, Waist-Hip ratio, Yoga therapy.

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INTRODUCTION:

Obesity is a chronic metabolic disorder characterized by excessive accumulation of body fat resulting from an imbalance between energy intake and energy expenditure[1,7].It is considered a major public health problem worldwide and is associated with various health complications including cardiovascular diseases (CAD), diabetes mellitus (DM), hypertension and musculoskeletal disorders[2,7].

According to the Siddha system of medicine, obesity is mainly attributed to the derangement of Kabam humor and impairment of digestive fire, which leads to improper metabolism and accumulation of fat tissues[3,4]. Siddha management focuses on restoring humor balance, enhancing digestion and eliminating accumulated toxins from the body[3].

Herbal formulations play an important role in the management of metabolic disorders. Ashwathi Chooranam is traditionally used in Siddha medicine for improving digestion and regulating metabolic activity[14]. In addition to pharmacological therapy, lifestyle modification including yoga practice plays a significant role in reducing body weight and improving metabolic health[8,10]. This case is unique because it highlights the combined effect of Siddhar Yoga Therapy and Ashwathi Chooranam in the management of Athithoolam (obesity). The integrated approach targets metabolic imbalance, improves digestion and supports weight reduction through a holistic, non-invasive treatment method.

CASE REPORT:

A 42-year-old female patient reported to the OPD of Arignar Anna Government Hospital of Indian Medicine seeking treatment for obesity. She presented with complaints of progressive weight gain, persistent fatigue, breathlessness on exertion, impaired digestion, and increased stress levels over several years. The patient follows a mixed dietary pattern and leads a predominantly sedentary lifestyle. There is no significant past medical history of major systemic illness. On clinical examination, she was found to have increased body weight and abdominal fat accumulation, with elevated BMI and waist–hip ratio, indicating obesity with central fat distribution[15].These findings suggest a chronic lifestyle-associated condition requiring comprehensive management.

THERAPEUTIC INTERVENTION:

The details regarding the treatment and time line is mentioned in table-1

Lifestyle Modifications

Do's: Balanced low-calorie diet, adequate hydration, regular yoga/physical activity, proper sleep and stress management.

Don'ts: Fried and processed foods, excess sugar and fat intake, overeating, late-night meals, sedentary habits, smoking and alcohol consumption.

Results:

After completion of the 48 days treatment regimem with Ashwathi chooranam along with a structured yoga therapy protocol, marked improvement was observed in both anthropometric parameters and clinical symptoms.

Objective parameters assessed before treatment (BT) and after treatment (AT) are presented in Table-2. A reduction was observed in body weight, BMI, waist circumference, hip circumference, and waist–hip ratio following 48 days of treatment, indicating improvement in overall obesity and central fat accumulation. In addition to measurable physical improvements, the patient reported noticeable relief in clinical symptoms, including reduced fatigue, improved digestion and decreased breathlessness on exertion. Stress levels were also found to be reduced over the course of treatment. No adverse effects were observed during the treatment period, suggesting that the intervention was safe and well-tolerated. Overall, the combined Siddha medicine and yoga therapy demonstrated a positive impact on the patient's health status.

Table-1: Treatment and time line

Date / Day	**Symptoms**	**Anthropometric measurements**			**Medicine**
		Weight (kg)	BMI (kg/m^2)	WHR	
02/07/2025 Day 1	Complaints of obesity, progressive weight gain, fatigue, breathlessness on exertion, poor digestion and stress.	93.7	34.9	0.89	Ashwathi Chooranam (Verukadi ~1 g) orally twice daily with honey as adjuvant. The yoga regimen included 4 minutes of warm-up exercises followed by Bhujangasanam, Vrikshasanam, Trikonasanam, Pavanamuktasanam, and Savasanam (3 minutes each), and Bhramari Pranayamam and Nadi Suddhi Pranayamam(each 4 minutes) practiced for a total duration of 30 minutes daily.
09/07/2025 Day 7	Mild fatigue and poor digestion persisted. Patient compliant with	92.9	34.6	0.89	Continued Ashwathi chooranam (Verukadi ~1 g) with honey and yoga therapy

	treatment.				
16/07/2025 Day 14	Breathlessness on exertion reduced slightly. Improved bowel habits and appetite control.	92.0	34.2	0.88	Same treatment continued
23/07/2025 Day 21	Improved digestion and reduced exertional breathlessness	91.1	33.9	0.88	Continued Ashwathi chooranam and yoga therapy
30/07/2025 Day 28	Improved digestion and reduced exertional breathlessness	90.7	33.7	0.88	Same treatment continued
06/08/2025 Day 35	Increased physical activity tolerance and improved wellbeing.	90.1	33.5	0.88	Continued Ashwathi chooranam and yoga therapy
13/08/2025 Day 42	Minimal fatigue and improved quality of life	89.4	33.2	0.87	Same treatment continued
18/08/2025 Day 48	Final assessment showed marked symptomatic improvement.	88.2	32.8	0.87	Completion of Ashwathi chooranam and yoga therapy

Table-2: Assessment of result:

	BT	AT
Body weight (kg)	93.7	88.2
Body Mass Index (kg/m^2)	34.9	32.8
Waist circumference (cm)	102	96
Hip circumference (cm)	115	110
Waist -Hip Ratio	0.89	0.87

DISCUSSION:

Obesity is a multifactorial metabolic disorder influenced by dietary habits, sedentary lifestyle, and psychological stress[1,7].

In Siddha medicine, obesity is mainly associated with the vitiation of Kabam humor, which leads to excessive accumulation of fat and metabolic imbalance[3,4].

In the present case, the patient exhibited typical symptoms of obesity including progressive weight gain, fatigue and reduced physical activity. The administration of Ashwathi Chooranam may help in stimulating digestion, regulating metabolism and facilitating the reduction of excess body fat[14] .

Yoga therapy plays a complementary role in obesity management. Asanas such as Bhujangasanam, Vrikshasanam, Trikonasanam and Pavanamuktasanam improve metabolic activity and enhance physical fitness[8] . Pranayama techniques including Bhramari and Nadi Shuddhi help reduce stress and improve respiratory efficiency[10] .

The overall improvement observed in anthropometric measurements and clinical symptoms in this case highlights the efficacy of the combined Siddha medicine and yoga therapy intervention. Comparable results have been documented in earlier studies; for instance, Ramesh et al[6]. reported significant weight reduction and metabolic improvement following Siddha treatment in obese patients. Similarly, Patel et al[11]. demonstrated that regular yoga practice contributes to reductions in BMI and waist–hip ratio, along with enhanced quality of life. These studies reinforce the importance of a holistic and integrative approach in the management of obesity.

CONCLUSION:

The present case study demonstrates that administration of Ashwathi Chooranam along with yoga therapy for 48 days resulted in a reduction in body weight, Body Mass Index and Waist–Hip Ratio in a patient with obesity. The treatment also improved associated symptoms such as fatigue, breathlessness on exertion and poor digestion. These findings suggest that Siddha medication combined with yoga therapy may be beneficial in the management of obesity. However, further clinical studies with larger sample sizes are required to scientifically validate these findings.

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Declaration of Patient consent:

Consent of the patient was obtained for the publication of the photographs and the case report.

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