

A Comprehensive Pharmacological Analysis of Bilwadi Panchamula (Vruhath Panchamula) in the Prevention of Obesity

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At present, obesity is increasing at an alarming rate throughout the world. It has proved that obesity is a major contributor to the global burden of chronic diseases such as cardiovascular diseases, hypertension, stroke, & cancer etc. A comprehensive literature review was conducted on Bilwadi Panchamula (Vruhath Panchamula) regarding its' pharmacological properties & activities on obesity management. According to the Charaka Samhitha, Bilwa (Beli), Agnimantha (Midi), Shyanaka (Thotila) , Patala (Palol) & Kashmari (Athdemata) are the herbs include in the Bilwadi Panchamula. The information was collected from authentic Ayurvedic texts, scientific journals, and research articles and through the electronic media. According to Ayurvedic pharmacological properties of the five herbs, Gana is Shothahara (Anti-inflammatory). All five herbs contain 50% of Thiktha & Kashaya in Rasa (taste); 40% of Lagu & Ruksha in Guna: 80% Of Ushna (hot) in Veerya; & 100% of Katu in Vipaka. All of these herbs have Thridosa subsidence properties. The action of these herbs in the digestive system is the Deepana & Pachana and because of this action, Charaka acharya has recommended this Vruhath Panchamula as Bilwadi Panchamula for the management of weight reduction and Athisthaulya (obesity). As mentioned in Ayurvedic texts, these properties will help to reduce the corpulence state of the human. These plants also have a medicinal value. The Bilwadi Panchamula contains alcoloids, flavanoids and terpenoids as phytochemicals. Most of these plants have similar pharmacological activities such as anti-hyperlipidermic, anti-inflammatory, anti-oxidant, anti- diabetic and anti- mutagenic actions which effects to prevent obesity. According to pharmacological dynamic effects of the herbs in Bilwadi Panchamula has the effect of reducing obesity.

Key words: *Bilwadi Panchamula, Pharmacological activities, Ayurveda, Obesity*