



Research Article

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AYURVEDIC TECHNIQUES FOR THE TREATMENT OF EDEMATOUS FIBRO SCLEROTIC PANNICULOPATY (EFSP)

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ABSTRACT

In the present study, an aesthetic treatment was implemented to reduce Edematous Fibro sclerotic Panniculopathy (EFSP) with Ayurvedic techniques according to each of the three Doshas: Pitta, Kapha and Vata. EFSP is an aesthetic alteration that has been increasing due to bad nutritional habits and sedentary lifestyle, being one of the main reasons for the consultation of women who feel dissatisfied with their body's physical appearance. The present study was conducted to identify the effectiveness of Ayurvedic techniques for reducing Edematous Fibro sclerotic Panniculopathy in women between 30 and 45 years of age. A clinical research was carried out, applying the integral Ayurveda protocol to three patients for one month, taking into account the follow-up of anthropometric measurements and morphological profile within each patient. We used oils made from plants and poultices, marma points with a mixture of artichoke, eggplant, pineapple, rue, seaweed, Lippia alba, cardamom oil, turmeric essential oil, detox cinnamon essential oil, clove essential oil, coconut and olive and sesame oil. The results obtained were successful, achieving an improvement in the texture and tone of the skin, and in addition to the above, as an unexpected result, there was also an improvement in blood circulation and an improvement in the skin's pigmentation of the patients. Alternative aesthetic treatments with Ayurvedic techniques are useful and effective for treating Edematous Fibro sclerotic Panniculopathy (EFSP). These treatments are lower cost, non-invasive and without adverse effects.

Keywords: Edematous Fibro sclerotic Panniculopathy (EFSP), Doshas, oils, poultices, aesthetics, Ayurveda, massage.

INTRODUCTION

In Colombia, obesity and overweight increased significantly over the years, with predominance in the female gender. Obesity refers to excess body weight and is considered a disease that negatively affects health and puts people's lives at risk¹. According to the World Health Organization (WHO), in 2010, the prevalence of obesity was estimated at 34.7% and overweight at 70.4% in women over 30 years of age. This disease has a multifactorial origin and brings many risk factors for health, causing associated pathologies².

Edematous Fibro sclerotic Panniculopathy (EFSP) is an aesthetic alteration that is substantially evident in the female sex. Its presence in the subcutaneous tissue shows undulations, bulges, poor blood microcirculation, heaviness and varicose veins, which send a bad signal to the brain with distortions that harm even self-esteem, quality of life and impact mental health in the population³. It is also an abnormal alteration of water and toxins in the subcutaneous tissue⁴.

Protocols developed with ayurvedic treatments are an excellent option for improving Edematous Fibro sclerotic Panniculopathy (EFSP)⁵.

The current study aims to answer the following question: How to minimize the side effects of EFSP using Ayurvedic treatments? Based on that, we applied in some anatomical points (marma) a mixture of artichoke, eggplant, pineapple, ginger, sour orange, seaweed, and oils of *Lippia alba*, cardamom oil, turmeric

essential oil and detox cinnamon essential oil, clove essential oil, coconut, olive and sesame oil in women between 30 and 45 years with EFSP, obesity, and overweight.

Theoretical Background

Ayurveda is a word that comes from Sanskrit, dating back some 5000 years to India, Ayur (life) Veda (science); "the science of life". According to Ayurvedic medicine, overweight and obesity are disorders caused by eating food that is not in harmony with our body. Therefore, Ayurveda points out that patients suffering from obesity must learn to eat correctly and eat according to their organism works. Eating products that are in accordance with the characteristics of our metabolism will allow you to be a healthy and fitness person.

Consequently, the problem is not that the person eats too much, but the selection or types of food the person ingests. The food should go according to the "Doshas". Doshas are the characteristics or psychic-somatic attributes of each one governed by the combination of 5 elements (water, air, earth, space, fire). These five elements have certain characteristics:

- Space: expansive, dry, and light
- Air: light, mobile, cold, dry
- Fire: hot, oily, mobile, light, penetrating, penetrating
- Water: soft, wet, and cold
- Earth: heavy, oily, cold, and dense (Vida Naturalia.com)

Type of Doshas

In Ayurveda, three types of Doshas, also known as the body's regulatory systems⁶ (body morphology and the mental part) are taken into account (Vata, Pitta, and Kapha). In this sense, if people consume food according to their body type, there would be no need to worry about being overweight and/or obese⁷.

Vata Profile

- Light, slim physique;
- Performs his activities with speed;
- Irregular appetite and digestion;
- Slight and interrupted sleep, insomnia;
- Enthusiasm, vivacity and imagination;
- Readiness to grasp new information, also to forget it;
- Tendency to worry;
- Tendency to constipation.

Pitta Profile

- Medium complexion;
- Entrepreneur behaviour, likes challenges;
- Powerful hunger and thirst, good digestion;
- Blond, light brown or red hair (or with reddish highlights);
- A tendency towards anger: irritability with stress;
- Aversion to sun and heat;
- Pale or ruddy skin, often freckles.

Kapha Profile

- Solid, powerful and thick complexion; great physical strength and endurance;
- Calm and relaxed personality; slow to anger;
- Cool, smooth, thick skin; pale and often oily;
- Heavy and prolonged sleep;
- A tendency to obesity;
- Slow digestion, slight appetite;
- Affectionate, tolerant, prone to forgiveness;
- A tendency to be possessive and complacent⁸.

Types of Doshas and nutrition

In this section, we show foods to eat and to avoid, in order being in harmony with your body, improve your quality of life and stay in shape:

Vata: Ayurveda recommends Vata (air) type people to consume more cooked vegetables and avoid fried foods, spicy foods, and raw vegetables.

Pitta: These are the people of fire. For these people, it is recommended to avoid the consumption of acidic foods, excessively spicy and fried foods.

Kapha: For people with Kapha personality characteristics (water and earth), it is suggested not to consume sausages and fried foods⁹.

Foods are classified into three types: Sattvic, Rajasic, and Tamasic energy foods.

Sattvic energy foods: food that gives the energy of goodness, light, love, and the fresh foods that are most visible in the sun: fruits, vegetables, grains, cereals and nuts.

Rajasic energy foods: are foods that give energy, passion, are aphrodisiacs that disturb the mind, very spicy foods and hot foods: garlic, onion.

Tamasic energy food: it is the energy of ignorance and lethargy. In this classification are processed foods, chemicals.

In general, this study aims to improve many women's quality of life who have gained body weight and obesity in Colombia¹⁰.

Edematous Fibro sclerotic Panniculopathy (EFSP) occurs mostly in women (85%) in the hormonal change stage. During that stage, the organism and the external body silhouette experiences several transformations, altering its feminine aesthetics, causing a mental and physical imbalance in people who suffer from it³.

Several studies reported the impact of obesity on quality of life and consistently showed the deterioration of physical and mental well-being, measured by different scales. Recently, a five-year longitudinal study revealed that the higher the weight, the worse the quality of life in obese women and men and the greater the deterioration of psychological functioning in obese women¹¹.

In menopause, the impact of obesity on vasomotor symptoms has generated controversy. Weight is positively related to endogenous estrogens' level by aromatization in adipocytes of androstenedione for conversion to estrone. Consequently, it was postulated that having more adipose tissue would be protective against menopausal symptoms¹². However, other data showed different results. In 2005, five out of six studies reported a positive association between hot flashes and BMI. This led to the postulation of the "thermoregulation" theory, with greater support today, which explains that a greater amount of adipose tissue acts as a thermal insulator that increases vasomotor manifestations by preventing heat dissipation¹³.

MATERIALS AND METHODS

For this study, clinical research was conducted, applying the Ayurveda integral protocol to three patients during one month, with three aesthetic interventions every eight days. Each intervention lasted one and a half hour, taking into account the monitoring of anthropometric measurements and morphological profile within each patient. For the esthetic protocol, oils made from plants and poultices, marma points with a mixture of artichoke, eggplant, pineapple, rue, seaweed, *Lippia alba*, cardamom oil, turmeric essential oil, detox cinnamon essential oil, clove essential oil, coconut, olive and sesame oil were used. Interviews, follow-up of anthropometric measurements and morphological profile were carried out within the study to evaluate patient satisfaction and the effect of the protocol's application. Written consent was obtained from the patients.

RESULT

The study participants have previously authorized the reproduction of the figures and information shown below.

Patient #1

Ayurvedic personalities: Vata (thin)

Patient with Edematous Fibro sclerotic Panniculopathy (EFSP) grade 1, the hard texture is desired for the thighs and buttocks. According to Ayurvedic Medicine, when applying the oil corresponding to her Ayurvedic personality (Vata), called detox cinnamon essential oil, clove essential oil, coconut, olive and sesame oil, an improvement in her skin's appearance was evidenced, noticing more vital, smooth and with a more uniform colour. Then the protocol was complemented by applying pineapple, artichoke and eggplant poultice.

Observation before application

Patient #1, 33 years old, presented Edematous Fibro sclerotic Panniculopathy (EFSP) grade 1, of hard texture. She has a small amount of adipose panniculus, which can be seen in Figure 1:



Figure 1: Application process



Figure 2: Application process

Observation after application

After applying the treatment to patient #1, a significant improvement in her skin was noticed: a notorious reduction in the adipose panniculitis was evidenced, the skin texture was evened out, greater skin moisturization was also achieved and there was an improvement in the patient's blood microcirculation. Figure 3 illustrates these results.



Figure 3: Illustrates these results

Patient perception

The patient manifested to have perceived an improvement already from the first application stating that her skin became smoother, lusher, and a considerable reduction of EFSP in her buttocks and thighs. "The orange peel skin is almost imperceptible in the evaluation," says the patient showing a high degree of satisfaction with the results obtained.

Patient #2:

Ayurvedic Personality: Kapha (coarse)

Patient # 2 showed EFSP located in the thighs and buttocks. A reducing massage was performed with cardamom oil, turmeric essential oil to activate blood circulation and lymphatic, relaxing and balancing effect.

Observation before application

Patient #2, 43 years old, presented mixed EFSP, with edematous areas (an inflammatory process) and soft areas of EFSP. It has a large amount of adipose panniculi. EFSP is located in the thighs and buttocks.

Application process

Massage with cardamom oil, turmeric essential oil was performed, reducing the EFSP, activating blood and lymphatic circulation and improving oxygenation, toning and balancing. When performing the massage, the patient manifested pain. This patient also used eggplant, pineapple, and artichoke poultice.

Observation after application

After applying the treatment, the patient presented a notable improvement in her skin texture and skin tonicity. The treatment also improved blood circulation and achieved an unexpected but very positive effect on the patient's skin. This was the matching of skin pigmentation, thus achieving a harmonious appearance and vitality of her skin.



Patient perception

The patient stated that she was very satisfied with the results. According to her, the treatment significantly reduced the EFSP. In addition, the thigh looks moulded, and the colour of her skin became more uniform.

Patient #3

Ayurvedic Personality: Pitta (medium)

In patient # 3, a flaccid Edematous Fibro sclerotic Panniculopathy (EFSP) located in thighs and buttocks was observed. She was massaged with *Lippia alba* oil for blood circulation activating, lymphatic, relaxing and balancing effect. The treatment also helped tone the skin and reduced the flaccid EFSP.

Observation before application

Patient #3, 36 years old, presented with flaccid EFSP, non-toned areas (hanging skin). She has a large amount of adipose panniculi. The EFSP is located in the thighs and buttocks.

Application process

Patient #3, whose Ayurvedic personality is Pitta, has the characteristic of being an accelerated person, so oil is used to help calm and lower anxiety levels. The oil is called *Lippia alba*. It also has a restorative effect on blood and lymphatic circulation and improves skin oxygenation. In this protocol, the pineapple, artichoke and eggplant poultice was also used.



Observation after application

After applying the treatment, patient #3 presented a notable improvement in the skin's texture and tone, thus improving the flaccidity of the thighs and buttocks. The skin is also uniform in texture and colouration, and the treatment helped obtain a much younger, lusher skin.



Observation before (left) and after (right) applying the Ayurvedic protocol in patient #3

Patient perception

Patient #3 feels satisfied with the protocol's application, stating that she felt "freed from the tension she felt in her legs", so this treatment can also be applied to work on tired legs, helping to improve blood circulation, lymphatic circulation and oxygenation of the skin. The patient also commented that after the application of the treatment, she regained skin hydration.

DISCUSSION

Alternative therapies, specifically Ayurvedic techniques, have become an option for treating obesity and Edematous Fibro sclerotic Panniculopathy (EFSP). These treatments have no adverse effect on the health of patients, are accessible and non-invasive. Besides, the application of the treatment in patients resulted in the uniformity of skin colour and tone.

These protocols have a curative and preventive effect. The healing result in the patient's emotional area, not related to the study's objective, is important to share with the scientific community, considering that it contributes to improving the quality of life of people. The philosophy of Ayurveda is that when a person knows his dominant dosha, he can treat or transform his lifestyle to improve or maintain his health in each of the three dimensions: physical, mental and spiritual. It is important to note that all people have a combination of two or three Doshas, but one will always reflect the dominant dosha.

CONCLUSION

Alternative aesthetic treatments with Ayurvedic techniques are useful and effective for treating Edematous Fibro sclerotic Panniculopathy (EFSP). These treatments are lower cost, non-invasive and without adverse effects.

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