



AYURVEDIC APPROCH TO MANAGE STHAULYA (OBESITY) - A REVIEW

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ABSTRACT

Obesity is a complex life style disorder that's characterized by excessive body fat. It increases the risk of serious health problems such as a high blood pressure, cardiovascular disease, diabetes etc. When a person consumes more calories then, their body will store the extra calories as fat which leads to obesity. As a metabolic illness, obesity, also known as *Sthaulya Roga* in *Ayurveda*, falls under the category of *Medaroga* and is caused by a malfunctioning of the *Meda dhatvagni*, which is the factor responsible metabolism of *Meda dhatu*. It is also described in *Ashtaunindita Purusha Adhyaya* of *Charak Samhita* (a chapter devoted to eight sorts of unattractive physiques, in which obese people are socially condemned for their improper body size). Abundance and easily availability of food along with sedentary lifestyle and sitting jobs has lead to rapid increase of prevalence rate of obesity so, it has become the matter of global concern. The entire globe anticipates an effective management plan that uses *Ayurveda* to avoid obesity. Holding onto this Keeping that in mind, this research aims to comprehend the aetiology, pathophysiology, and management protocol described in various literature of *Ayurveda*.

AIMS AND ONJECTIVE

1. To study the causes of *Sthaulya* (obsesity).
2. To study and explore the various *Ayurvedic* approaches in the management of *Sthaulya*.

MATERIAL AND METHOD

INTRODUCTION

Obesity and being overweight are characterised as abnormal or excessive an unhealthy deposit of fat. The body mass index (BMI), which is expressed as kg/m^2 , is a basic population measure of obesity in adults. It is calculated by dividing an individual's weight (in kilograms) by the square of their height (in meters). Generally speaking, an individual is deemed obese if their BMI is 30 or more. An individual is deemed overweight if their BMI is 25 or higher. (Table Number One) The World Health Organisation (WHO) states that being overweight or obese

increases the chance of developing a range of chronic illnesses, including as diabetes, cardiovascular disease, and cancer.

One of the best definitions of *Sthaulya* found in the *Charaka Samhita* is "*Medomamsa ativrudhatvat chalasphik udara stana Ayathopachaya utsahonaro atisthulauchyate*". The most frequent dietary problem in affluent civilizations, usually found in industrialised nations, is *sthaulya*. In *Ayurveda*, *Sthaulya Vyadhi* is described in *Santarpanajanya Vyadhi*. It has been mentioned by *Aacharya Charak* under "Chapter Su-21/3: *Asthaunindit Purusha*" There is obstructive pathology in *Sthaulya*. An overabundance of *meda* obstructs *strotasas* and hinders the nourishment of subsequent *dhatu*s.

NIDANA

Nidana of *sthaulya* is basically classified into two categories

1. *Bahayasnidan* which include
 - a) *Aharaj nidana*
 - b) *Viharaj nidana*
 - c) *Manashik nidana*
2. *Abhyantra nidana* which includes *beejadusti*.

Aharaj Nidana

Adhyashana (eating when the previous food is not digested)

Atisampurana (over eating)

Atibrumhana (eating foods high in calories)

Guru ahara (foods which are heavy to digest)

Madhura ahara (foods having sweet taste)

Snigdha ahara (oily foods)

Sheeta ahara (cold foods)

Navanna (freshly harvested grains)

Excessive use of navamadya (freshly prepared alcohol)

Gramya rasa (domestic animal's meat and soups)

Payavikara (milk and it's preparations like curd, ghee)

Ikshuvikara (sugarcane and its products)

Guda (jaggery)

Godhuma (wheat)

Viharaj Nidana

Avyayama (lack of physical exercise)

Avyavaya (lack of sexual intercourse)

Divaswapna (sleeping during the day time)

Asana sukha (remaining seated for a long time)

Bhojanottarasnana (idle sitting after taking food)

Swapnaprasangat (excessive sleep)

Harshanitya (always being cheerful)

Achintana (lack of proper mental activities)

Manashika Nidan

Manasonivritti (relaxation of the mind)

Saukhya (happiness)

Abyantara Nidan

Beejdhusti (defective genes)

Charaka Samhita also includes the cardinal symptoms of *Sthaulya* and besides the lakshana, explained eight-fold dosa of *Sthaulya* person

Cardinal symptoms of *Sthaulya*

1. *Medomamsaativrudhi* (excessive accumulation of meda and mamsa)
2. *Chaluxphik, udaru, stana* (flabby buttocks, abdomen, breasts due to excessive fat deposition)
3. *Avathopachaya-anutsaha* (improperly formed medodhatu causes utsahahani in the individual)

Eight-fold dosa of Sthuyla person

1. *Ayushohrasa* (diminution of lifespan)
2. *Javoparodha* (lack of interest in physical activity /sluggish movement)
3. *Kricchravyavaya* (difficulty in sexual intercourse)
4. *Dourbalya* (weakness)
5. *Dourgandhya* (unpleasant odour from the body /foul smell from the body)
6. *Sweda atipravriithi* (excessive sweating)
7. *Kshudhatimatra* (excessive appetite)
8. *Pipasatiyoga* (excessive thirst)

SAMPRAMPTI

Nidana Sevana (Consumption of Etiological factors)

Aggravation of Kaphadi Doshas

Increase in quantity of *Meda* due to similar properties with *Kapha*

Abdomen & bones are the chief depositor of *Meda* (the belly gets enlarged in such individuals)

The channels of *Vata* become obstructed by the increased *Meda* inside the abdomen

Vata then begins to act vigorously inside the *Mahasrotas* as a result agni becomes powerful leading to voracious hunger and craves for more quantity of food

Eat more quantity of food

Sthaulya.

Pathogenesis of *Sthaulya* due to increased *Meda* & *Kapha* Associated with Powerful Agni & *Väta*

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Sthaulya.

MANAGEMENT-

The first step of treatment of obesity is to avoid the causative factors (*Nidan Parivarjan*)

Amongst *Shadvidha Upakrama* (Six fold Therapy), *Langhana* and *Rukshana* (Drying) therapies are more appropriate for the management of Obesity. *Langhana*, the line of treatment for Obesity has been further divided into *Samshodhana* (Biopurification therapies) and *Samshamana* (Alleviating Therapies).

Types of *Langhana* therapy

1. *Samshodhana*

All Obese patients with *Pravar*(adhik) *Dosha* (Increased Bio humors) and *Pravar Bala* (More strength) should be treated with *Samshodhana* therapy including *Vamana* (Medicated Emesis), *Virechana* (Medicated Purgation), etc. *Samshodhana* therapy is highly recommended for obese patients possessing stamina and strength.

2. *Shamana*

Among the *Shat Upakramas*, *Langhana* and *Rukshana* can be managed in them. Alleviation of *Vata*, *Pitta* and *Kapha* especially *Samana Vayu*, *Pachaka Pitta* and *Kledaka Kapha* (Biohumors) along with reduction of *Medodhatu* by conditioning *Medodhatvagni* is the main goal of treatment of Obesity.

Chikitsa sutra / management of Sthaulya given by Acharaya Charak

"Guru chapatarpanam chestam sthulanam." -Charaka sutra 21/20

Guru + Apatarpana Dravya Upayoga: The medicines as well as food should possess the properties *Guru* and *Apatarpana*. *Guru Dravya* helps in treating *Agni* while at the same time due to *Apatarpana* property it reduces excessive *Meda*.

* The medicines, diet and all the measures which are *Vataghna*, *Kaphaghna* and *Medohara* should be used. *Basti* with drugs having *Teekshna*, *ushna* and *Rooksha* properties, *Lekhana Basti* and *Rooksha Udvartana* should be administered. (Charak sutra21/21)

Following *Viharas* should be adopted for *Sthaulya* treatment *Prajaagarana*, *Vyaamaama*, *Vyavaya*, *chintaa*. All these *Vihara* should be adopted and their intensity should be increased gradually (Charaka sutra21/28)

The drugs having *Virookshana* and *chedana* properties are indicated in *Sthaulya* treatment.

DISCUSSION-

Ahara and *Viharatmaka Nidanas* mentioned for *Sthaulya* cause aggravation of mainly *kapha Dosha* which is responsible for *Medovridhi*. The concept of *santarpaka* means overeating leads to high calories intake and sedentary life styles ultimately leads to *Sthoulya*(obesity). As a result, there will be increased risk of various serious diseases like stroke, IHD, diabetes etc. Hence prevention and management of *Sthaulya* is very necessary. It is very important to aware people about the cause, complications, and prevention of *Sthaulya* and its management through *Ayurveda*. The different levels of *Ayurveda* mentioned in various *Ayurvedic* literature includes *Nidan Parivarjan*(removing causing factors like high calories, fat free diet and avoiding sedentary lifestyle. Healthy and nutritious diet and regular physical exercise help in preventing it.

CONCLUSION-

Acharya Charak has mentioned *Sthaulya* under *Santarpanotha Vikara* and so treat by guru and *Apatarpan* method. Prevention (*Nidan Parivarjan*) is the first key in managing the disease.

