

ROLE OF AYURVEDA IN THE MANAGEMENT OF OBESITY (STHOULYA)**Prachi Mishra¹, Pramod Kumar Mishra², Anamika Soni³, Brahmanand Sharma⁴**¹ PG Scholar, ²HOD & Associate Prof, ³Assistant Prof, ⁴ Assistant Prof,
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Jodhpur, Rajasthan, India**ABSTRACT**

Obesity is most common disorder in developed countries or affluent societies but now it is also seen in developing countries. It is clinical condition in which there is an excessive body fat. This condition is common in rich family and especially in women. Obesity has reached epidemic proportions in the 21st century with morbid obesity affecting 5% of the country's populations. *Acharya Charak* has mentioned *Medasvi purush* as one of the type of *Astonindita* in *Astoninditiya adhyay*. Obesity is treated in line of treatment of *Ayurveda* as *Medovridhi* or "*sthaulya*". The line of management is based on manipulation/ correcting the diet, lifestyle, yoga, exercises, *Panchkarma* therapy (*sanshodhan*) and use of Hypolipidemic/*lekhana* drugs like: *haritaki, vacha, vidang, triphla* etc.

Keywords: Obesity, *sthaulya*, lifestyle, yoga, *lekhan***INTRODUCTION**

In Recent years, India has managed to control communicable diseases like malaria, cholera and polio. However, the nation now has to deal with a new breed of developed world that is obesity. Coupled with a sedentary lifestyle and faulty diet, the urban youth are particularly prone to the life style diseases. Obesity and overweight are defined as abnormal or excessive fat accumulation that presents a risk to health¹. Modern drugs for treatment of obesity have a list of its side effects along with high cost. On contrary *Ayurveda* is not only a medical science but also a way of healthy living. *Ayurvedic* diet plan is more effective than standard diet plan in the management of obesity.

AIM & OBJECTIVE- The aim of present article is how to prevent obesity by *Ayurvedic* management. Obesity is increasingly being observed with the changing lifestyle due to sedentary lifestyle. The WHO has described obesity as one of today's most neglected pub-

lic health problem. Information about maintaining and controlling weight, dietary modification and regular exercise is provided through health education programmers, as well as by *Ayurvedic* practitioners.

BODY MASS INDEX (BMI) –

A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilogram) divided by the square of his or her height (in meter). A person with a BMI of 30 or more is generally considered obese.

BMI CLASSIFICATION

<18.5	Underweight
18.5-24.9	Normal weight
25.0-29.9	Overweight
30.0-34.9	class I obesity
35.0-39.9	class II obesity
>40	class III obesity

IDEAL WEIGHT ACCORDING TO HEIGHT BY WHO-

Height in feet	Height in cm.	Wt. in kg(male)	Wt. in kg(female)
5'	152	56-58	50-54
5' 1''	154	56-59	51-55
5' 2''	157	56-60	53-56
5' 3''	159	57-61	54-58
5' 4''	162	59-63	56-59
5' 5''	165	60-65	55-61
5' 6''	167	62-66	58-63
5' 7''	170	64-68	60-65
5' 8''	172	65-70	62-66
5' 9''	175	67-72	64-68
5' 10''	177	69-74	65-70
5' 11''	180	71-76	67-71
6'	182	73-78	68-72

INCIDENCE-

Obesity has reached epidemic proportions in the 21st century with morbid obesity affecting 5% of the country's populations. In Northern India, obesity is most prevalent in Urban population (Male=5.5%, Female=12.6%) followed by the Urban slums (Male=1.9%, Female=7.2%)

ETIOLOGICAL FACTORS- Modern life (Sedentary habits with little exercise), Faulty diet, Alcohol consumption, Emotional distress, Hereditary, Less outdoor activities, Pregnancy^{1,2}

SHORT TERM PROBLEMS	LONG TERM PROBLEMS ²
Breathlessness	Hypertension
Increased sweating	High cholesterol levels
Snoring	Coronary Heart disease
Difficulty sleeping	Stroke
Feeling very tired every day	Back and Joint pains

RISK FACTORS OF OBESITY- Obesity increases the risk of many physical and mental conditions such as Osteoarthritis, Obstructive

sleep apnea, Social stigmatization, Diabetes, Cancer and Cardiovascular disease².

MODERN TREATMENT AND ITS LIMITATIONS-

1. Dietary plan
2. Physical exercise
3. Use of anti obesity drugs
4. Bariatric surgery

So it is better to seek safe and effective treatment measures to prevent obesity by applying Principles of *Ayurveda*.

OBESITY IN AYURVEDA-

Obesity has been described as *Sthoulya* or *Medoroga* in *Ayurvedic* texts. It is described under the caption of *Santarpanotha vikar* (disease caused by over nourishment)³ *Medo dhatu* (adipose tissue) is the site of metabolic disturbance in an obese individual. *Meda* becomes increased due to ingestion of excessive *sneha* and *Madhur rasa*³. *Sthoulya* (obesity) is considered as one of the eight types of undesirable conditions as described by *Acharya Charaka*. A person is whom there is excessive accumulation of *Meda* (fat/adipose tissue) and *Mamsa* (flesh/muscle tissue) leading to flabbiness of hips, abdomen

and breast has been categorized as *Atisthula*.

and *aap mahabhut* as similar to *kapha dosha*³.

Medas is body tissue predominant in *pruthvi*

NIDAN (CAUSATIVE FACTOR) OF STHOULYA- Classified into 4 groups-

Aharatmaka_ni-dana ^{4,5}	<i>Santarpana</i> (over nourishing), <i>Adhyasana</i> (over eating), <i>Excessive consumption of guru</i> (heavy), <i>madhur</i> (sweet), <i>sheeta</i> (cold) food, <i>Dadhi, Sarpi</i> etc.
Viharatmaka nidana	<i>Avyayam</i> (Lack of physical exercise), <i>Avyavaya</i> (Lack of sexual life), <i>Divaswap</i> (day's sleep), <i>Asana sukha</i> (luxurious sitting), <i>Bhojanottar snana, nidra, aushadha sevana</i> etc
Manas nidana	<i>Achintanat</i> (lack of anxiety), <i>Manasonivritti</i> (relaxation from tension), <i>Priyadarshan</i> (observation of beloved things) etc
Anya nidana	<i>Amarasa,snigdha, madhur, basti sevan</i> (administration of unctuous and sweet enema), <i>Taila abhyanga</i> (massaging of oil) etc

IMPACT OF STHOULYA-

1. *Ayurhrasa* (decrease of life span)
2. *Javoparodha* (decrease in enthusiasm and activity),
3. *Krichravayavayata* (difficulty in sexual act),
4. *Dourbalya* (decrease of strength),
5. *Dourgandhya* (bad odour),
6. *Swedabadha* (excess perspiration),
7. *Kshutpipasadhikya* (excessive hunger and thirst),
8. *Atisnigdham* (excessive intake of fatty substance),
9. *Mahashana*⁶ (excessive eating)

AYURVEDA MANAGEMENT OF OBESITY- According to *Acharya Charak*, *Sthoulya*(obesity) is more dangerous than *Karshya*(emaciation). So treatment for obese person has to be done very carefully. In *Ayurveda* management of any disorder is divided into 3 parts-

1. Nidana Parivarjan

2. Shodhan

3. Shaman⁷

NIDANA PARIVARJAN-It is the 1st line of treatment of any disease. *Nidana* must be avoided for best management of the disease.

SHODHAN-

Meaning of *shodhan* is *Apakarshan* of *doshas*. Therapies in which the aggravated *doshas* or the excretory product of digestion are

eliminated after mobilizing them from their respective sites by are *Urdhva or Adhah marga* from the body.

2 main parts- *Bahya* (*Udavartana, Avagah, Parisheka, Lepana*) *Abhyantar* (*Vaman, Virechan, Nasya, Niruha*)

DIFFERENT MEDICAMENTS FOR STHOULYA-

Single Drugs-

Sanskrit name	Botanical name
vidanga	<i>Embelia ribes</i>
vacha	<i>Acorus calamus</i>
haritaki	<i>Terminalia chebula</i>
madhu	-
guggul	<i>Commiphora mukul</i>
nirgundi	<i>Vitec negundo</i>
chitraka	<i>Plumbago zeylanica</i>
katuki	<i>Picrorhiza hurroa</i>
haridra	<i>Curcuma aromatica</i>
musta	<i>Cyperus rotandus</i>

Compound drugs-

Medohara guggul,
Navak guggul,
Triphala,
Trigunadi guggul
Arogyavardhini vati
Chandraprabha vati
Punarnavadi kwatha
Shilajatvadi vati

YOGA AND PRANAYAMAS-

Pacchinottanasana, Halasana, Dhanurasana, Chakrasana, Bhujangasana, Sarvangasana etc.

ROLE OF DIET AND EXERCISE-

Obesity results from an energy imbalance. This involves eating too many calories and not getting enough physical activity. Maintaining a healthy weight is all about balancing the number of calories you take in with the number you burn off through exercise. A healthy diet emphasizes fruits, vegetables, cooked dry beans and peas, whole grains, nuts and seeds. One should make exercise a part of daily life- exercising regularly like walking, jogging, running, swimming, cycling and other physical activities can help to lose weight safely and keep it off.

DISCUSSION

Derangement of *Agni* or digestive power leads to production of *ama* which disturbs *agni* of fatty tissue and blocks the proper formation of further tissues. Accumulated fat causes disturbance to movement of *vata* which in turn increases appetite. Person therefore eats more and the entire food is then converted into proper fat tissue. As per the line of treatment of obesity, the diet prescribed should be *Guru* (heavy to digest) and *Aptarpana*⁸ (non-nourishing). The *Aptarpan* quality of food will help in the reduction of fat in the body. Heavy quality, the food normalizes the aggravated *vata* and also reduces *teekshnagni*. Food should be *katu*, *tikta*, *kashaya rasa pradhan* which decreases *kapha*. *Ruksha guna* helps to reduce fat and *lekhaniya guna* helps to remove obstruction in the channels due to its *sroto* cleansing property. *Ruksha guna*, *kashaya rasa* and *grahi guna* are mainly concerned with *medoshoshan*⁹. *Yava* is having the properties like *ruksha*, *guru*, and *mrudu gunas* which act as *medohara*. Ayurved always fol-

lows prevention is better than cure. For prevention *nidan parivarjan* is very important. We can follow *dincharya*, *ritucharya* and *ratricharya*. In *shodhan chikitsa*, *purva karma* increases *agni* and *pradhan karma* removes *sanga* and *vimarggaman*. *Ushna* and *teekshan dravyas* reduces *sanga* or *avarodh* and cleaned all the *margas* and *srotas*. After *pradhan karma* we can follow *Sansarjan karma*, for this *agni deepan* occurs gradually.

CONCLUSION

In conclusion, the first step in obesity treatment starts with a comprehensive management of the lifestyle¹⁰ (i.e. diet, physical exercise, behaviour modification) and should be maintained as an effective and safe obesity management measure. Modern drugs are not advisable as they have lots of complications hence it is better to follow *Ayurveda* principles for healthy lifestyle. We can continue this healthy lifestyle with safe and effective treatment of *Ayurveda* to prevent and manage obesity.

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