

AYURVEDIC MANAGEMENT OF STHAULYA W.S.R TO OBESITY - A REVIEW

Kavita Chambyal¹, Om Prakash Dadhich²

¹PG Scholar, Department of *Sharir Kriya*, NIA, Jaipur, Rajasthan, India

²Professor and Dean (PG Studies) P.G. Department of *Sharir Kriya*, NIA, Jaipur, Rajasthan, India

Email: kabu.thakur988@gmail.com

ABSTRACT

Ayurveda is the earliest health system established since the beginning of the civilisation and having lots of information for longevity and health. Avoiding such instructions, living with non- expenditure of energy and sedentary life creates *santarpanajanya vyadhi*. *Sthaulya* is as such one of them. It is a life style as well as metabolic disorder. It is one of the important risk factor and contributor for cardio- vascular and cerebro-vascular death globally. Multiple Diagnostics and therapeutic aspects of *Sthaulya* i.e. obesity is initially framed in *Ayurveda* and modern medicine as well. Obesity can be classified as mild, moderate and severe according to BMI. Obesity exacerbates a large number of health hazards both independently and in association with other disease. The treatment wing of *Ayurveda* has veteran principles for the treatment of any disease. *Ausadha*, *Anna* and *Vihar* are tripods of treatment as described in *Ayurveda*. The *Nidan Parivarjan* is the foremost and very important principle of the *Ayurveda*. Besides *Nidan Parivarjan* various single herbal preparation and multiple herbal and herbo-mineral preparations are there for the management of *Sthaulya*. Besides various medicinal preparations, different types *Yoga* and *Pranayama* which are effective in treatment of *Sthaulya* which will be described in the full paper later.

Keywords: *Sthaulya*, Obesity, *Pranayama*, *Yoga*.

INTRODUCTION

Obesity is a highly prevalent disease that poses an enormous health and economic burden to society. India is currently witnessing rising number of people with obesity. Even though the number of obese people in India is less as compared to global data, still the number is rising and in 2014 there were 20 million obese women and 9.8 million obese men. *Sthaulya* is the condition in which vitiation of *Meda Dhatu* occurs and increases in the amount. *Ayurveda* states that *Sthaulya* is a *Santarpanotha Vikara*¹. *Medodushti* serves as one of the important etiological factor. According to WHO “A BMI greater than or equal to 25

is overweight and a BMI greater than or equal to 30 is obesity.”An obese person is one in whom there is excessive accumulation of *Meda* and *Mamsa*. Disproportionally increased *Meda* is accountable for several serious consequences reported in *Charak Samhita* like *Ayuhrasa*, *Javoparodha*, *Kricharavyavyata*, *Dourbalya*, *Dourgandhya*, *Swedobadha* and *Kshut Pipasadhiky*². Due to change in life style and increased intake of processed food as well processed sugars has helped obesity to become a global pandemic. Obesity being the most common problem in older age group as well as adolescents, there is necessity to combat them with

drugs mentioned in *Ayurveda* text. An attempt has been made to critically review the *Medohara* drugs mentioned in classical text which may give us a better understanding for prevention and management of *Sthaulya*.

Aim and Objectives:

- To explore the concept of the Ayurvedic management of *Sthaulya* w.s.r to obesity.

Material and Method:

Literary review is done on the basis of *Ayurveda* text, Internet, Journals and available modern books.

Detail descriptions of topic:

A. According to modern science

Obesity is a complex disease with many causal factors, associated with multiple co-morbidities. Obesity is defined as a condition of abnormal or excessive fat accumulation in adipose tissue.

Causes of obesity

- Overeating
- Less expenditure of energy
- Sedentary life style
- Hereditary and others hormonal problems like Cushing's syndrome, hypothyroidism.

Classification of obesity

On the basis of onset

Insidious

Gradual

Rapid

According to W.H.O

Table 1:

Classification	BMI
Normal range	18.50 – 24.99
Over weight	>25
Pre- obese	25-29.99
Obese	>30
Obese class1	30-34.99
Obese class2	35-39.99
Obese class3	>40

Problems associated with obesity:

Hyperlipidemia

Type – 2 Diabetes

Osteoarthritis

Obstructive Sleep Apnea

Hypertension

Cardiovascular disease

Psychological morbidity

B. According to *Ayurveda*:

Definition:

Medomamsativrudhatvacchalsphigudarstanah|

Ayathupchayotsaho

naroatisthula

uchayte|(Ch.Su.21/9)

In obese person, accumulation of excessive fat and muscle tissue s in the buttocks, abdomen & breast become pendulous and his strength is rendered disproportionate with his physical growth³.

Nidana:

Tadatisthauyamtisampuranadgurumadhurasheetasnig

dhopyogadavyayamadadiva-

swapanadharshaniyatvadachintanadbeejasabhavacc

hopjaayte| (Ch. Su.21/4)

Atisthauyata is caused by over intake, intake of heavy, sweet, cooling and unctuous food, want of physical exercise, abstinence from sexual intercourse, day sleep, uninterrupted cheerfulness, lack of mental exercise and heredity⁴.

Symptoms:

Atisthulasya tavadaayusho hraso javoprodhah

kruchrvyayayata daurbalyam

daurgandhyam svedabadhah kshudratimatram

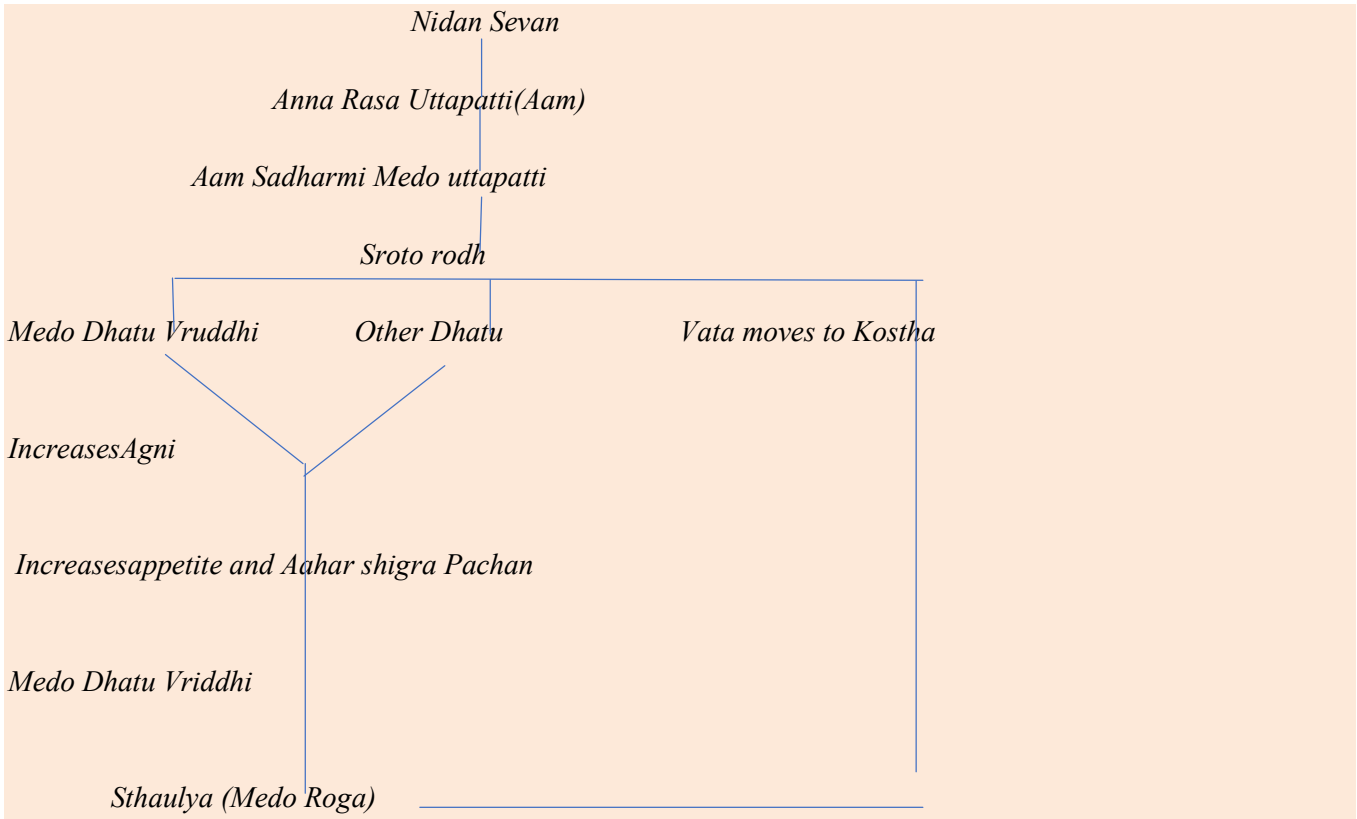
pipaasatiyogacheti

bhavantyashtau doshah| (Ch.Su. 21/4)

The too obese person are deficient in longevity, slow in movement, difficult to indulge in sexual intercourse, weak & emit bad smell, they have much sweating, hunger & thirst⁵.

Pathogenesis⁶

Chart 1:



Chikitsa Principles:-

1. *Nidana parivarjana*⁷:

Sthaulya Rogi should avoid the causative factors of obesity. Many *nidana* described by various *Acharya* for *sthaulya* classified into four categories:

- A. *Aharatmka- atibhojana, guru aharsevana, sheeta, snigdha aharsevana, navannasevana, gramya rasa sevana* (use of domestic animal's meat and soup), *paya vikar sevana, mamsa sevana, shalisevana, godhumasevana* etc.
- B. *Viharatmka nidana* – *Avyayaam, avyavaya, divaswapa, sukha shaiya, snana sevana* etc.
- C. *Manasa nidana* – *Harshanityavat, achintan, mansonivruti, priyadashana, etc.*

D. Others – *Aamrasa, snigdha-madhura bastisevana, tailabhyanga, snigdha udvartana, beejadosha-vabhavat.*

2. *Chikitsa Sutra of Sthaulya*:

- 1) *Guru chatarpanam cheshtam sthulanam* \ (*Ch. Su. 21/20*)
 - 2) *Tatra medoanilashaleshamanashanam sarvamishyte* \ (*A.H.14 /21*)
 - 3) *Karshyed brumhayecchapi sada sthulakrushau narau*¹⁰ \ (*Su. Su 35/34*)
- *Guru and Apatarpan Aahar*⁸: *Guru and Apatarpan aahar* is used in *sthaulya* which have no nutrition value and suppress the hunger.
 - *Vataghna, Kaphaghna and Medohara aahar*⁹, *vi-hara* and *aaushadh* should be used.

3. Single Herbs

Table 2:

Drug	Botanical name	Rasa	Guna	Virya	Vipak	Dosha Passifiaion
<i>Agnimantha</i> ¹¹	<i>Premna integrifolia</i> Linn.	<i>Katu, Tikta</i>	<i>Laghu, Rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, Vata</i>
<i>Amalaki</i> ¹²	<i>Emblica officinalis</i>	Five Rasa except <i>Lavana</i>	<i>Guru, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha</i>
<i>Bilwa</i> ¹³	<i>Aegle marmelos</i>	<i>Katu, tikta, kashaya</i>	<i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, vata</i>
<i>Hareetaki</i> ¹⁴	<i>Terminalia chebula</i>	Five Rasa except <i>lavana</i>	<i>Laghu, rooksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha</i>
<i>Guduchi</i> ¹⁵	<i>Tinospora cordifolia</i>	<i>Tikta, kashaya</i>	<i>Guru, snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosha</i>
<i>Musta</i> ¹⁶	<i>Cyperus rotundus</i>	<i>Katu, tikta, kashaya</i>	<i>Laghu, rooksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha, pitta</i>
<i>Vidang</i> ¹⁷	<i>Embelia ribes</i>	<i>Katu, kashaya</i>	<i>Laghu, rooksha, teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, vata</i>
<i>Haridra</i> ¹⁸	<i>Curcuma longa</i>	<i>Tikta, katu</i>	<i>Laghu, rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha</i>
<i>Guggulu</i> ¹⁹	<i>Commiphora mukul</i>	<i>Tikta, katu, madhur, kashaya</i>	<i>Teekshna, sara, pichila, laghu, sukshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha</i>
<i>Shunthi</i> ²⁰	<i>Zingiber officinale</i>	<i>Katu</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kapha, vata</i>
<i>Kushta</i> ²¹	<i>Sausurea lappa</i>	<i>Madhura, katu, tikta</i>	<i>Laghu, rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, vata</i>
<i>Daruharidra</i> ²²	<i>Barberis aristata</i>	<i>Tikta, kashaya</i>	<i>Laghu, rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, pitta</i>
<i>Vacha</i> ²³	<i>Acorus calamus</i>	<i>Katu, tikta</i>	<i>Laghu, teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, vata</i>
<i>Ativisha</i> ²⁴	<i>Aconitum heterophyllum</i>	<i>Katu, tikta</i>	<i>Laghu, rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, pitta</i>
<i>Katurohini</i> ²⁵	<i>Picrorhiza kurroa</i>	<i>Tikta</i>	<i>Laghu, rooksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha, vata</i>
<i>Chitraka</i> ²⁶	<i>Plumbago zeylenica</i>	<i>Katu</i>	<i>Laghu, rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, vata</i>
<i>Chirabilva</i> ²⁷	<i>Holoptelia integrifolia</i>	<i>Tikta, kashaya</i>	<i>Laghu, rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, pitta</i>

4. Herbo-Minerals²⁸:

- *Shilajatu* along with *Agnimanth swarasa*.
- Intake of *Loha bhasma* along with honey.
- Intake of *Yavaksara*.
- *Triphala* Powder
- *Bilvadi Panchamula* mixed with honey.
- *Dashanga Guggulu*
- *Lekhaniya Ghan Vati*

5. Panchkarma Procedures:

- *Lepa* and *Udvarthana*:

These procedures remove the blockage in *Srotas* due to their *rooksha guna*, causes liquefaction of *meda* and mobilize it.

Mochrasa + Smudraphena churna = Lepa

- *Rooksha ushna teekshna Basti- Lekhana Basti* – Due to *laghu, ushna* and *teekshana* properties of *Basti*, when absorbed through intestinal mucosa, obstruction of channels broken down. Thus morbid material from all over the body will expelled out and it beaks the pathogenesis of obesity.
- *Virechana*²⁹
- *Shirovirechana*
- *Dhumrapan*³⁰

6. Pathya Apathya³¹:

Pathyeasatigadartasyikamaushadhnishevanaeh /

Pathyesatigadartasyikamaushadhnishevanaeh l(Vaidh yakjeevan)

Table 3:

	Pathya	Apathya
Aahar varga	<i>Yava, Venyuva, Kodrava, Nivar, Jurna</i>	<i>Godhuma, Navanna, Shali, Masha, Tila</i>
	<i>Mudga, Rajmasha, Adhki, Kulatha, Chanak, Masur</i>	
Shaka varga	<i>Vruntak, Patrashaka, Patola</i>	<i>Madhurshaka, Kanda</i>
Phala varga	<i>Kapitha, Jamun, Aamlak</i>	<i>Madhuraphala</i>
Dravya	<i>Takra, Madhu, Ushnodaka, Til tail, Sarshap tail, Aristha Asava, Jiran Amamdya</i>	<i>Dugdha, Ikshu, Ghrita, Navneet, Dadhi</i>
Mamsa	<i>Rohit Matsya</i>	<i>Anupa, Audaka Gramya</i>

7. Pranayam:

a) *Bhastrika Pranayam*

b) *Kapalbhati*

These are reliable to control the *sthaulya* and advised to do twice a day, morning and evening respectively, empty stomach.

- Eliminates vitiated *kapha dosa* and reduces *medo-agni*.
- Correct the *ama dosa* and encounters *dhatwagni mandya* which potentiate the weakened *medodhat-wagni*.

8. Yoga:

a. *Sarvangasana*

b. *Padahasthasana*

c. *Dhanurasana*

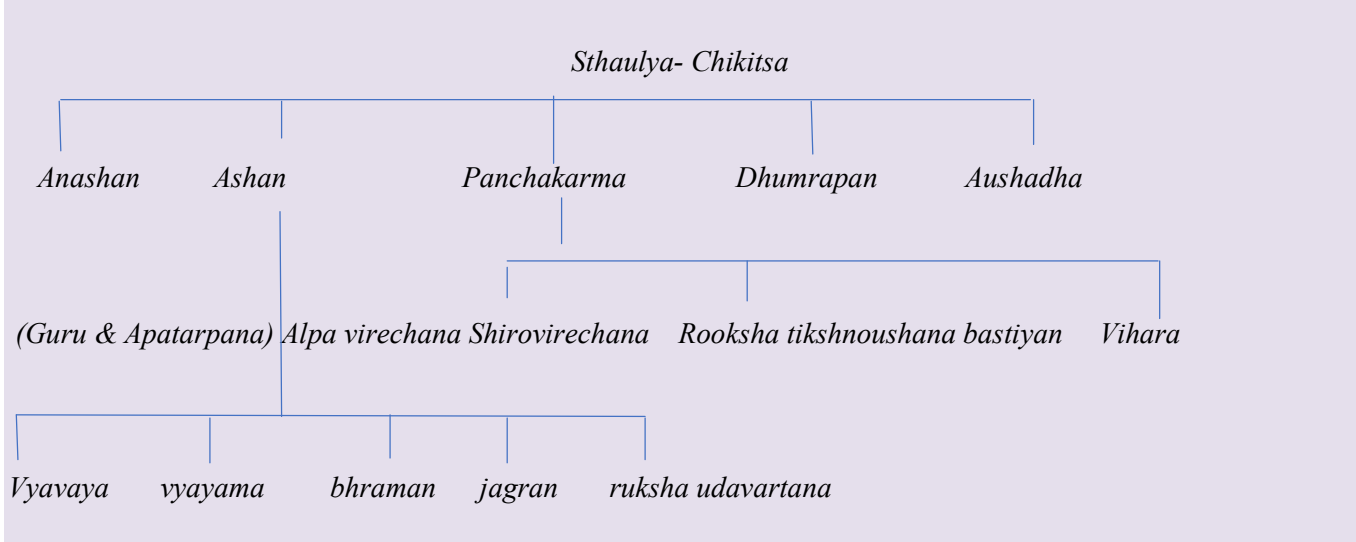
d. *Paschimottanasana*

e. *Ardha-Matsyendrasana*

f. *Bhujangasana*

g. *Pavan Muktasana*

Chart 2:



DISCUSSION

There are two types of therapy given in *Ayurveda* text for *Sthaulya*: a) *shodhan* b) *shaman*. The *Dravya* possessing *Katu, tikta* and *kashaya rasa* and also with

lekhana karma facilitates for *soshana* and removal of liquefied or detoxified *kapha* and *meda*.

Majority of drugs possessing *kaphahara, vatahara* and activity which is *medohara* in action. These all

drugs helps in maintaining digestion and inhibit *aam* production. *Pippli* helps to modulate digestive power even associate with *aam* production.

Udwartan remove the blockage in *Srotas* due to their *Rooksha Guna* & Low calorie high fibre diet fulfils the principle of treatment “*Guru ch Aptarpan*”. *Navak Guggulu* has *trikatu*, *triphala*, *chitrak*, *musta*, *vidang*. *Guggulu* is *Rasayan* and *Lekhan* effect. It is said to reduce *Meda*, *Kapha*, *Ama* & *Vata*. *Triphala* reduces *Kleda*, *Meda* & *Kapha*.

Yoga and *Pranayam* normalize the fat metabolism and helps in energy expenditure. Exercise increase the level of *Dhatavagni*, mobilize the *Medodhatu* and gives shape and fitness of body.

CONCLUSION

The *Dravya* possessing *Katu*, *tikta* and *kashayarasa* and also with *lekhana karma* facilitates for *soshana* and removal of liquefied or detoxified *kapha* and *meda*. Majority of drugs possessing *kaphahara*, *vatahara* and activity which is *medohara* in action. These all drugs help in maintaining digestion and inhibit *ama* production. *Pranayam* eliminates vitiated *kapha dosa* and reduces *medoagni*. It corrects the *ama dosa* and encounters *dhatwagni mandya* which potentiate the weakened *medodhatwagni*. Due to *laghu*, *ushna* and *teekshana* properties of *Basti*, when absorbed through intestinal mucosa, obstruction of channels broken down. Thus morbid material from all over the body will expelled out and it breaks the pathogenesis of obesity.

REFERENCES

1. *Agnivesha, Charaka Samhita, Ayurveda Dipika commentary by Shri Chakrapani Dutta* edited by Pt. *Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 23/6, Pg 122.
2. *Agnivesha, Charaka Samhita, Ayurveda Dipika commentary by Shri Chakrapani Dutta* edited by Pt. *Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/4, Pg 116.
3. *Agnivesha, Charaka Samhita, Ayurveda Dipika commentary by Shri Chakrapani Dutta* edited by Pt. *Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/9, Pg 117.
4. *Agnivesha, Charaka Samhita, Ayurveda Dipika commentary by Shri Chakrapani Dutta* edited by Pt. *Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/4, pg116.
5. *Agnivesha, Charaka Samhita, Ayurveda Dipika commentary by Shri Chakrapani Dutta* edited by Pt. *Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/4, pg 116.
6. *Agnivesha, Charaka Samhita, Ayurveda Dipika commentary by Shri Chakrapani Dutta* edited by Pt. *Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/5, pg 116.
7. *Sushruta, Sushruta Samhita, Nibandh Samgrah commentary by Shri Dalhan Acharya* edited by Pt. *Yadavji Trikamji, Chaukhambha Saskrit Sansthan, Varanasi*, Reprint 2018, *Uttra tantra*1/24, Pg 525.
8. *Agnivesha, Charaka Samhita, Ayurveda Dipika commentary by Shri Chakrapani Dutta* edited by Pt. *Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/20, Pg 117.
9. *Vagbhata; Astang Hridaya, Sarvang Sundra* and *Ayurveda Rasayana commentary by Arundatta and Hemadri Bishakacharya* edited by Pt. *Yadavji Trikamji Acharya, Chaukhambha Prakashan, Varanasi*, Reprint 2007,14/21, pg 226.
10. *Sushruta, Sushruta Samhita, Nibandh Samgrah commentary by Shri Dalhan Acharya* edited by Pt. *Yadavji Trikamji, Chaukhambha Saskrit Sansthan, Varanasi*, Reprint 2018, 35/34, pg 155.
11. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 221.
12. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 758.
13. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 455.
14. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 753.

15. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 761.
16. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 370.
17. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 503.
18. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 162.
19. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 54.
20. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 331.
21. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 572.
22. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 537.
23. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 28.
24. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 355.
25. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 441.
26. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 359.
27. Prof. P.V.Sharma, *Dravyaguna Vijnana*, Basic Concepts, Volume 2, *Varanasi, Choukhambha Bharati Academy*, Revised Edition 2013, Pg 816.
28. *Agnivesha, Charaka Samhita, Ayurveda Dipika* commentary by *Shri Chakrapani Dutta* edited by *Pt. Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/21-24, Pg 117.
29. *Agnivesha, Charaka Samhita, Ayurveda Dipika* commentary by *Shri Chakrapani Dutta* edited by *Pt. Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 23/8, Pg 122.
30. *Agnivesha, Charaka Samhita, Ayurveda Dipika* commentary by *Shri Chakrapani Dutta* edited by *Pt. Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 23/8, Pg 122.
31. *Agnivesha, Charaka Samhita, Ayurveda Dipika* commentary by *Shri Chakrapani Dutta* edited by *Pt. Yadavji Trikamji Acharya*. Editor. 5th ed. *Chaukhamba Sanskrit Sansthana, Varanasi*; 2018, 21/25-28, Pg 117.

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Kavita Chambyal & Om Prakash Dadhich: Ayurvedic Management Of Sthaulya W.S.R To Obesity - A Review. International Ayurvedic Medical Journal {online} 2019 {cited July, 2019} Available from: http://www.iamj.in/posts/images/upload/1182_1188.pdf