



## STHOULYA (OBESITY) AT A GLANCE - REVIEW ARTICLE

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**ABSTRACT**

*Ayurveda* gives importance to health and quotes “*Dharmaartha Kaama MokshanamArogyamMulamuttamam*”- Health is required for performing virtuous acts, acquiring wealth, fulfilling desires, and final emancipation. Health is maintained by following a healthy lifestyle. In the present era, Obesity is very common due to a sedentary lifestyle and improper dietary habits. Obesity is compared with *Sthoulya* in *Ayurveda*. *Sthoulya* is a *Kaphaja nanatmaja vyadhi* which is caused by frequent and excessive intake of *Kapha vardhaka ahara & vihara*. Main symptoms include *Ayatautsahaupachaya*, *Atikshuda*, *Atipipasa etc.* *Medodhatwagnimandya* and *Srotorodha* play a key role in its *Samprapti*. Its *upadravas* are *Prameha pidaka*, *Bhagandhara* and *Vata vikara*. As various factors play role in the manifestation of *Sthoulya*, its *Chikitsa* includes *Apatarpana*, *Lekhana vasti*, *Ruksha udwartana*, and drugs like *Guggulu*, *Silajatu*, etc. *Naimittika rasayanas* not only help in the treatment but also the proper nourishment of tissues and improve *Vyadhikshamatwa shakti*.

**Keywords:** *Santarpana Janya Vyadhi, Naimittika Rasayana, Astanindita Purusha.*

## INTRODUCTION

Obesity is a burning problem identified as a global epidemic by WHO which gave it a new term 'Globesity'. Obesity is defined as an abnormal growth of adipose tissue due to enlargement of fat cell size (hypertrophic) or increases in fat cell number (hyperplastic) or a combination of both<sup>1</sup>. Obesity implies more than or equal to 20% excess above the ideal body weight. It is a key risk factor for other diseases like Coronary artery disease, Hypertension, Diabetes mellitus, Cancer, etc. Obesity is correlated with *Sthoulya* in ayurvedic classics which is a *Medodushya Pradhana Vyadhi*. Acharya Charaka described *Sthoulya* as one among the *Astaninditha Purushas* and *Santarpanajanya Vikaras*.

### Definition of *Sthoulya*:

*Medo mamsaativridhdhatvatcha chala sphigudara stanaha |*

*Ayathopachayotsaho naro ati sthuula uchyate|*<sup>2</sup>

According to Acharya Charaka, *Sthoulya* is defined as an abnormal increase in *medo* and *mamsa* dhatus leading to flabby and pendulous buttocks, abdomen, breasts and does not possess vigor in proportion to their body bulk.

### *Nidana of Sthoulya*:<sup>3</sup>

*Atisampoornat* (Excessive intake of food), *Guru Madhura Ahara Atisevana* (Intake of heavy & sweet foods), *Sheeta Snigdha Ahara* (Cooling and oily food), *Avyayamat* (Lack of physical exercise), *Avyavayaat* (Due to abstinence from sexual intercourse), *Divaswapna* (Day sleep), *Harshanityatvat* (Uninterrupted cheerfulness), *Achintana* (Lack of mental work), *Beejaswabhavat* (Heredity).

### *Purvarupa*:<sup>4</sup>

Premonitory symptoms of *Sthoulya* are not mentioned in any ayurvedic classical texts. Acharya Charaka has mentioned similar pathogenesis of *prameha* and *medoroga* in *sutra sthana*. So, the *purvarupa* of *prameha* and *lakshanas* of *medovaha srotodusti* are considered *purvarupa* of *Sthoulya*. They are as follows

- *Atinidra* (Excessive Sleep)
- *Tandra* (Stupor)
- *Alasya* (Laziness)
- *Ati sweda* (Excessive sweating)
- *Visra sharira gandha* (Foul smell)
- *Anga gaurava* (Heaviness)
- *Anga saithilya* (Looseness in the body).

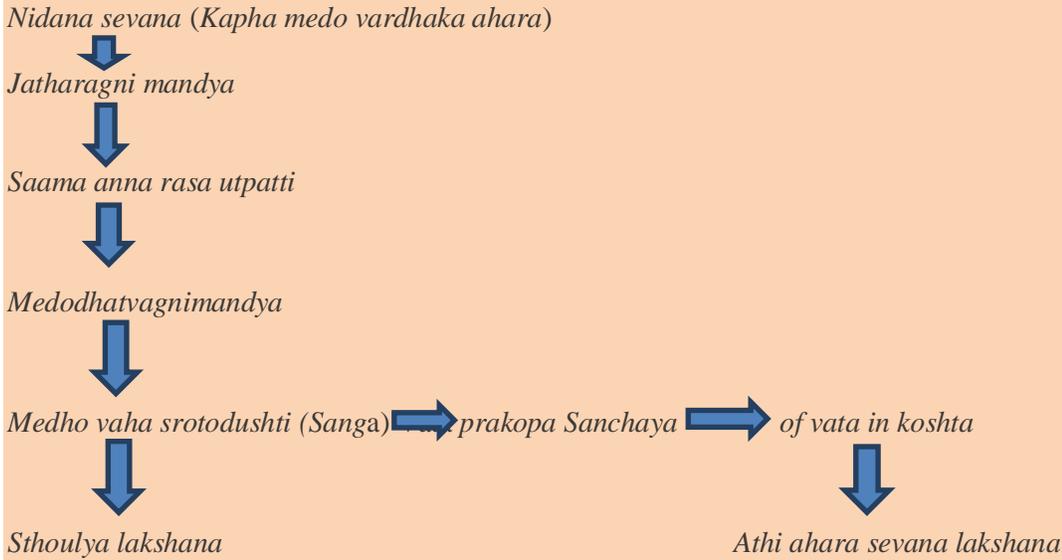
### *Rupa*:<sup>5</sup>

*Chala sphik, udara, sthana* (Pendulous movements of buttocks, abdomen, and breast), *Ayata upachaya* (Improper deposition of fat), *Anutsaha* (Lack of interest), *Ayushohrasa* (Diminution of lifespan), *Javoparadha* (Lack of interest in physical activity), *Dourbalya* (Debility), *Swedaabadha* (Excessive sweating), *Kshudatimatra* (Excessive hunger), *Pipasatiyoga* (Excessive thirst).

*Upasaya*:<sup>6</sup> *Upavasa* (Fasting), *Vyayama* (Exercise), *Swedana* (Fomentation), *Jagarana* (Night awakening), *Madhuudaka sevana*<sup>7</sup> (Water with honey).

*Anupasaya*:<sup>8</sup> *Santarpana* (Nourishment therapy), *Nava anna* (Newly harvested food), *Kshira* (Milk), *Diwaswapnam* (Day sleep), *Avyayama* (Lack of exercise), *Shayana sukha* (Lying comfortably).

**SAMPRAPTI:<sup>9</sup>**



**Upadrava:<sup>10</sup>**

*Prameha pidaka* (Carbuncles), *Jwara* (Fever), *Bhagandara* (Fistula in ano), *Vidradhi* (Abscess), and *Vata vikara* are the complications of *Sthoulya* mentioned by *Acharya Susruta*.

**Chikitsa:**

**Table 1:** Treatment of *Sthoulya* according to *Brihat trayee* is mentioned in the below table

Samhita	Dravyabhuta chikitsa	Adravya bhuta chikitsa
Charaka <sup>11</sup>	Guru Apatarpana Chikitsa (Heavy and reducing therapy), Sleshma and Medohara Chikitsa, Ruksha Ushna Tikshna Basti (Enema with drugs that poses dry, hot, sharp properties), Ruksha Udvartana (Dry powder massage). Drugs: Guduchi, Triphala, Takrarishta Bilvadi Panchamula + Madhu Yava & Amalaka Churna, Shilajatu and Agnimantha rasa.	Prajagarana, Vyavaya Vyayama, Chinta
Susruta <sup>12</sup>	Lekhana basti Drugs: Shilajatu, Guggulu, Gomutra, Triphala, Loha, Rasanjana, Madhu, Yava, Mudga, Koradusa etc.	Vyayama
Vagbhata <sup>13</sup>	Kapha meda nashaka chikitsa, Sodhana (Elimination therapy) Drugs: Triphala or Guduchi or Abhaya or Musta with Madhu. Hingwadi churna, Krimighnadi Mantha, Vidangadi Loha. Agnimantha Swarasa with Shilajit or Guggulu or Rasanjana or Bilvadi Panchamula.	Chinta (Worry), Vyayama, Vyavaya, Aswapna (Lack of sleep).

**Naimittika Rasayana:**

*Naimittika Rasayana* is a type of *Kamyra Rasayana*. And it is a disease specific *rasayana* useful in specific disease curative purpose. *Naimittika Rasayana* for *Sthoulya* are – *Loha rasayana*<sup>14</sup>, *Guggulu* and *Shiva Gutika*<sup>15</sup>.

### **Pathya - Apathya in Sthoulya:**<sup>16</sup>

	Pathya	Apathya
Ahara:	Yava (Barley), Adhaki (Pigeon pea), Kuluttha (Horse gram), Yavaka (Small size barley), Kodrava (Kodo millet), Udika (Fox tail millet), Jurnahwa (Jowar), Shyamaka (Barnyard millet), Madhu, Takra (Buttermilk), Patola (Pointed gourd), Amalaka (Indian goose berry).	Guru, Madhura, Sheeta, Snigdha ahara
Vihara:	Jagarana, Chinta, Vyayama	Achinta, Avyayama, Diwaswapna, Nitya harsha

## DISCUSSION

*Sthoulya* is a *Kaphaja nanatmaja vyadhi* and *Medodushya pradhana vyadhi*. As *Medodhatu* is involved which causes abnormal deposition of fat in the body & improperly formed *Medo Dhatu* leads to *Atisweda* (as *Sweda* is *Mala* of *medodhatu*), *Srotorodha* causes improper nourishment of *Uttara Dhatus* which shows effects like *Daurbalya*, *Swasakrichrata*, and *Shrama*. Aggravated *Koshtasrita Vata* leads to *Atikshuda*, aggravated *Kapha dosha* leads to *Atinidra* & *Gourava*. As *Kapha Dosha* and *Medo Dhatu* possess *Guru* and *Snigdha Gunas* which is alleviated by *Upavasa*, *Vyayama* & *Madhuudhaka* who possess *Laghu* and *Ruksha Gunas*. Treatment principles include *Guru Ahara Sevana* alleviates the *Vishamagni* which is caused due to *Vata dosha* and *Apatarpana chikitsa* which includes *Langhana* which causes lightness indicated in *Heenasthoulya*, *Langhana-Pachana* which brings lightness and relieves *Ama* indicated in *Madhyama Sthoulya*, *Doshavasechana* which is nothing but the elimination of *doshas* advised in complete manifestation & excessively aggravated *dosha* stage. *Lekhana vasti* scrapes the excessive fat accumulated in the body. *Udvartana* which is a dry powder massage with drugs like *Kola*, *kuluttha*, etc reduces fat, *Kapha* and promotes strength. And most of the drugs which are used in the management of *Sthoulya* possess *Tikshna*, *Ushna Guna* and *Katu*, *Tikta*, and *Kashaya Rasa* to alleviate obstruction in channels, pacify *Doshas* & reduce the fat in body scraping action (*Lekhana* property). *Vyadhikshamat-*

*washakti* of *Sthoulya* persons is less due to *srotodushti* which leads to improper nourishment of *dhatu* causes *Ojokshaya*. By using *Rasayana* drugs *vyadhikshamatwashakti* is improved by clearing the obstruction of *Srotas*, in that matter *Naimittika rasayana* helps the proper formation of *dhatu* and improves the quality of life.

## CONCLUSION

As obesity is a lifestyle disorder, adopting healthy measures like intake of a balanced diet and exercise helps in maintaining a healthy weight and preventing other diseases.

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