

A REVIEW ARTICLE ON CREEPING PANDEMIC OBESITY AND ITS MANAGEMENT THROUGH AYURVEDA

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Published online: March, 2018

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ABSTRACT

Obesity is considered the world's oldest metabolic disorder. It is not a single entity but a syndrome with many causes. The WHO considers obesity as insidious creeping Pandemic which is now engulfing the entire world. Moreover Acharya has emphasized on metabolic disturbances (*Dhatwagnimandya*) in etiopathogenesis of *Sthaulya*. Their appetite is excessive and whatever they eat is quickly digested, which indicates hyper functioning of *Jatharagni*. Besides that, patient suffers from laziness due to hypo functioning of *Bhutagni*. In *Sthaulya* patient mainly *Medo Dhatu* is formed and there is deficiency of other *Dhatu*. Hence it can be inferred that in *Sthulya* *Jatharagni* is *Tikshna* and *Bhutagni* is *Manda* and *Dhatvagni* is disturbed in their respective functions. On the basis of the above mentioned facts of pathogenesis of *Sthaulya*, it can be said that the drug which decreases *Jatharagni* particularly *Abhayvaran Shakti*, increases *Bhutagni* and corrects the functions of *Dhatvagni* and at the same time have *Medohara*, *Kaph hara* and *Vata hara* actions, will be suitable for its management.

For treating *Sthaulya* there is needed to understand the concept *Dhatvagni* along with the line of treatment which corrects the *Dhatvagni mandya* and cure the disease.

Keywords: Obesity, *Dhatvagni Mandya*, *Jatharagni*, *Bhutagni*

INTRODUCTION

A person having heaviness and bulkiness of the body due to extreme growth especially in *Udaradi* (Abdomen region) is termed as '*Sthaulya*' and the state (*Bhava*) of *Sthula* is called as "*sthaulya*".

Sthaulya is explained as *Santarponotha vyadhi* in Ayurveda. *Atisthula* highly obese is one among the *Ashtaunindita Purusha*. Obesity is disease which is

characterized by excessive body fat. Obese people are characterized by *Ayurhas* (Short in longevity), *Javoprodh* (Early edging), *Krichavyavayta* (difficult to indulge in sex (Weak), *Durgandhya* (emission of bad body odor), *Swedabadha* (Profuse Perspiration), *Atikshudha* (excessive Hunger) *Atitrishna* (excessive thirst). Obesity contributes to develop coronary ar-

tery disease, D.M., H.T.N, Hyperlipidemia. Because, of all above complication, in Ayurveda said that, it is easy to help an underweight person rather than overweight person. *Sthaulya* described by Acharya Charak in *Astaunindita Purusha* and also listed in *Shleshma Nanatmaj, Santarpan Nimmittja, Atinindita, Ati Brihan Nimattaja and Bahu Dosh Janita Vikara*.

As per the *Samprapati of Sthaulya* there is obstruction in *Medovaha Strotas* because of *Medo-Dhatwagni Mandya*. Due to obstruction in *Medovaha Strota* there is *Vata Dosha Vimargagamana*. *Vimaragag Vayu in Koshta* increase the *Jatharagni* leading to increase in appetite, this cycle goes repeated. Due to obstruction of *Medovaha Strotas*, all other *Dhatu* remain malnourished and only *Meda Dhatu* increases. We can say that in *sthulya* their *Jatharagni is Tikshana, Bhutagni is Mand, and Dhatvaagni* is disturbed in their respective functions.

For treating *Sthaulya* lot of Herbal, Mineral and Herbomineral medicines are described in ancient texts of Ayurveda. Ample of studies were undertaken for treating *Sthaulya Vyadhi* and the work is still going on.

Aim and Objective:

To evaluate the role of diet management and some yogic practices in prevention and management of *sthaulya*.

Material and Methods:

Various Ayurvedic books, review papers, articles, journals and websites have been referred for this purpose.

Treatment of Sthaulya:

To avoid the causative factors which are responsible for the disease, is the first line of treatment for *Sthaulya*. It means all the factors having *Snigdha guna* in dominance. For *Sthaulya* patients Vagabhat suggested the *Nitya Langhan* therapy or *Langhan* even in *Shishir rutu*.

According to *Acharya Charak* ten types of *Langhan* therapy i.e. *Vaman, Virechan, Asthapan, Basti, Sirovirechan, Maruta Sevan, Vyayama, Upvaas, Pipasa Nigraha* and *Pachan* are advised for practice considering the *Vyadhibal* and *Dehabala*.

Langhan and *Rukshan* therapy are more suitable for management of *Sthaulya* among *saptavidha upakrama*. For the treatment of *Sthaulya, Langhan* which is the line of treatment has been further divided in *Samshodhan* and *Samshaman*.

Samshodhan Chikitsa includes *Panchakarma* treatment:

- *Vaman* (Medicated Vomiting)
- *Virechan* (Medicated purgation)
- *Basti* (Enema therapy)_ particularly *lekhan basti*
- *Raktamokshan* (bloodletting therapy)
- *Dhumpan* (medicated smoking)
- *Swedan* (herbal steam therapy)
- *Udwartan* (herbal powder massage)_
- *Herbs* for *udwartan- Triphala, musta, Neem, Daruharidra, Lodhra, Vacha* etc...

Shaman Chikitsa

It is pacification therapy with herbs, diet, exercise & lifestyle. Use of bitter, pungent, astringent taste dry, hot, sharp, scarping qualities of drugs.

Table 1: Common drugs that can be used:

Sr.	Name	Content	Effects
1.	<i>Triphala</i>	<i>Amlaki</i> <i>Haritaki</i> <i>Bibhitaki</i>	- <i>Tridosh Har</i> - Blood purifier - Decreases excessive headache - Reduces Sr. Cholesterol - Reduces plaque formation in the arteries
2.	<i>Guggula</i>		- Soaking Quality - Strong detoxifying

			- Lower cholesterol and
3.	<i>Shilajatu</i>		- <i>Vat and Kaph Har</i> - It decreases excessive fat
	Some common preparations:		
4.	<i>Navak Guggula</i>		
5.	<i>Triphala Guggula</i>		
6.	<i>Amrutadhy Guggula</i>		
7.	<i>Vachadi Churna</i>		
8.	<i>Vidangadi Churna</i>		
9.	<i>Chandraprabha vati</i>		
10.	<i>Mustadi Kwath</i>		
11.	<i>Anupan</i> warm water with honey		

Table 2: Yoga Asana:

1	<i>Suryanamaskar</i> (Sun Salutation)	It helps in weight loss ,improves blood circulation, it strengthen the heart, helps to keep disease free, 23`tones digestive tract, it tones the spine, shoulder hands , legs, hands, back and leg muscles promoting overall flexibility .
''	<i>Pawan Muktasan</i> (Wind Liberating pose)	It reduces obesity and fat around abdomen. Useful in constipation gaseous trouble, intestinal whorls, appendix, piles, and blood impurities.
3	<i>Utthanpadasana</i> (Raised leg pose)	It is essential for lower belly fat and flat stomach, and for weight loss, also help full in back pain, makes leg stronger
4	<i>Dvichakrikasan</i> (Bicycling)	It is beneficial in reducing extra fat from belly and other region, makes stomach firm, improves digestion, beneficial in acidity and constipation.
5	<i>Padavruttasan</i> (Leg rotation)	
		It strengthens the back and abdominal muscles,tones the leg and arm muscles and useful in people with hernia.
6	<i>Mayurasan</i>	Reduce cholesterol accumulation in stomach, strengthens hands, legs and shoulders, and makes spinal cord straight, helps in preventing diabetes.
7	<i>Paschimottasana</i>	Reduces fat deposits in abdomen, calm the mind, and brings flexibility, tones the abdominal and pelvic organ especially after delivery.

DISCUSSION

Sthaulya is the disease of *Medodhatu*. As per the management of obesity, the drug which we select for treating *Sthaulya* decreases *Jatharagni* particularly *Abhyawaran Shakti* increases *Bhutagni* and corrects the function of *Dhatvagni* at the same time, have *Medohara*, *Kapha hara* and *Vata hara* actions will be suitable for its management.

Along with the drug, diet also plays an important role in management of *Sthaulya*. The diet should be *Guru* (heavy to digest) and *Atarpaniy* (Non- nourishing). *Guru ahar* will normalize the *vata* and reduces the *tikshnaagni* and *atarpan* food will help in reduc-

tion of fat. Food should be of *katu,tikta* and *kashay ras pradhan* which will act as *kapha har*.

Vrukshaniya (drying) and *Chedaniya* (Breaking) drug is also advised in obesity. Fat is reduced by *Virukshan* property and *Chedaneeya* property acts as a *stroto* cleansing property.

The main line of treatment is *nidanparivarjan* and *apatarpan*. *Apatarpan* consist of dietary regimens and treatment modalities and which decreases fat from the body. Along with the treatment modalities regular yoga will also helpful in prevention of obesity. One has to adopt *Ayurvedic* preventive aspect from early childhood and also in day to day practice to prevent obesity and its consequences in future.

Ayurveda provides first line of treatment which helps in dealing with genetic pre-deposition to obesity and in the management of the risk factors. With its detailed diet and lifestyle for each individual's *prakriti*, Ayurveda has better role to play in the prevention and management of obesity.

CONCLUSION

In *etiogenesis* of *Sthaulya* excessive intake of *Snigdha*, *Guru*, *Madhur ahar*, sedentary life style, lack of exercise and mental stress play a major role. Along with this *Meda* as a *dushya*, *kapha* and *vata* as *dosha* and *Medodhatvagnimandya* are main responsible factors in pathogenesis of *Sthaulya*. There is no specific treatment for obesity but dietary regime and exercise along with drug therapy with this combination one can overcome the disease.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Akinwar Rasika & C.S. Tanmane: A Review Article On Creeping Pandemic Obesity And Its Management Through Ayurveda. International Ayurvedic Medical Journal {Print} 2018 {cited March, 2018}
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