

CLINICAL DESCRIPTION OF OBESITY W.S.R TO ATISTHOOLTA**Richa Mohan^{1*}, Guleria Chaman Deep²**¹Asst. Professor, Deptt. Of Shalaky Tantra, Desh Bhagat Ayurvedic College, Punjab²R.G.G.P.G.A.College, Paprola, H.P, India**ABSTRACT**

The diseases which are most common with us are the life style disorders. With the modern era our eating and living habits are changing day by day. Junk foods have become a common part of meals. The lack of exercises and sedentary living in front of computers and laptop have created a total disturbance in the food cycle. These all life style changes have led to a no. of problems which require medical aid. The disorders like obesity, hypertension, diabetes, heart diseases, stroke, and depression have become very common.

The morbidity rate with hypertension and diabetes has risen. In *Ayurveda* also various acharyas have described such diseases. *Atisthoolta* or Obesity is one of the most common problem being faced by today's population. *Charaka* has described a vast reference of *Atisthool purush*.

Keywords: Disorders, *Atisthoolta*, *Ayurveda*, Junk, Obesity.

INTRODUCTION:

Acharya Charaka in *Ashtonindnaya adhaya* Chapter 21 of *Sutra sthan* has described 8 *nindnaya purush*.¹ i.e

1. Excessive height (Gigantism)- *Atidirgha*
2. Excessive short (Dwarfism)- *Atihrasva*
3. Excessive hair- *Atiloma*
4. Without hair- *Aloma*
5. Excessive dark complexion- *Atikrishana*
6. Excessive fair complexion-*Atigaura*
7. Obese-*Atishthool*
8. Excessive slim-*Atikrishha*

ATISTHOOL:

In *doshas* of *Atisthoola vyadhi*, *Acharya Charak* has described that, the person has²:

1. Less longevity
2. Less activeness
3. Less movements
4. Less libido
5. Weakness

6. Excessive body odour
7. Excessive sweat
8. Increased appetite
9. Increased thirst

Causes of Atisthoolta:

Acharya Charak described that obesity is :
Due to increased intake of food, mainly sweet and heavy dietary items, increased sexual intercourse, absence of exercise or workouts, sleeping in day and absence of any mental stress or it may be due to hereditary reasons.

Results of Atisthoolta:

The person with excessive body fat does not have proper ratio of other *dhatu*s which leads to shorter longevity.

The person becomes weak (Physically and mentally) i.e *Sukumar*.

Depletion and non formation of *Rasadi* —→ *dhatu* *Shukra dhatu* is formed in lesser quantity decreased libido.

Medodushti —→ excessive sweating and increased body odor.

Non formation of *Dhatu* —→ weakness Increased *agni*, and collection of *vayu* in *kostha*, *Agni* gets *sandhukshana* increased appetite and thirst.

Lakshana of Atisthoolta³:

The regions like gluteus, belly and breasts becomes heavy and fatty. The body becomes disproportionate with loss of vigor and energy.

Chikitsa⁴:

1. Karshana chikitsa Samshana Purush:

Mansa etc. *Dhatu* are in *sama pramana* (proportionate) if *sharirik sangthan* i.e body built up is perfect, then sense organs are active and so he can't get diseased. He is capable of tolerating thirst and appetite and can tolerate sunlight i.e excessive heat. He doesn't feels tired of exercises and his digestion is good. He can digest heavy diet and his body is fit. *Guru* and *Aptarpana* food should be given to *Atisthool* person which destroys *vata* and destroys *meda*.

Drugs which are *Ruksha*, *Ushna* and *Tikshana vasti*, *Ruksha udvartana*.

Takra aristha, Honey, *Loh bhasma*, Use of *kodon*, *Mudga* and *Kulthi*, *Arhar* and *Amla churna*.

Arista which are *Meda*, *Mansa* and *Kaphaphana* should be taken.

Care of Body⁵:

Acharya Charka is one who always care to maintain his health by leaving all other physical materials. If health or body lasts what is aim of collection of these materials.

2. Vishamashan Tyajya⁶:

Person should take food which is good for health, in a quantity which does not disturb the functioning and at proper time with sacrifice of desire for food.

Determination of Aahar Matra⁷:

The amount which does not disturb the normal cycle of food digestion and gets digested in a limited time is called *Aahar Matra*.

Parimana⁸:

Aatamyaindrayarth samyog , *Pragyaa-pradh* and *Parinama*, these if ignored are cause of disease.

Importance of Body health⁹:

One should protect body because if the health is lost, there will be loss of all other works and loss of income. So body health is most important.

OBESITY

In today's era, the life style has changed and it has created adverse effects on the health of human being. Obesity is also one such disorder which is emerging as a great threat to our lives.

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy or increased health problems.¹⁰

Obesity is the main root cause of many other diseases like arteriosclerosis leading to hypertension and other cardiac disorders like Myocardial infarction and Congestive heart failure, diabetes.

CAUSES:

The main causes of Obesity are the life style changes which include eating of junk foods which accumulate as body's unwanted fats and lack of physical activity like exercise, workouts. The life

style has become sedentary in which the person has to do just sitting in front of computers, laptops etc. where there is minimum physical workouts.

Genetic transmission is also one of the cause of Obesity.

EFFECTS OF OBESITY IN HEALTH:

Obesity reduces longevity because it results in various other disorders like diabetes, hypertension, sleep apnea or insomnia, cardiovascular disorders like Myocardial infarction, CHF and certain types of cancer, fatty liver disease, cholelithiasis, migraine, carpal tunnel syndrome, dementia, menstrual disorders, infertility, birth defects, low back pain, erectile dysfunction, urinary incontinence and buried penis and many others.

Due to above mentioned disorders of urology and reproductive tract, there is decreased libido.

BMI:

Body mass index is defined as weight divided by square of height and is calculated as:

$$\text{BMI} = m/h^2$$

WHO has given the classification of BMI as:

| | |
|------------------|-------------------|
| If BMI < 18.50 = | Underweight |
| < 18.50-24.99 = | Normal |
| < 25-29.99 = | Overweight |
| < 30-34.99 = | Class I Obesity |
| < 35-39.99 = | Class II Obesity |
| > 40 = | Class III Obesity |

CAUSES OF OBESITY:

Whenever there is a difference between the body intake and body energy use it results in accumulation of body fat leading to obesity.

It is also related to the sedentary life style which is becoming more common like sitting in front of computers and television for long hours without any outdoor activity.

Other reasons include the metabolic disorders like diabetes mellitus type 2 (more common), hypothyroidism, cushing syndrome etc.

OUTCOMES OF OBESITY:

- Diabetes mellitus type 2
- Hypertension
- CHD
- Cirrhosis
- Stroke
- Sleep apnoea
- Osteoarthritis
- Varicosity
- PCOD
- Cholelithiasis
- Skin infections

MANAGEMENT:

The main treatment for obesity is:

- Lifestyle Management
- Therapeutic treatment

Lifestyle Management: Life style changes include walking rather than driving, swimming. Changes in food eating style like avoidance of snacks, replacement of sugar with artificial sweeteners, regular meals to feel satiety and proper advice from dietician.

Therapeutic treatment: Orlistat, Sibutramine, Pancreatic lipase inhibitor, Cannabinoid receptor antagonist Bariatric surgery Obesity should be treated along with other risk factors like diabetes, hyperlipidemia and hypertension.

DISCUSSION:

Atisthoolta or obesity is a common life style disorder. And it is very endanger-

ing problem as it creates a vicious cycle creating many other ailments like hypertension ,diabetes etc. In *Ayurveda* such lifestyle disorder has been discussed in detail. Right from rising up from the bed to sleep, the proper regime has been described which make a person healthy and fit.along with that the proper amount of food intake, and the things which are good or *pathya* have been mentioned which are good for body and those which are unhealthy or *apathya* have been described by our *acharyas*. So in order to combat the problem of obesity one must go for good lifestyle regime.

CONCLUSION

So, the treatment described in *Ayurveda* is appropriate in today's world. One can follow the *Ayurvedic* regime in changing the lifestyle and treating the disorders. Obesity can only be prevented by changing our way of living. One must include a lot of workouts and *pranayam* or breathing exercises as these are helpful in combating stress in this stressful world. The *dincharyas and ritucharyas* along with proper *ahaar matra* should be taken. The most common health issue i.e. *atisthooltha* should be handled with the useful *ayurvedic* regime. The society should be given proper education and knowledge about *ayurveda* either through media or by camps so that people can develop faith in *ayurveda* and can maintain a healthy living and thus a healthy society.

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