

PREVENTION AND CURE OF OBESITY (STHOULYA)

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ABSTRACT

Lifestyle disorders are associated with the way a person or group of people live their life. *Sthoulya* (Obesity) is one of them, characterized by an excess of body fat due to eight factors as told by *Acharya Charak* in *sutra sthan*. *Acharya Charak* mentioned about *Sthoulya* is “*Satatam Vyadhitaav*” and described it under *Asthanindit purusha*. People with *Sthoulya* invariably affected with several diseases like- Cardiovascular diseases, Type 2 diabetes, Obstructive sleep apnea etc. *Sthoulya* is a general growing medical condition in world wide. Our ancient *Maharshis* have given special emphasis on maintenance of health as they followed the principle of prevention is better than cure. In order to maintain equilibrium of physical and mental wellbeing they have prescribed *Dincharya*, *Ritucharya*, *Pathya ahar-vihar* and *Sodhan Chikitsa*. If any individual due to time constraints etc. cannot follow the aforesaid module and becomes a victim of life style disorders like obesity than the prescribed protocols of *Vaman*, *Virechan*, *Lekhan basti*, *Nitya shodhan*, *Arogyavardhani vati*, *Agnimantha*, *Kutki*, *Vyoshadi vati*, *Medohar guggulu*, *Gomutra*, *Guggulu*, *Ruksha anna* etc. should be used. Therefore an attempt has made to compile facts related to prevention and management of obese persons and in turn decrease the associated diseases like Diabetes mellitus etc.

Keywords: *Sthoulya*, Obesity, Lifestyle

INTRODUCTION

The present era has shown a significant change in the entire health of human being and disease towards its preventive measures. Obesity is a problem of developed countries with all age group. Obesity is a medical condition in which excess body fat has accumulat-

ed as the extent that it may have a negative effect on health.¹ Obesity is known over weight, corpulence, adiposity, turgidity, plumpness etc. Obesity is an epidemic and this condition leads people at a higher risk for serious disease such as cancer, heart disease and

type 2 diabetes. Obesity is known as having a body mass index (BMI) of 30 or more. Obesity in India has reached epidemic proportions in the 21st century, with morbid affecting 5% of the country population.² Obesity is an important nutritional disorder in rich communities of the world-wide. It affects all age group and both sexes. There are several factors that are responsible for obesity like decrease Physical activity, Psychological factors, Economic back ground, Endocrinal causes, Pregnancy, Genetic factors, Hypothalamic syndrome etc.³ With a stop rise in the occurrence of obesity in India which has reached epidemic proportion in 21st century and counting the threat pose by it through cardiovascular disorders it can only be now as curtailed that holistic medical approaches are required to combat these situations. *Ayurveda* has

many things to offer in this regard from life style & dietary changes up to treating obesity by many *Panchakarma* procedures or oral medications.⁴

METHODOLOGY:

In *Ayurveda* our ancient *Meharshis* describe about *sthoulya* which is associated with *kapha dosha* and *medovaha sroto dusti*. *Meharshi Charak* describes about eight *nindit* factors and eight causes which are by obesity occur.⁵ *Sthoulya* is *Santarpanjanya vyadhi*.⁶ In *Ayurveda* *sthoulya* is considered as increase of *medo* and *mamsa dhatu* in human being leads to develop heaviness and unnecessary movement of pelvic, abdomen and breast region.⁷ In modern science body mass index (BMI) or Quetelet index is given to estimate the obesity of human being.

Table: Shown the Classification of Overweight and Obesity in Adult:

S.N.	Stages Of Obesity	BMI (Kg/M ²)	Risk Of Other Clinical Diseases
A	Underweight	<18.0-18.5	Low(But The Risk Of Other Clinical Problem Is Increased)
B	Normal Range	18.5-24.9	Average
C	Overweight	25.0-29.9	Mild Increased
D	Obese	>30.0	
E	Phase i Obese	30.0-34.9	Moderate
F	Phase ii Obese	35.0-39.9	Severe
G	Phase iii Obese	>40.0	Very Severe

CRITERIA FOR OBESITY:⁸

- (1) Body weight more than 20% above the ideal body weight.
- (2) Ponderal index less than 12.
- (3) A fat fold thickness greater than 2.5cm at the tip of scapula in males or mid triceps region in females.

Some other assorted factors are manifested obesity are:-

Physical activity: It is very common in persons with sedentary habit than in persons with active habit.

Psychological factor: As a result of emotional instability over-eating may develop as a habit which may lead to obesity.⁹

Economic back ground: It is common amongst the rich in our country who consume lots of protein, fat and carbohydrate in their diet.

Endocrinal causes: In cases of hypothyroidism Cushing's syndrome, Adiposogenital dystrophy etc.

Hypothalamic syndrome: Lesions in the hypothalamus may give rise to polyphagia and subsequent obesity.

Our Ancient *Meharshis* told us certain methods, drugs, *pathya ahar-vihar* to reverse *sthoulya*. A balanced diet is suitable for the expected weight of the human being. *Meharshis Charak* has given *pathya ahar as- Yavak, Yava, Kodrava, Mudag, Kulatha, Aadhaki bija, patola, mulak, madhu pan* and different kind of *meda, mamsa, kaphanasak aristha* which subside *sthoulya*.¹⁰

Pathya vihar as - Prajagran, vyavaya, vyayam, chinta (Physical and Mental exercise).¹¹

Sthoulya is originated by the *kapha dosha* and to subside *kapha dosha vyayam* is a major key. *Meharshi susruta* told us in *susruta chikitsa sthan-*“*vyayamo*

doshanashana".¹² *Vyayam* play an important role in all three *dosha* (*Vata*, *Pitta*, *Kapha*). *Acharya Charak* has given certain drug in *sutra sthan* for *sthoulya* as they are *Silajita* with *agnimantha swaras*, *Madhu* with *Brithpanchamula*, *Takrarishtha*, *Ruksha-usan vasti*, *Uddvartana*, *Triphala*, *Guduchi*, *Yava* and *Amlaka*.¹³ In Ancient text other *Aushadhi* like *Arogyavardhani vati*¹⁴, *Agnimantha*, *Kutki*, *Vyoshadi vati*, *Medohar guggulu*, *Vaman*, *Virechan*, *Lekhan vasti*, *Nitya Shodhan*, *Gomutra*, *Guggula* are described.

DISCUSSION

Sthoulya (Obesity) is a burning health problem in the world-wide. Discussion (*Upanayana*) is the prior step to *Nigamana* (Conclusion). Discussion is a process of re-examining the things oneself. It gives a way for conclusion. *Sthoulya* reveals by certain methods and *Aushadhi*. Methods like *sodhana karma- Vaman* for *kaphanashanam* and *Virechan* for *Dosha-nirharan* from *kostha*. *Ruksha-usan vasti* having the properties of *kaphanashan*. Several kinds of drugs acting on *sthoulya* by their pharmacological action.

Silajit: *Silajit* (*Sarvavyadhinasanam*) is a sticky substance contains fulvic acid which effectively maintains the optimum energy metabolism and most of the excess calories consumed are burnt off and not converted into fat. *Silajit* has proved to possess liver protecting effects & lowers cholesterol and triglyceride levels.¹⁵

Agnimantha (Premna integrifolia): Anti-obesity action of alcoholic & methanolic extracts of *agnimantha* was evaluated against obesity. *Agnimantha* lowers blood cholesterol level.¹⁶

Madhu (Honey): *Madhu* is said to be as ideal substance for weight management. It has anti-hyperlipidaemic activity & testified in phenolic and flavonoid contents. It maintains lipid profile, cholesterol level, triglycerides, HDL, LDL & VLDL in normal range.¹⁷

Guduchi (Tinospora Cordifolia): active component of *guduchi* is not diterpenoid lactones which acts as vasorelaxant, relaxes nor epinephrine induced contraction. It has anti-stress, immunostimulatory, anti-inflammatory, antihyperlipidemic & antioxidant action.

Medohar guggulu: *Medohar guggulu* is anti-obesity herbal medicine. *Guggulu* increase lipid's metabolism & also work for cleansing the blood vessels and reduces cholesterol, triglyceride level in the blood.

Arogyavardhini vati: It acts as digestive stimulant, carminative, mild laxative, anti-obesity, anti-inflammatory, antipruritics & helpful in high cholesterol level.¹⁸

Triphala: *Triphala* is *tridoshic rasayana* rich in polyphenols, vitamin C, flavonoids & acts as antioxidant, antibacterial. *Triphala* also decreased total cholesterol, triglycerides & low density lipoprotein cholesterol.¹⁹

CONCLUSION

Obesity is a major problem and caused by over intake of *Madhura*, *Snigdha*, *Amla*, *Kapha-varadhak*, *Santarpana ahar-vihar*. It may be due to by taking of "*Varuni Madhya*" and absence of *Vyavyam*. Certain physical, Economic, Endocrinal, Hypothalamic factors are also responsible to produce obesity. Educating the people regarding *Dincharya*, *Ritucharya*, *Vyavyam* and *satamya ahar*. Prevention is always better than cure. Hence following this theory "*Nidaanparivarjan*", *pathya ahar-vihar*, should be given uttermost importance.

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