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

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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 santaranajanya 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. Medodushthi 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 Pipasadhi- kya². 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>
<thead>
<tr>
<th>Classification</th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal range</td>
<td>18.50 – 24.99</td>
</tr>
<tr>
<td>Over weight</td>
<td>&gt;25</td>
</tr>
<tr>
<td>Pre-obese</td>
<td>25-29.99</td>
</tr>
<tr>
<td>Obese</td>
<td>&gt;30</td>
</tr>
<tr>
<td>Obese class1</td>
<td>30-34.99</td>
</tr>
<tr>
<td>Obese class2</td>
<td>35-39.99</td>
</tr>
<tr>
<td>Obese class3</td>
<td>&gt;40</td>
</tr>
</tbody>
</table>

**Problems associated with obesity:**
- Hyperlipidemia
- Type – 2 Diabetes
- Osteoarthritis
- Obstructive Sleep Apnea
- Hypertension
- Cardiovascular disease
- Psychological morbidity

B. According to Ayurveda:

**Definition:**

Medomamsativrudhatvacchalasphigudarstanah| Ayathupchayotsaho naroatisthula uchayte||(Ch.Su.21/9)

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

**Nidana:**

Tadatisthulayantsampuranadgurumadhurasheetasnig dhopyogadavayamadadiva-swapanadharshanityatvadachintanadbeesahavacc hopjaayte| (Ch. Su.21/4)

Atisthaulyata 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 heredity.

**Symptoms:**

Atisthulasya tavadaayusho hraso javoprodhah kruchrvayavaya 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 & thirst.
Pathogenesis

Chart 1:

Nidan Sevan

Anna Rasa Uttapatti (Aam)

Aam Sadharmi Medo uttapatti

Sroto rodh

Medo Dhatu Vruddhi Other Dhatu Vata moves to Kostha

Increases Agni

Increases appetite and Aahar shigra Pachan

Medo Dhatu Vriddhi

Sthaulya (Medo Roga)

Chikitsa Principles:

1. Nidana parivarjana:
   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 aharesevana, sheeta, snigdha aharesevana, navannasevana, gramy rasa sevana (use of domestic animal’s meat and soup), paya vikar sevana, mamsa sevana, shalisevana, godhumasevana etc.
   B. Viharatmka nidana – Avyayaam, avayava, divaswapa, sukha shaiya, snana sevana etc.
   C. Manasa nidana – Harshanityavat, achintan, mansonivruti, priyadashana, etc.

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 narau¹⁰ (Su. Su 35/34)
      • Guru and Aparpan Aahar
      • Vataghna, Kaphaghna and Medohara aahar, vishara and aushadh should be used.

   D. Others – Aamrasa, snigdha-madhura bastisevana, tailabhyanga, snigdha udvartana, beejadoshabhavat.
3. Single Herbs

Table 2:

<table>
<thead>
<tr>
<th>Drug</th>
<th>Botanical name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipak</th>
<th>Dosha</th>
<th>Passificaion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agnimantha¹¹</td>
<td>Premna integrifolia Linn.</td>
<td>Katu, Tikta</td>
<td>Laghu, Rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, Vata</td>
<td></td>
</tr>
<tr>
<td>Amalaki¹²</td>
<td>Emblica officinalis</td>
<td>Five Rasa except Lavana</td>
<td>Guru, Sheeta</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Tridosha</td>
<td></td>
</tr>
<tr>
<td>Bilwa¹³</td>
<td>Aegle marmelos</td>
<td>Katu, tikta, kashaya</td>
<td>Teekshna</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, vata</td>
<td></td>
</tr>
<tr>
<td>Hareetaki¹⁴</td>
<td>Terminalia chebula</td>
<td>Five Rasa except lavana</td>
<td>Laghu, rooksha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha</td>
<td></td>
</tr>
<tr>
<td>Guduchi¹⁵</td>
<td>Tinospora cordifolia</td>
<td>Tikta, kashaya</td>
<td>Guru, snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha</td>
<td></td>
</tr>
<tr>
<td>Musta¹⁶</td>
<td>Cyperus rotundus</td>
<td>Katu, tikta, kashaya</td>
<td>Laghu, rooksha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kapha, pitta</td>
<td></td>
</tr>
<tr>
<td>Vidang¹⁷</td>
<td>Embelia ribes</td>
<td>Katu, kashaya</td>
<td>Laghu, rooksha, teekshna</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, vata</td>
<td></td>
</tr>
<tr>
<td>Haridra¹⁸</td>
<td>Curcuma longa</td>
<td>Tikta, katu</td>
<td>Laghu, rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Tridosha</td>
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</tr>
<tr>
<td>Guggulu²⁰</td>
<td>Commiphera mukul</td>
<td>Tikta, katu, madhur, kashaya</td>
<td>Teekshna, sara, pichila, laghu, sukshma</td>
<td>Ushna</td>
<td>Katu</td>
<td>Tridosha</td>
<td></td>
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<tr>
<td>Shunthi²¹</td>
<td>Zingiber officinale</td>
<td>Katu</td>
<td>Laghu, snigdha</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Kapha, vata</td>
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<tr>
<td>Kushta²²</td>
<td>Sausurea lappa</td>
<td>Madhra, katu, tikta</td>
<td>Laghu, rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, vata</td>
<td></td>
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<tr>
<td>Daruwaridra²³</td>
<td>Barberis aristata</td>
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<td>Laghu, rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, pitta</td>
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<tr>
<td>Vacha²⁴</td>
<td>Acorus calamus</td>
<td>Katu, tikta</td>
<td>Laghu, teekshna</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, vata</td>
<td></td>
</tr>
<tr>
<td>Ativisha²⁵</td>
<td>Aconitum heterophyllum</td>
<td>Katu, tikta</td>
<td>Laghu, rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, pitta</td>
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<td>Katurohini²⁶</td>
<td>Picrorhiza kurroa</td>
<td>Tikta</td>
<td>Laghu, rooksha, Sheeta</td>
<td>Katu</td>
<td>Kapha, vata</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chitraka²⁷</td>
<td>Plumbago zeylenica</td>
<td>Katu</td>
<td>Laghu, rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, vata</td>
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<td>Chirabilva²⁸</td>
<td>Holoptelia integrifolia</td>
<td>Tikta, kashaya</td>
<td>Laghu, rooksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha, pitta</td>
<td></td>
</tr>
</tbody>
</table>

4. Herbo-Minerals²⁸:

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

5. Panchakarma 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 teekshna 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.
   - Virechana²⁹
   - Shiroyirechana
   - Dhumrapan³⁰

6. Pathya Apathya³¹:
Pathyeasatigadartasyikamaushadhnishevanaeh /
Table 3:

<table>
<thead>
<tr>
<th>Pathya Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aahar varga</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Shaka varga</strong></td>
</tr>
<tr>
<td><strong>Phala varga</strong></td>
</tr>
<tr>
<td><strong>Dravya</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Mamsa</strong></td>
</tr>
</tbody>
</table>

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 *medodhatwagni*.

8. Yoga:
   a. Sarvangasana
   b. Padahastasana
   c. Dhanurasana
   d. Paschimottanasana
   e. Ardha-Matsyendrasana
   f. Bhujangasana
   g. Pavan Muktasana

**Chart 2:**

Sthaulya- Chikitsa

Anashan Ashan Panchakarma Dhumrapan Aushadha

(Guru & Apatarpana) Alpa virechana Shirovirechana Rooksha tikshnoushana bastiyan Vihara

Vyavaya vyayama bhraman jagran ruksha udavartana

**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. Pippi helps to modulate digestive power even associate with aam production. Udvardan remove the blockage in Srotas due to their Rooksha Guna & Low calorie high fibre diet fulfils the principle of treatment “Guru ch Apterpan”. Navak Guggulu has trikuta, triphala, chitrak, musta, vidang. Gugglu 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.

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