PATHYA & APATHYA AHARA IN OBESITY (STHOULYA)

Sreeharsha N1, TB Tripathy2, Divyasree CH3

1P.G.Scholar, 2Associate Professor; Department of Swasthavritta & Yoga; Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India
3P.G.Scholar, Department of ShareeraKriya, Aswini College of Ayurveda & Hospital, Tumkur, Karnataka, India

Email: sreeorton@gmail.com

ABSTRACT

Scientific and technological progress has made man highly sensitive and critical; there by giving rise to different types of health problems. The advancement of industrialization and communication is contributing towards sedentary life styles, in turn causing chronic non-communicable diseases like diabetes mellitus, hypertension, cancer, ischemic heart disease, cerebro-vascular accidents, atherosclerosis, varicose veins etc. Obesity being the risk factor for these diseases and hence prevention of obesity will decrease the chances of such diseases. Like other diseases, obesity is mostly the result of factors like heredity, environment or food, but it is difficult to decide the involvement of prime factor. It is not possible to change heredity; it is difficult to change environment, but relatively easy to change food habits and life styles. Sthoulya is the nearest clinical entity for obesity in Ayurveda. For causation of Sthoulya, excessive intake of calories with a decreased expenditure is the main reason. In Ayurveda, obese persons are included under AstaNinditapurusha. The reason for difficult nature is the involvement of Tridosha and affliction of Saptadhatu. Pathya recommended in Sthoulya are Purana Shali, Shasthika, Yava, Ardraka, Kulatta,Takra. Apathya recommended in Sthoulya are Ksheera, Dadhi, Masha.

Keywords: Sthoulya, Ahara, Pathya, Apathya.

INTRODUCTION

In Ayurveda, obese persons are included under AstaNinditapurusha (Athideerga, Athihraswa, Athistoolla, Athikrusha, Athigoura, Athisweta, Athi Roma and Aroma).1Pathya is referred to the Ahara and Vihara, which causes pacification of the dis-
Apathya is referred to the Ahara and Vihara, which causes complications and aggravate the disease. Food is the base and cause for the Strength, Complexion and Vitality of the living beings. Ahara has the ability to promote health as well as to control the disease. The benefits of food like health, strength, longevity and energy are achieved only when the food is consumed by the person according to its Swabhava, Samyoga, Samskara, Matra, Desha and Kala. Otherwise it will end up in manifestation of disease.

**Aims & Objectives:**
Ayurveda advocates healthy lifestyle through Ahara, Vihara, Oushada and different kinds of Karmas to prevent all type of diseases by following virtuous Ahara as described in Ayurveda one can prevent himself from obesity and reduce its risks to develop various killer ailments which will be discussed here. Acharya Charaka has stressed upon the Guru and Atarpanadravya as a special diet for Sthoula.

<table>
<thead>
<tr>
<th>Table 1: List of Pathya Ahara found in the disease Sthoulya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varga</td>
</tr>
<tr>
<td>Anna varga</td>
</tr>
<tr>
<td>Raktashali</td>
</tr>
<tr>
<td>Shasthika shali</td>
</tr>
<tr>
<td>Yava</td>
</tr>
<tr>
<td>Chanaka</td>
</tr>
<tr>
<td>Kulatha</td>
</tr>
<tr>
<td>Jalavarga</td>
</tr>
<tr>
<td>PanchkolashrutaJala</td>
</tr>
<tr>
<td>Shunti siddha jala</td>
</tr>
<tr>
<td>Madhu</td>
</tr>
<tr>
<td>Madyavarga</td>
</tr>
<tr>
<td>Mutravarga</td>
</tr>
<tr>
<td>Kanda varga</td>
</tr>
<tr>
<td>Ardra</td>
</tr>
<tr>
<td>Sunthi</td>
</tr>
<tr>
<td>Ksheeravarga</td>
</tr>
<tr>
<td>Shakavarga</td>
</tr>
<tr>
<td>Karavellaka</td>
</tr>
<tr>
<td>Varthaka</td>
</tr>
<tr>
<td>Nimbapatra</td>
</tr>
<tr>
<td>Shigru</td>
</tr>
<tr>
<td>Mamsavarga</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Table 2: List of Apathya Ahara found in the disease Sthoulya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varga</td>
</tr>
<tr>
<td>Anna varga</td>
</tr>
</tbody>
</table>
For better understanding, the Pathya and Apathya for the patients so as to reduce the severity of the disease:

- It is good to consume little less quantity of food which facilitates the action of *Pachaka Pitta* which will help to control the formation of *Ama*.
- Since the diet which aggravates the *Kapha*, also contributes the formation of *Ama*. Thus, dairy products, oily food items, salty and sour food articles should be avoided.
- Most of the vegetables are good to reduce the formation of *Kapha* as well *Ama*. However, they should be consumed warm and along with some spices to counteract their nature.
- It is better to avoid excessive water intake after consuming food as it interferes with the concentration of the digestive enzymes and slows down the digestive process.
- Person must be realizing that prolonged dieting is necessary for following a restricted diet regimen ensures optimal weight loss. A permanent change in eating habits, Planning of Daily food intake, Separation of Eating from other Activities are required to maintain the new low weight.
- The Person must understand Details regarding the disease and the principles of energy intake and expenditure. The best results are obtained in educated, well motivated patients.
- The Person must have Mental built to lose weight and should have Self monitor Feelings and Emotions.
- Excess consumption of food is called as *AthiMatra Ahara Sevana*. Here the consumption of food is related not only for quantity of intake but also the frequency of intake. As the formation of *Rasa* is more, it over-nourishes the *Dhatu* of the body; leading to *Sthoulya*.
- The lunch and dinner timings should be fixed and the time difference 2 meals should be 4 hours.

**DISCUSSION**

*Sthoulya* is the nearest clinical entity for obesity in *Ayurveda*. For causation of *Sthoulya*, excessive intake of calories with a decreased expenditure is the main reason. In *Ayurveda*, obese persons are included under
AstaNinditapurusha. The reason for difficult nature being the involvement of Tridosha and affliction of Saptadhatu. The Food & Drinks which are useful for the body channels are termed as Pathya. On the contrary those having a deleterious effect on them are Apathya. When a person exposed to Apathya then drug treatment has of no value and if a person follows the rules of Pathya for particular disease, there is very little significance of drug treatment and adoption of appropriate Pathya, abstaining from Apathya along with proper treatment of disease is a unique contribution of Ayurvedic science, explained for most of the diseases. Ahara plays an important role as that of medicine, especially in the disease like Sthoulya. Hence it is rightly mentioned that “if one follow Pathya then there is no need of medicine and if not then there is no use of therapeutic measures”.

Considering the pathological factors, the Acharyas have listed numerous Pathya and Apathya for Sthoulya. Acharya Charaka has stressed upon the use of Guru and Atarpana drugs as a special regimen for Sthoulya, which is already described in Sthoulya Chikitsa. Commentators like Chakrapani and Gangadhara had mentioned that “Sthokabhojana” or “Alpabojana” are the best Karshana. They have also given importance for Laghu and RookshaAhara sevana. Ahara dravya should be used after converting it to guru through Samskara. Oushadha Sevana alone cannot alleviate the disease if defective food habits are practise. On the other hand, if appropriate food habits acting as Pathya is included in daily regimen, even Oushadha Sevana can be reduced or prevented. Hence Aharadravyas which are recommended as Pathya for Sthoulya can be advised to be included in regular diet in the form of preparations. For Example Kulatta, Chanaka in the form of Yusha. Shunti in the form of Shuntijala. Takra can be added with Ardraka. Vyanjanas can be prepared frequently using Vegetables like Patola, Karavelaka, Varthaka, Shigru, will bring about effect.

CONCLUSION

Even though Oushadha is having Therapeutic effect, OusadhaMatra (Quantity of Medicine)is always lesser than Ahara Matra (Quantity of food). Ahara plays a major role in Swasthya Rakshana. by its nature of Pathya &ApathyaAhara can become Ayatana (reason or Nidana) for both Health & Sickness. Hence following appropriate Pathya and avoiding Apathya leads to better Health in case of Sthoulya.

REFERENCES

Varanasi: Chowkambha Sanskrit Series. Volume 1, 2012; p. 438


Source of Support: Nil
Conflict Of Interest: None Declared

How to cite this URL: Sreeharsha. N: Pathya & Apathya Ahara In Obesity (Sthoulya). International Ayurvedic Medical Journal {online} 2017 {cited April, 2017} Available from: http://www.iamj.in/posts/images/upload/1312_1316.pdf