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 Vyadhitaaav” 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. 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. 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, Endocrine causes, Pregnancy, Genetic factors, Hypothalamic syndrome etc. 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 curtained 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.

**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. Sthoulya is Santarpanjanya vyadhi. 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. 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:

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Stages Of Obesity</th>
<th>BMI (Kg/M²)</th>
<th>Risk Of Other Clinical Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Underweight</td>
<td>&lt;18.0-18.5</td>
<td>Low (But The Risk Of Other Clinical Problem Is Increased)</td>
</tr>
<tr>
<td>B</td>
<td>Normal Range</td>
<td>18.5-24.9</td>
<td>Average</td>
</tr>
<tr>
<td>C</td>
<td>Overweight</td>
<td>25.0-29.9</td>
<td>Mild Increased</td>
</tr>
<tr>
<td>D</td>
<td>Obese</td>
<td>≥30.0</td>
<td></td>
</tr>
<tr>
<td>E</td>
<td>Phase i Obese</td>
<td>30.0-34.9</td>
<td>Moderate</td>
</tr>
<tr>
<td>F</td>
<td>Phase ii Obese</td>
<td>35.0-39.9</td>
<td>Severe</td>
</tr>
<tr>
<td>G</td>
<td>Phase iii Obese</td>
<td>≥40.0</td>
<td>Very Severe</td>
</tr>
</tbody>
</table>

**CRITERIA FOR OBESITY:**

1. Body weight more than 20% above the ideal body weight.
2. Ponderal index less than 12.
3. A fat fold thickness greater than 2.5 cm 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.

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

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
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 aghmantha swaras, Madhu with Brithpanchamula, Takrarishta, Ruksa-usan vasti, Udilvartana, Triphala, Guduchi, Yava and Amlaka. In Ancient text other Aushadhi like Arogyavardhani vati, 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 revels by certain methods and Aushadhi. Methods like sodhana karma- Vaman for kaphanashanam and Virechan for Dosha-nirharan from kostha. Ruksa-usan vasti having the properties of kaphanashan. Several kinds of drugs acting on sthoulya by their pharmacological action.

**Silajit:** Silajit (Sarvavyadhinasanam) is a sticky sub-stance contains fulvic acid which effectively main-tains the optimum energy metabolism and most of the excess calories consumed are burnt off and not con-verted into fat. Silajit has proved to possess liver pro-ecting effects & lowers cholesterol and triglyceride levels.

**Agnimantha** (Premna integrifolia): Anti-obesity ac-tion of alcoholic & methanolic extracts of aghmantha was evaluated against obesity. Agnimantha lowers blood cholesterol level.

**Madhu** (Honey): Madhu is said to be as ideal sub-stance 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.

**Guduchi** (Tinospora Cordifolia): active component of guduchi is not diterpenoid lactones which acts as vasorelaxant, relaxes nor epinephrine induced contraction. It has anti-stress, immunostimulaory, anti-inflamatery, 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 re-duces cholesterol, triglyceride level in the blood.

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

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

**CONCLUSION**

Obesity is a major problem and caused by over intake of Madhura, Snigdha, Amla, Kapha-vardhak, 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.

**REFERENCES**


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