

IMPORTANCE OF NIDANA IN PREVENTING STHOULYA - A MINI REVIEW ARTICLE

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ABSTRACT

Epidemic of Obesity has reached its peak over last 30 years. Obesity (BMI > 30), high body fat as a risk factor for health has recently been the focus of research, due to its increasing rate of prevalence in all age groups in developed and developing countries too. Statistics of obesity awfully inclines that nearly half a billion of world's population now is considered to be overweight or obese. Worldwide, at least 2.8 million people die each year as a result of being overweight or obese, and an estimated 35.8 million (2.3%) of global DALYs (Disable Adjusted Life Years) are caused by overweight or obesity. In India > 135 million individuals are affected by obesity and risk factor leading to other major diseases. Affecting to all age groups, now there is alarming rise of obesity in children and adolescents too. Hence, primary target should be analysing *Nidana* and even understanding basic diet, lifestyle pattern of an individual for preventing and treating the *Sthoulya*.

Keywords: Obesity, Prevalence, Risk Factors, *Nidana*, Prevention, Treatment.

INTRODUCTION

Obesity is a risk factor for chronic diseases such as Hypertension, Dyslipidaemia, Type 2 Diabetes Mellitus, Cardio Vascular Disease, Sleep apnoea, musculoskeletal disorders and some cancers. Estimation shows that people will die because of over nutrition than starvation. The data collected from IOTF (International Obesity Task Force) suggests that obesity ranges from 10-20% for men and 10-25% for women¹. The prevalence varies from rural to urban and state wise because of geographical condition, life style and dietary patterns. *Ayurvedic* Classics described Obesity under headings of *Atisthoulya*² and *Medhoroga*³. *Paribhasha* is “*Ati*” and “*Sthoola*” which means extraordinarily bulky. *Atisthoulya* simply means that

body becoming excessively bulky. There is increase in body fat and muscles so that hips, abdomen, and breast become pendulous⁴. Ancient *Shastra* explains *Nidana Parivarjana*, *Apatarpanachikitsa*, *Samana* & *Shodhana* modalities of treatment for the condition and knowledge of *Pathya* and *Apathya* for treating the problem. *Ayurveda* aims to pacify *Kapha Dosha*, *Medhodhatu* and *Vatanulomana* to cure *Sthoulya*⁵. As per “*Sankshepata Kriyayoge Nidana Parivarjana*”⁶ makes us to understand that *Ayurveda* explains and focuses mainly over *Nidana Parivarjana* as basic root for replenishing into healthy state. *Ayurveda* aims at “*Swasthasya Swasthya Rakshanam Aturasya Vikaraprashamanam Cha*”⁷ the *Chikitsa* aspect in healing the

diseased state, present article tries to deliberate more on emphasising the prevention aspect of *Sthoulya* by analysing the concepts of *Nidana* (cause) and preventing *Sthoulya* on basis of it and even later the diseased condition.

Aim and Objectives:

- Analysing the *Nidana* of *Sthoulya*.
- Utilizing the *Nidana* as Analysis for Treatment and Prevention of *Sthoulya*.

Materials

Study and analysing different Ayurveda texts and Modern texts, Articles, Journals etc;.

Methods

Analysis:

Due to changes in lifestyle of people their food consumption patterns have changed, 2002 world health report describes food to be major risk factors for mortality and morbidity.

Lifestyle of people has undergone many changes since Palaeolithic age to industrialization and leading towards an increase in non-communicable diseases. The changes in lifestyle, work patterns are two major deciding factors for consumer’s preferences. Adaptation to a fast paced lifestyle has compelled the population to partake fast food & Junk food. Fast food can be defined as per – United States Department of Agricul-

ture (USDA) “As food purchased in self-service or carry out eating places without wait service”. Fast food is high in fat, energy dense, poor in micronutrients and low in fibre⁸. Junk Food could be defined as - A high-calorie food that is low in nutritional value⁹. In Present day urban families both parents are working and hence neither of them they get enough time to prepare balanced nutritious diet for themselves and children as well. So when they consume food outside home, they don’t have control over their total calorie consumption, nutrition, and even quality of food is affected. They are forced to consume food rich in sugar, and salt¹⁰. Previously walking served everyone in their day to day activities but nowadays with advancement of time, Physical activities have been reduced with increase in usage of automobiles, mechanised way of working. Life has become highly automatic so, whatever high calorie diet a person consumes that does not burn out. Hence this leads to over consumption of food and reduced calorie expenditure which in-turn hampers the metabolism resulting in Obesity and affecting the quality life of an individual.

Analysis: Here an attempt is made to deliberate *Ahara and Vihara* linked as *Nidana* for *Sthoulya* as per Ayurveda Classics.

“*Avyayama Divaswapna Shleshmaahara Sevina | Madhuroannarasa Prayaha Snehamedaha Pravardayet* ||”¹¹.



<i>Shleshma ahara rasa</i> <i>Madhuro anna rasa</i>	<i>Avyayama</i> <i>Divaswapna</i>
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Ahara: *Madhura rasa* with its *Panchabhoutik* composition will increase *Kapha* and *Medo dhatu*.

Table no.1 showing the details regarding *To Rasa, Guna, Veerya, Vipaka* etc of *Madhura rasa*^{12,13}.

<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	<i>Karma</i>	<i>Dosha prabhava</i>	<i>Atisevanaja-nya Vikara</i>	<i>Panchbhautika composition</i>
<i>Madhura</i>	<i>Snigdha,, Sheeta, Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Brimhana, Jeevana, Ayushya, Balya, Srushtavit-mutra</i>	<i>Kaphakara Vatapittahara</i>	<i>Sthoulya, Aruchi, Kasa, Shwasa, Galaganda, Gandamala, Shleepada, Prameha, Krimi etc</i>	<i>Prithvi, Jala</i>

Madhura rasa ahara atisevana is the *nidana*, and how is that *nidana* serving to enhance all other *nidana*, *Vijayarakshita* gives perfect analogy to it with cross reference to *Su.Su* 46,

“*Madhuratarana anna rasa upaalipya annavaha srotas sarva evannaraso madurataronishpadyate, yatha pit-tayukte annavaha srotasi madhurarasasyapi vidaha*”¹⁴, *Madhura rasa aalipya anna vaha srotas*, it is being coated internally with *madhura rasa* and whatever *rasa* consumed will be metabolised like *madhura rasa*. It is understood with an example as *Pitta* when in *Vruddhi avastha*, in *annavaha srotasalepa* effect makes *madhura rasa vidaha* and even other *rasas* will be consumed like *Pitta (Vidaha)*. In *Sthoulya* person indulges more on *Madhura ahara* and if other *rasas* consumed also gets metabolised like *madhura rasa*, then naturally *madhura rasa atisevana* occurs causing *Sthoulya*. Now it gives us a good rationale to analyse the food stuffs that comes in category of *madhura rasa* like *Guda vaikruta*, *Sharkara vaikruta*, *pishtaanna*, *Navadhanya*, *Dugdha*, *Dadhi*¹⁵ all are *madhura rasa pradhana dravya*, *kaphakruccha sarvam* leading to *Sthoulya*.

Vihara:

Avyayama: With increase in advancement of technology which was supposed to be a boon for society is turning into bane as human being is more prone for usage of robotic machines leading to sedentary life style. With minimal or no exercise to body, the Physical fitness and overall wellness is deteriorating. This goes hand in hand with food consumption, because after heavy calorie diet consumption if there is low level body exercise it leads to improper metabolism. Because of which excess fat accumulates in the body leading to non-communicable diseases like Obesity, DM, and HTN etc.

Diwaswapna: Working across time zones has blurred the distinction between day and night. And the entire working population works during both day and night interchanging the resting and working pattern between day and night. Which has the devastating effect on the metabolism.(correction) Working during night and resting during the day is the evident *Nidana* for non-

communicable disease like *Sthoulya* which in simple term explained in classics as *Diwaswapna* where *Pai-shtika bhojana*¹⁶ (*high calorie diet*) and having less mobility of body *aasyasukha swapna sukha*¹⁵ *kaphakruccha sarvam* leading to *Sthoulya*.

Utility:

Detailed analysis of *Nidana* helps us to understand how it causes disease, because we know its already a proved fact that *Vruddhi* in *Kapha* and *Vruddhi* in *Medo dhatu* will bring about *Sthoulya*. To all factors explained above either contributes in increasing *Kapha* or *Medo Dhatu*.

DISCUSSION

Excessive indulgence of *Kapha Vruddhi kara Ahara Vihara* etc, and other *nidanas* leads to *Kapha dosha vruddhi*, in turn *Medo Dhatu* increases (enlargement of Fat cells) this when viewed with modern metabolic parlance seem to cause altered levels of peptides and increased nutrient levels causing *Sthoulya/Obesity*. The main Intension of analysis of above facts is to utilize it for treatment and prevention. Why it's needed for prevention? Now a day's childhood obesity is a major threat in entire world as Adult and childhood obesity have increased substantially in the last 30 years. Currently, 35% of adults (78.6 million) and 18% of children 2 to 19 years old (12.7 million) are obese, as defined by their body mass index¹⁷. Hence awareness of the above principles if explained from school level (young age) so that they can easily adopt it and better Prevention of *Sthoulya* can be done. As Children are the future of nation their health and well-being is of prime importance. In a patient who is already suffering from *Sthoulya*, *Samprapti* is very well formed, here treating the condition is primary goal and the utility of Understanding *Nidana* comes as the second step. Second step is to be taken with an aim to arrest further aggravation and secondary prevention. Thus administration of *chikitsa* and advocacy of *Nidana Parivarjana* gives a complete protocol of treatment. This Protocol with the intergration of *Nidana Parivarjana* can yield a better prognosis.

CONCLUSION

Hence from above review both primary prevention and secondary prevention is the need of the hour along with treatment in the context of *Sthoulya*/ Obesity.

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