STHAULYA– A CONCEPTUALIZED STUDY – A REVIEW ARTICLE

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ABSTRACT

Ayurveda is a science of prevention and treating the cause not merely the sign and symptoms of a disease. Sthaulya i.e. obesity is a chronic disease and also a symptom of many conditions and described as one among ashtaninditapurusha. It has a worldwide prevalence due to irregular eating habits and sedentary life style. So before to treat the obesity its samprapti must be clearly known. The samprapti of medoroga which mention in our classics is completely scientific and reliable. But as we can see in modern science still they only making the theories ’about the pathogenesis of obesity hence a effort is made to correlate both and understand both in a better way and to make a treatment plan of a obese patient according to Nidana and BMI, as these both are important factor according to that a physician Must plan: Physical activity, Diet control, Pharmacology, Panchakarma, and specific pathya-apathy and the importance of nidanaparivarjana for sthaulya according to its specific condition. Hence this work is intended to discuss the detail about the relation of ayurveda and modern samprapti of sthaulya a possible combine relation in between them and some basic principles to treat the obesity according to BMI and specific pathya-apathy for sthaulya according to its specific cause and condition.

Key words: Sthaulya, Samprapti, BMI, Pathya, Apathya.

INTRODUCTION

Obesity is most prevalent worldwide form of malnutrition, a primary public health problem in both “developing and developed” countries. In INDIA, obesity is affecting 5% of country’s population. In US, 25 to 35% of population are suffering from obesity. It affects both adult and children. Women have high prevalence than men. Approximately 44% of women and 29% of men report at a given time that they are trying to lose weight. With a current medical treatment of obesity there is a high failure rate of over 95%, experts believe obesity is about 33% genetic and 66% environmental. According to ayurveda Atish- hauly is considered as asthanindita purusha. Medomamsaativrudditavachchlasaficakud-

harasthana. It is defined as the increase and accumulation of medodhatu in the body. It implies the abnormal growth of adipose tissue due to Enlargement of size of fat cells i.e. Accumulation: Hypertrophic obesity and Fat cell increase in number: Hyperplastic obesity.

TYPES OF OBESITY:

- Abdominal obesity/upper body obesity/apple shape obesity: The fat cells of upper body mainly involves like abdomen, chest and arm.
- Gluteal femoral obesity /lower body obesity/pear shape obesity: The fat cells of lower body involves like hip and thighs.
CAUSES:
1. Eating habits (Adhyasana, Guru, Madhura, Sheeta and Singdha)
2. Physical inactivity (Avyayama, Divas-wapna)
3. Psychological factors (uninterrupted cheerfulness, lack of mental exercise)

PATHOGENESIS: AYURVEDA V/S MODERN:

Nidana Sevan: Food having Sweet, Heavy, Cold, Oily if consumed more/ Eat excessive Calories in the form of Fat, Carbohydrate, and Protein.

Vihara: sedentary lifestyle and no anxiety

All these causes energy imbalance and it disturbs the digestion and metabolism of adipose tissue (agnimandhya of medodhatu) (low the enzyme of adipose tissue)

So due to agnimandhya of medodhatu the incomplete oxidation in fat cells take place and fat cells starts accumulating in adipose tissues

It causes the srotorodha (channel blocking) due to increase in the cholesterol level, nerves signal are also get affected due to fat deposition (Vayu changes its normal direction MEANS

A hormone pyy3-36 is secreted by intestine after a meal and it line up the full intestine then a never send a signal to brain (hypothalamus control centre of hunger and satiety) so after eating no hunger occurs. But DUE TO OBSTRUCTION OF CHANNELS THIS SIGNAL does NOT REACH properly TO BRAIN

Vayu enters into kostha means as brain does not get proper signal, brain also not able to send a proper signal to digestive juices to stop them, so they secret in a improper manner as a result, excessive or abnormal appetite occurs (improper signal i.e. vayu effects jatharagni

As jatharagni get affected it creates excessive and abnormal appetite so patients eats more (as a result digestion and absorption of the food get faster than the normal)

It disturbs Medo dhatu (adipose tissue) and further tissues asthi, majja and sukra are not nourished properly.

Finally accumulation of fatty tissue takes place leading to OBESITY
ASHTASTHAULYADOSHA:
1. Ayuhriaas
2. Javouprodh
3. Krichchavyavay
4. Daurbalya
5. Svedbadha
6. Daurgandhya
7. Kshudhaatimatra
8. Pipasa atiyoga

COMPLICATION:
1. Alpa Prana (Low vitality of activities)
2. Jwara (fever)
3. Premeha (diabetes) and premeha pidika (carbuncle)
4. Bhagandara (Fistula in Ano)
5. Vidradhi (Abscess)
6. Vatika Disorders

CIKITSA:
➢ As vagbhata says there is no easy treatment for atisthoulya’As atisthoulya pusrusha always suffering from some of the other diseases, so always we should treat them
➢ Chikitsa sutra is: Nidana parivarjana
➢ Chikitsa of Medodhatu, Vatadosha, Kaphadosha
➢ Guru and apatarpana food
➢ Apatarpana (Langhana– This is of two types
1) Sodhana: vamana, Virechana, Vasti.
2) Shamana: Dipana, Pachana, Ksut, Trut, vyayama, Atapa, Maruta.
➢ Dinacharya: Abhyanga, vyayama, udvar-tana
➢ Pathya which helps to maintain the good health and in other words which prevent the body from disease but the pathya is not always pathya in every condition as it depends on six other factors. Like Matra, Kala, Kriya, Bhumi, Deha, Dosha.

SOME BASIC PRINCIPLES ARE:
➢ Screenings of Patient:
  1. To selection of a patient
  2. Taking the full history of patient
  3. Diagnose the type and cause of obesity.
  4. To decide the specific health supervision for a specific patient.
➢ Setting a realistic goals:
➢ THE BASIC PATHYA AND AS WELL AS CIKITSA ARE FOLLOWING:
1. Behaviour modification of patient
2. Physical activity
3. Diet control
4. Pharmacology
5. Panchakarma
6. Pathya (vihara)
➢ EACH POINT SHALL DISCUSS IN THE FOLLOWING TABLES:
1. **BEHAVIOUR MODIFICATION :-**

<table>
<thead>
<tr>
<th>BMI: ≥25.0 Overweight</th>
<th>BMI: ≥27.0 or 30 high wt.</th>
<th>BMI: ≥35 or 40 excessive wt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Self monitoring -</strong></td>
<td>DO</td>
<td>DO</td>
</tr>
<tr>
<td>a) Keep a food dairy and record all food intake.</td>
<td>DO</td>
<td>DO</td>
</tr>
<tr>
<td>b) Measure weight daily.</td>
<td>DO</td>
<td>DO</td>
</tr>
<tr>
<td>2. <strong>Reward your self -</strong></td>
<td>DO</td>
<td>DO</td>
</tr>
<tr>
<td>a) Chart your progress.</td>
<td>DO</td>
<td>DO</td>
</tr>
<tr>
<td>b) Make an agreement with yourself</td>
<td>DO</td>
<td>DO</td>
</tr>
</tbody>
</table>

2. **PHYSICAL ACTIVITY :-**

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Moderate</th>
<th>Vigorous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important</td>
<td>2 hours and 30 min. (150 Min/week)</td>
<td>1 hour and 15 min. (75 Min/week)</td>
</tr>
<tr>
<td>Greater</td>
<td>5 hours (300 min/week)</td>
<td>2 hours and 30 min. 150 min/week</td>
</tr>
<tr>
<td>A.E are</td>
<td>Waking, Water aerobics, Cycling on level ground, Playing double tennis</td>
<td>Jogging, Running, Swimming, Cycling fast or on hill, Playing Single tennis, Basketball</td>
</tr>
</tbody>
</table>

2. **Muscle strengthening activity/ vyayama**

Advised

By this all major muscles like legs, hips, back, chest, abdomen, shoulder, and arms should workout. Exercise like lifting weights, Push ups and Pull ups, Heavy gardening, Yoga

3. **Breathing exercise :- Pranayam**

Advised

4. **Atapa**

Advised

5. **Abhyanga**

Advised carefully

6. **Lepa**

Advised

3. **DIET MANAGEMENT**

A.H men-

Can be

Can be advised
**Stimulus control**: These all are nothing but a control of thirst and hunger.

<table>
<thead>
<tr>
<th>Action</th>
<th>Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink a glass of water before each meal</td>
<td>Advised</td>
</tr>
<tr>
<td>Drink sips of water between bites of food.</td>
<td>Advised</td>
</tr>
<tr>
<td>Try to be last one to finish food</td>
<td>Advised carefully</td>
</tr>
</tbody>
</table>

**Slow down eating**:

1. Drink a glass of water before each meal.
2. Drink sips of water between bites of food.
3. Try to be last one to finish food.

**Fasting**

- Can be advised

**Giving Dipana and Pachana**

- Can be advised

**PHARMOCOTHERAPY**

Many ayurvedic drugs are given which are safe and effective 
LIKE Guduchi satva, Haritaki churna, Vidangadiyoga, Navaka guggulu, Loha rasayan, Amrita guggulu, Loharistha.

**PANCHAKARMA**

- Can be advised

**PATHYA in obesity but it become apathy**

- According to patient conditions (dosha)
  
  a) Eat the food which digest slowly and half filled stomach
  
  b) Honey with water or milk.
  
  c) Eat ushna, katu, tikta, kashaya, ruksha
  
  d) Takra (butter milk), raktashali
  
  e) Greengram, horse gram, cowgram
  
  f) Yava, brinjal, Ragi
  
  g) Sarshap taila, tila taila
  
  h) Trikatu, Triphala, Shilajatu, Lohabhasma

**CONCLUSION**

- The *samprapti of medoroga* which mention in our classics is completely scientific and reliable.
- As *atisithoulya purusha* always suffer from some or the other diseases, so we should treat them accordingly.
- Change the full lifestyle of a patient by proper medication, *Pathya* and by proper *Dinacharya* give motivation and to educate the people because there is a no magic pill for obesity.

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