

KRIYAKALA VIVECHANA IN STHOULYA

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ABSTRACT

Ati-sthulata being considered as one among the *astha-nindita Purusha*, caused due to accumulation of *medo-dhatu* in excess. *Sthoulya* can be co-related to obesity in contemporary science, which can act as a root cause for several diseases. Hence, it becomes important to prevent and treat *sthoulya* accordingly. Since *Sthoulya* is one of the *Santarpanottavyadhi*, it becomes difficult to treat, when compared to *Karshya* because of the involvement of the *tulya* (same) *nidana*, *dosha* and *dushya*. To treat a disease with the exact treatment modality and at the right time, it is of utmost importance to know the different stages of *kriyakala* in its manifestation. Treatment of *sthoulya* would mainly be in lines of *kapha-medahara*. Different treatment modalities can be applied as per *yukti* (intelligence) of *vaidya*, if one can skilfully identify the different stages in manifestation of *sthoulya*.

Keywords: *Sthoulya*, Obesity, *Kriyakala*, treatment.

INTRODUCTION

Kriyakala defined as “*Chikitsaava-sara*” (right time for treatment) explained by AcharyaSushrutha in detail under the context of *Vrana*, which can be employed in understanding each and every disease. Six stages of *kriyakala*¹ explained are-

Sanchaya–There will be *Swasthana Vruddi* (increase of *doshas* in its own place) of *Doshas* takes place².

Treatment- Usually *Nidanaparivarjana* would be the prime line of treatment in this stage.

Prakopa -*Doshas* are excited and ready to move from there place³.

Treatment-Based on the *Dosha* assessment-*Shodana* (such as *Vamana*, *Virechana*.,etc) or *Shamana* (such as *Langhana*, *Langana-Pachana*., etc) line of treatment are employed.

Prasara– *Doshas* spread all over the body.

Treatment- Usually *Shodana* line of man-

agement is employed in this stage after bringing the *Prasarita Doshas* back to *Koshta* (by *Vruddi*, *Vishyandana* and *Srotomukha Shodana*)

Sthana-samshraya– *Vikruta Doshas* gets lodged at weak spot in *Srotas*{*Khavaigunya*}, leading to *Dosha-Dushyasammurchana*. This stage is considered as *Purvaroopavasta* of a *Vyadhi*⁴.

Treatment- *Dosha-Dushya Pratyaneeka Chikitsa* is employed in this stage⁵.

Vyakta – Disease signs and symptoms are manifested completely.

Treatment- Specific line of treatment mentioned to that particular disease is employed as per *Yukti* of a *vaidya*⁶.

Bheda – This is chronic stage of disease, *Upadrava*'s are also noted in this stage.

Treatment- If *Upadrava* is *Prabala* in this

Avasta then Upadravas are treated prior, symptomatically, followed by treatment of the disease.

Sthoulya as per contemporary science can be co-related to obesity.

Obesity⁷-

Obesity may be defined as an abnormal growth of the adipose tissue due to an enlargement of fat cell size or an increase in

WHO classification of obesity

WHO Classification	BMI	Risk of Death
Underweight	Below 18.5	Low
Healthy weight	18.5-24.9	Average
Overweight (grade 1)	25.0-29.9	Mild increase
Obese (grade 2)	30.0-39.0	Moderate/severe
Morbid/severe obesity(grade 3)	40.0 and above	Very severe

fat cell number or a combination of both. Obesity is often expressed in terms of body mass index (BMI).

Risk Factors for Obesity:

- 1) High-calorie foods
- 2) Physical inactivity
- 3) Alcohol
- 4) Endocrinal factors

$$BMI = \text{weight (kg)/height (m)}^2$$

Kriyakala in Sthoulya-

Understanding of the Kriyakala can be done by tracing back the different stages of Sthoulya as:

Sanchaya- avastha in Sthoulya-

The disease Sthoulya is mainly caused by Kaphadosha hence in Sanchayaavastha, the Nidanawhich leads to the Chaya (accumulation) of Kaphadosha can be considered such as Diva-swapna after taking food, Avyayama, Adhyashana etc. causing symptoms like Anganamgaaurava and Aalasya.

Treatment-Nidanaparivarjana.

Avoiding all the don'ts

Prakopa- avastha in Sthoulya-

Further indulgence in the Nidana leads to the KaphaDoshavridhhi producing Shlathangatva. Symptoms such as Aati-nidrata can be noted.

Treatment-Chaya-purvaka-prakopa Shodhana (Vamana,Virechana or Lekhanabasti). Achaya-purvaka-prakopa Shamana such as Udvartana can be employed.

Prasara-avastha in Sthoulya-

VridhdhaKapha Dosh moves from its Sthana producing Sanga in MedovahaSrotas which in turn increases Vayu leading to the Agni San-

dookshana takes place leading to Atibubhukshana condition and this vicious cycle continues.

Treatment- Kapha Upakrama should be employed.

Sthana-samshraya-avastha in Sthoulya-

Dosha-Dushya Sammurchana takes place in this stage where the vitiated Doshas gets lodged where they find Kha-vaigunya. In Sthoulya it takes Sthana-samshraya in Koshta, Sphik, Stana and Udara. Producing symptoms such as Guru-gaatrata, Sweda-abhada, Kshudaati-matra and Pipasaatiyoga.

Treatment-Kapha-medoharaline of treatment is followed⁸.

Vyakta-avastha in Sthoulya-

Full-fledged disease manifestation is seen in this stage where, the maximum Lakshanas i.e. Sphik-stana-udaralambana can be identified⁹. In this stage Asthadosha's of Sthoulya are also manifested. They are Aayushya-hrasa, Javoparodha, Kruchra-vyavayatha, Dourbalya, Dourgandhya, Sweda-abhada, Kshud-ati-matra and Pipasatiyoga

Treatment-Udvartana, Guru Apatarpana (heavy diet with minimal nourishing value) Ahara¹⁰.

Bhedaavastha in Sthoulya-

This is a stage where *Upadrava's* or sub-types of disease are manifested. *Acharya Vagbhata* classified *Sthoulya* as *Adhika*, *Madya* and *Hina*. *Upadravas* of *Sthoulya* being *Prameha*, *Kushta*, *Bhagandara*, *Arshas*, *Jwara... etc*

Treatment- *Takrarishtaprayoga*, *Shilajatu-prayoga*, *Meda-mamsa* *Kapha-hara Chikitsa*. *Upadravas* are treated accordingly¹¹

Pathya- Apatya (do's and don'ts)¹²

Do's – regular exercise, proper diet, *Vatahara-anna-pana*, *Prajaagarana*,.

Don'ts – day sleep, sedentary life style, heavy calorie diet,.

DISCUSSION

The concept of *Shat-Kriyakalais* applicable in all the diseases. Proper identification of particular stage helps us to plan the treatment. For the understanding of *Kriyakala* one should possess good textual knowledge, analytical and clinical skills. This is highly essential for the prevention and control of the disease.

Ati-sthula is considered one among *Astha-nindita-purusha*. The aggravated *Dosha-Dushya* lodging in particular place (*Kha-vaigunya*) produce particular disease such as if *Medo-dhatu* lodges in *Sphik-Stana-Udara* it leads to *Sthoulya*, if the same gets lodged in *Basti* it leads to *Prameha*.

CONCLUSION

It is easy to pluck a plant when it is still a sapling, but it is difficult when it becomes a tree. If some attention is paid towards the simplest of clinical symptoms, several diseases can be handled successfully by adopting right *Kriya (Chikitsa)* at right *Kala (time)*¹³. *Sthoulya* (obesity) being one among the very common life-style disorders in the present scenario can lead to many other secondary conditions such as Atherosclerosis, uncontrolled DM, Hypertension...etc . Hence the quote “**Prevention is better than Cure.**” is apt in this condition.

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