**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 AcharyaSushruta in detail under the context of Vrana, which can be employed in understanding each and every disease. Six stages of kriyakala explained are-

- **Sanchaya** – There will be Swasthana Vruddi (increase of doshas in its own place) of Doshas takes place.
- **Treatment** – Usually Nidanaparivarjana would be the prime line of treatment in this stage.
- **Prakopa** – Doshas are excited and ready to move from there place.
- **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 management 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{Khavaigungya}, leading to Dosha-Dushyasamshraya. This stage is considered as Purvaroopavastha of a Vyadhi.

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

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.

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.

**Obesity**

Obesity may be defined as an abnormal growth of the adipose tissue due to an enlargement of fat cell size or an increase in 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 = weight (kg)/height (m)²

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**WHO classification of obesity**

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

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**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 Nidana which leads to the Chaya (accumulation) of Kaphadosha can be considered such as Diva-swapna after taking food, Avyayama, Adhyashana etc. causing symptoms like Anaganamgaurava and Aalasya.

**Treatment-Nidanaparivarjana.**

Avoiding all the don’ts

**Prakopa-avastha in Sthoulya**

Further indulgence in the Nidana leads to the KaphaDoshaVridhdi producing Shlathan-gatva. 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**

VridhhaKapha Dosha moves from its Sthana producing Sanga in MedovahaSrotas which in turn increases Agni leading to the Agni San-dookshana takes place leading to Ati-bubhukshana 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 Udera. Producing symptoms such as Guru-gaatrata, Sweda-abhada, Kshudati-matra and Pipasaatiyoga.

**Treatment-Kapha-medoharadine of treatment is followed**

**Vyakta-avastha in Sthoulya**

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

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

**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, Shilajatuprayoga, Meda-mamsa Kapha-hara Chikitsa. Upadravas are treated accordingly

**Pathya- Apatya (do’s and don’ts)**

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 Asth-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). 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.

**REFERENCES**


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