

A Comprehensive Review of Obesity (Sthoulya) Through the Lens of Ayurveda

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Abstract: *Ayurveda is one of the most ancient medical sciences among the world. It describes the conceptual study of different disease with reference to its own principles and approaches. According, to the Ayurveda "sthoulya" is described by different acharya's in their own way and charakacharya has described sthoulya among the "ashtaninditiyapurusha", "santarpanjanyarogas". Continuous indulgence in high fat food, fried items, etc., along with sedentary life-style leads to excess accumulation of body fat which gets deposited in the numerous body channels. Appropriate Ayurvedic internal medicines along with Shodhan procedures are used to achieve the best results, without any side effects. Virechan, Basti, Udvartan according to vitiation of Dosha these shodhan procedures gives effective results. Pathya Apathya (Diet management) & Life style modifications play an important role in the management of Obesity. This article gives a Review of on management of sthoulya with special reference to obesity.*

Keywords: Sthoulya, Obesity, Ayurvedic management, Virechan, Basti, Udvartan, Pathya-Apathya

1. Introduction

Definition of Sthoulya According to Ayurveda: The meda, mansadhatu gets vitiated and gets lodged in nitamba, stana and udara region. Due to this these regions move during any activity done by person. There are improper growth and development of that organ whereas, the patient also lethargic. That person is said to be sthoulya. Following are the nidana (factors) which lead to the obesity;

- Atisampuranada i.e. unhealthy food, Absence of physical activity, sleeping during day, ingestion of more quantity food which is fatty and sweet cause's obesity.
- Guru, madhur, atisnigdha dravya i.e. to eat fatty foods
- Avyayam i.e. lack of exercise
- Avyvaya i.e. lack of coitus
- Diwaswapa i.e. sleep during daytime
- Harshanitya i.e. to remain always happy without any tension and without any mental illness.
- Beeja swabhavat i.e. hereditary obesity, when the obesity comes through maternal or paternal genes
- Sthoulya is santarpanoththa vikara, though commonly referred as meda-mansa pradosaja vikara, so basic line of treatment must lead to laghuta of body. Vata, kapha, meda and agni being the basic pathogenic entities for the manifestation of sthoulya.
- Panchakarma therapy of Ayurveda is the best treatment in many chronic diseases and also for sthoulya.

Aim

Review on Management of Sthoulya with special reference to Obesity.

Objectives

- 1) To give description of Sthoulya with special reference to Obesity.
- 2) To explain role of Shodhan procedures in Sthoulya as per Ayurvedic texts.
- 3) To mention the importance of Pathya Apathya in management of Sthoulya.

2. Review of Literature

In Ayurveda, Sthula purusha as one of the nindita purusha. Charaka has explained the as sama mamsa, sama pramana, sama samhanana and having Dridha Indriyas sthula person is not having such Regarding this explanation is available in ayurvedic classics. In Ayurveda, various treatment modalities are available in terms of obesity.

Pathya-Apathya

- Even though, there are dozens of treatments modalities to in the management of obesity but using single Pathya (congenial diet) and Apathya plays a major role.
- Food which has properties of Kapha Medahara (hypolipidemic) e.g. horsegram, greengram, barley and kokum.
- Usage of katu, tikta and kashayrasatmaka dravya leads to the shoshana i.e. Decrease in the sneha, meda and kleda from the body. Intake of kulittha, satu, jondhale, moonga, honey mixed in water, buttermilk, virechana, vyayama are the few pathya to be followed by obese person.

Langhan Chikitsa

Langhana chikitsa Langhana is an ayurvedic therapy due to which there occurs lightness in one's body. Langhana is also called as karshan or apatarpan chikitsa. According to ayurveda sthoulya patient priorly has to be started with langhana therapy, langhana chikitsa is the basic chikitsa for sthoulya.

Benefits of langhana

- Indriya prasannata-improve efficacy of sense organ
- Mala utsarajan-easy urination and defecation
- Deha laghuta-lightness of body
- Ruchi and Kshudha- increase in appetite
- Hrudashuddhi, Tandranash
- Deha laghuta is one of the symptoms seen in langhana therapy. This indicates decrease in the meda (fat) from the body.

VIHAR: Obesity as a result of life style. Lack of exercise, no physical movement, driving cars and other vehicles, sitting and watching TV, movies, working on computers, Consuming cold food from fridge all the time. Do not sleep for more than 6 to 7 hours.

Yoga:

Yogasanas or yoga poses like

- Paschimotannasana
- Saral Hasta Bhujangasana,
- Sarwagasana
- Hal asana
- Dhanurasana
- Veerasana
- Trikonasana
- Ardha Matsyendrasana etc. Along with Pranayama, cleansing processes like agnisar, uddiyan bandha etc helps

Virechan Karma

- Virechana is one of the shodhana procedures, which expels morbid doshas and helps to maintain health of an individual,
- Virechana helps to initiate the weight loss mechanism in the body. Virechana being an appropriate Shodhan procedure is not only specific for the elimination of vitiated Pitta Dosha but also helps in the elimination of vitiated Kapha and Vata where it is also indicated in Sthoulya.
- Virechana helps to check the future complications in the healthy obese as well as in the obese.

Basti Karma

- Basti Karma is considered as Chikitsa aardha among all therapy. Basti has a vast field of therapeutic action. It is believed to detoxify the body. Basti nourishes the body from tip of hairs to nail of toe.
- Lekhan basti, the name is self explanatory hence lekhan property reduces med and simultaneously pacifies Vata dosha by affecting its main seat i.e Pakvashaya.
- Due to Laghu, Ushna and Tikshna properties of Basti Dravya, obstruction of channels may be broken down thus the morbid material from all over the body will be expelled out breaking the pathogenesis of obesity.

Udvartan

- Rookshana is one such treatment modality which is indicated in Abhishyandi Roga and in diseases involving major Marma and Doshas.
- Udvartana is the procedure of massaging the powder of herbs in direction opposite to the orientation of hair on body.
- This process is explained in ancient text of Ayurveda like Asthang Hridayam Vagbhatacharya, Sushrut Samhita, Charak Samhita by Charakacharya.
- Dry powder of herbs is used hence it is known as Ruksha Udvartana. Udvartana opens the circulatory channels, facilitates the metabolic activity and improves the complexion of skin.
- Daurgandhyam Hanti- eliminates the bad body odour due to excessive sweating.
- Twakprasadakara- promotes the excellence of skin.

Shaman Chikitsa:

- According to Acharya Charaka administration of guru and apatarpaka dravyas, which possess the additional Vataghna, properties Kaphahara of and Medonashaka, are considered as an ideal for Sanshaman therapy.
- Formulations useful in Sthaulya are Arogyavardhini, Chandraprabha, Amrutadi guggul etc.
- Haridra, Daruharidra, Ativisha and few other such drugs of tikta rasa. Some combination of katurasatmak dravyas such as panchakola. mixture of chitraka, shunthi, pippali, pippalimula and sunthi in churna form should be prescribed.

3. Discussion

- Overweight and obesity can be compared with sthaulya. Which is one of the Santarpanotha vyadhi and line of treatment for it is apatarpana and langhana, which can be done by shodhana and shamana.
- Hence an effort has to be made to set an Ayurvedic standard diet plan in the management of obesity.

4. Conclusion

- It is important to avoid aggravating factors like stress and include compatible diet and exercises in addition to the drugs.
- Ayurveda uses various dosage forms and treatment modalities in different disease conditions like Shodhan and Shaman therapies etc. with suitable dietary and lifestyle modifications, which have been found very effective in controlling obesity.

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