

“ A critical review on Sthaulya and its Preventive Management with reference to Obesity ”

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ABSTRACT :-

Due to today's sedentary lifestyle, lack of physical exercise, presence of Apathya Aaharin diet, improper timing of eating, metabolic disorders have emerged rapidly and it is the root cause for obesity. Obesity is one of the nutritional disorder affecting many people. It is a disorder characterized by increased body weight and excessive fat deposition in the body. Ayurveda is an ancient science which describes basic and applied principles of health, disease and management. In Ayurveda Obesity has been described as a Sthaulya, it is a Santarpanjanya vikar. Sthaulya is among one of the Ashautnindit purusha (it refers to those people who are generally considered as socially unacceptable because of their peculiar characteristics) mentioned by Acharya in Charak Sutrasthan. By decreasing physical activity and hereditary factors which contribute to its aetiology which ultimately causes dushti of Meda dhatu. It is a preventable lifestyle disorder which can be easily cured by keeping proper dietary patterns. Medicine plays a secondary role in the treatment of various metabolic disorders like diabetes, hypertension, etc. First and foremost motto of Ayurveda is prevention of disease by less expensive and more approachable than treatment.

Aim :- To prevent Sthaulya by Aahar and Vihara.

Material and Method :- Material related to Sthaulya is collected from classical Ayurvedic literature, textbooks and various scientific published journals.

Discussion :- Sthaulya can be controlled by diet, physical exercise. Ayurvedic treatment is addressed by correction of dietary patterns in form of Nidana Parivarjan and Pathya Aahar and Vihara.

Key words :- Sthaulya, Nidan parivarjan, Pathya aahar, Vihara

I. INTRODUCTION:-

Ayurveda is an ancient science which teaches people various principles regarding healthy habits throughout the life. It mainly focuses on prevention rather than curative to maintain healthy life. As per Ayurveda Dinacharya (daily regimen), Rutucharya (seasonal regimen), Trayopasthamba (three pillars of life – Aahar, Nidra and Bramhcharya), and Vihara will keep a person healthy. Amongst Aahara and Vihara are described as essential factors to maintain healthy life.

In Ayurveda Sthaulya, derived from the word 'Sthula' i.e., a person with excessive growth of meda dhatu with mansadhatu. The word Sthula is known as Sthaulya. Definition of Sthaulya explained by Acharya Charak in Ashtanindit purusha. ^[1]The person is considered too obese when there is an excessive increase in fat in the regions of buttocks, abdomen and breast, which become pendulous. ^[2]

Obesity is a medical condition in which excess body fat gets accumulated in the body. It is most commonly caused by a combination of excessive food intake, lack of physical exercise and hereditary factors ^[3]. Few cases are also caused by endocrine disorders, medication or mental illness ^[4]. Dietary factors and Sedentary lifestyles are the most important factors for the development of obesity.

Apathya Aahara and Vihara are equally important in the causation of Sthaulya. Apathya Aahar taken into consideration of etiological factors but Vihara also plays an important role. Acharya has mentioned so many Aahara (food) and Vihara that can be proper in case of Sthaulya to prevent this condition. Among some Pathya Aahara and Vihara are explained in this study.

AIMS :-

1. To prevent Sthaulya by Aahar and Vihara.

OBJECTIVE:-

1. To find out the factors involved in Obesity as per Ayurvedic Principle .
2. To develop the concept of Obesity along with management in term of Ayurveda.

MATERIALS AND METHODS :-

This study based on the literature review of the different original ayurvedic texts with commentaries which made by different scholars.

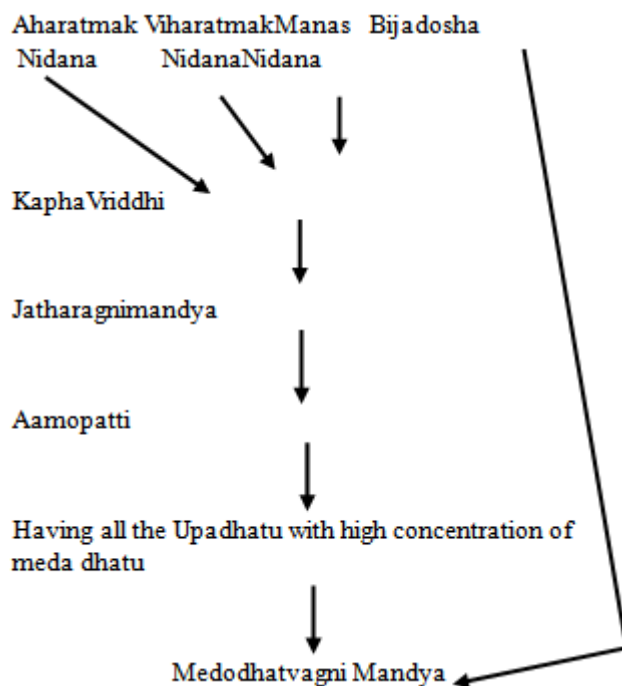
The Nidan of Sthaulya (Obesity) is obtained by searching various medical research database like google scholar, pub med, etc. the study of various Ayurvedic text were made critically and an effort that is made to understand the concept of Obesity with preventive management.

NIDAN OF STHOULYA :-

Nidan of sthauilya can be classified into Aharatmak, Viharatmak, Manas and Bijodoshaja ^[5-6]

- **Aharatmak Nidan**
 - ✓ Over eating
 - ✓ Eating of heavy, food, sweet food, unctuous food
- **Viharatmak Nidan**
 - ✓ Physical inactivity
 - ✓ Lack of sexual involvement
 - ✓ Sleeping in day time
- **Manas**
 - ✓ Uninterrupted cheerfulness
 - ✓ Lack of tension
 - ✓ Complete happiness
- **Bijodoshaja nidana**
 - ✓ Genetic/ heredity
 - ✓ Excess Rasayana– Vajikarana

SAMPRAPTI ^[7] :



CLASSIFICATION OF OBESITY :-

It is the ranking of obesity, the medical condition in which excess body fat accumulated to the extent that it has an adverse effect on health. The WHO classifies obesity by Body Mass Index (BMI). BMI is further evaluated in terms of fat

distribution via waist hip ratio and total cardiovascular risk factor. ^[8-9]

$$BMI = \frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$$

- | | | | |
|---|------------|---|----------------------|
| ❖ | BMI | ❖ | Weight Status |
| ❖ | Below 18.5 | ❖ | Underweight |

- ❖ 18.5 – 24.9 ❖ Normal Weight
- ❖ 25.0 – 29.9 ❖ Overweight
- ❖ 30.0 and Above ❖ Obesity

**PREVENTIVE MANAGEMENT:-
PATHYA IN STHOULYA**

Proper Ahara and Vihara which is mentioned in our text plays a major role in prevention of Sthaulya.

Table no. 1: Aharaja Pathya^[10]

Ahara varga (categories of food)	Pathya (wholesome)
Shuka dhanya (Group of grains with awn)	Yava, Kodrava, Puran Shali, Priyangu, Laja
Shami dhanya (Group of pulses)	Mudga, Rajamasha, Kulatha, Chanaka, Masura
Shaka varga (Groups of vegetables)	Patola, Tanduliya, Shigru, Vrutaka, Mulaka, Karvellaka, Vartaka
Phala Varga (Groups of fruits)	Kapitha, Jambu, Amlaki, Bibhitaki, Haritaki, Erandakarkati
Drava Varga (Groups of liquids)	Takra, Madhu, Ushnodaka, Tila tail, Sarsapa Tail
Krittanna Varga (Group of processed food items)	Mudga Yusha (green gram soup), Mudgamalaka Yusha (green gram soup with amla), Kulatha Yusha (horse gram soup), Laja manda, Yava Mantha, Yava Peya, Yava Saktu, Madhudaka (water mixed with honey)

Table no. 2 : Properties of Aharaja Pathya^[11-12]

Yava (Barley)	Kashaya Madhura rasa, Katu Vipaka, Guru, Mrudurookshana lekhana guna, medohar properties
Kodrava (Kodo milletes)	Kledasoshana, Ruksha, lekhana properties
Mudga (Green Gram)	Ruksha laghu guna, sheeta veerya, kaphapittahara
Kulatha (Horse gram)	Kashaya rasa, katu vipaka, laghu ushana veerya, Medohara properties
Chanaka (Chick pea)	Madhura kashaya rasa, laghu guna, sheeta veerya, causes rukshata
Masura (Red lentils)	Madhura kashaya rasa, laghu guna, sheeta veerya, causes rukshata
Laja (Parched grain)	Ruksha, laghu, kapha medohara property
Vartaku (Brinjal)	Katu tikta rasa, katu vipaka, ushana veerya, medohara
Shigru (Drumstick)	Katu tikta rasa, katu vipaka, ushana veerya, ruksha guna, kaphavatahara, medohara properties
Tanduliya (Amaranthus)	Laghu guna,,sheeta veerya, pittakaphahara
Karvellaka (Bitter gourd)	Tikta rasa, kapha vatahara
Kushmanda	Madhur rasa, kshara, sarvdoshahara
Patola (Pointedgourd)	Kashaya tikta rasa, sarvdoshahara
Madhu (Honey)	Kashayan Pradhan, Madhura rasa, ruksha guna, lekhana ushana veerya, medohara properties
Takra (Buttermilk)	Agnivardhan, indicated in medoroga
Tila tail (Sesame oil)	Madhura Kashaya rasa, ushana veerya
Amlaki (Indian)	Lavanvarjeet panchrasa, medorogahara, mainly pittakaphahara but

gooseberry)	tridoshahara
Dadima (Pomogranate)	Kaphavatahara
Jambu (Malabar plum)	Madhur, amla, Kashaya rasa, Ruksha guna, kaphapittahara, lekhan properties.
Erandakarkati (Papaya)	Katu tikta rasa, ushana veerya, kaphavatahara properties

VIHARAJ PATHYA:-

Best exercise is Asana/ Pranayama, brisk walking, jogging, bicycling, swimming, etc.

5 times per week is preferable with not more than 2 days rest between exercise day.

15 to 60 minutes is advised depending on the person capacity and the types of yoga asana/ exercise.

Benefits of Yoga/Pranayama and exercise^[13]

- ✓ It increases burning calories so reduced body weight.
- ✓ It improves circulation. Toning of heart muscles.
- ✓ It lowers plasma glucose level and increased insulin sensitivity.
- ✓ It lowers lipid levels.
- ✓ It relives stress.

Pranayama^[14]

There are two pranayama practices that are good for weight reduction Kapalabhati and Anuloma vilom Pranayama.

Kapalabhati or the skull cleansing breath involves forceful exhalation and normal inhalation. This is done in a comfortable sitting postures with erect spine. The belly is drawn in with every forceful exhalation and filled again with normal inhalation. This is known to reduced the fat around belly.

Anuloma viloma Pranayama or the alternate nostrils breathing technique also help to reduced weight.

Yoga Asana

Surya namaskar- It moderately burns calories, activates the metabolism, supporting weight management and fat loss.^[15]

Pawanmuktasana-It helps in relives stomach heaviness, improve blood circulation, it releases excess gas which offer numerous advantage including the removal of toxin from the body.^[16]

Trikonasana – It increases metabolism by stimulating digestive organ.^[17]

Naukasana – It improves blood and oxygen circulation in the abdomen and lower back at the

same time. Also beneficial for those who desire to lose weight and strengthen their abs.^[17]

Dhanurasana – It maintain flexibility while maintaining good posture or position. ^[17]

II. DISCUSSIONS:-

Sthaulya is a predominant lifestyle disorder, described by Acharya Charaka in Ashtanindit Purusha. Sedentary life, lack of physical exercise, improper diet pattern, etc play an important role in pathogenesis of Sthaulya. Nidan parivarjan by advising Pathya and Vihara has always proved to be an effective method to manage persons suffering from Sthaulya. By following simple life and healthy food habits anyone can enjoy the life without Obesity. Ayurveda and yoga is a better, easy and healthy way to fight obesity. Manas and beejaswabhatat hetu mentioned in different Ayurvedic Samhita, but more importance given to Dietary habits (aahar) and Sedentary lifestyle (vihara) which is increasing at a rapid rate.

III. CONCLUSION:-

Sthaulya (Obesity)is a non communicable disease which are becoming burden for countries can be managed with simple lifestyle (Pathya Ahar and Vihara). As above mentioned Pathya Aahar and Vihara are already mentioned by Acharya Charak in Sutrasthan. These dravya has medohara, vata-kaphahara, ruksha, tikta rasa, ushana veeryatmak properties which balance kapha and meda dhatu. So Pathya Ahar and Vihara plays an important role in Sthaulya (Obesity).

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