

Ayurvedic Measures to Manage Sthaulya

Dr. Milind Aware, Dr. Aishwarya Pawar

(Guide, Professor, HOD, SSAM, GANESHWADI, NASHIK)

(PG Scholar, SSAM, GANESHWADI, NASHIK)

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ABSTRACT: Obesity is a significant burden on global healthcare, among non-communicable diseases. It is a major global issue and an emerging health problem in developing countries such as India. Body as well as mind might get affected by obesity. Keeping this in mind, W.H.O. coined a new term for this global epidemic as 'Globesity'.¹ In Ayurveda, Sthaulya belongs to Santarpanjanya Vyadhi² and is described by many Acharyas. Sthaulya Roga of Ayurveda comes under the heading of Medaroga which results due to dysfunction of Meda dhatvagni (factor responsible for nourishment/metabolism of Meda dhatu) and is considered as a metabolic disorder. Further, its description is available in Ashtaunindita Purusha Adhyaya of Charak Samhita (chapter dedicated to 8 types of undesirable physiques where obese are criticized by society because of inappropriate body size). In Ayurvedic text, many drugs, medicinal preparations, Pathya-Apathya, Yogasana, and Dincharya are described which have significant results in prevention and cure of this global issue. An effort has been made to understand obesity through an Ayurvedic perspective and to find out the likely solutions of obesity through Ayurveda. This paper is an effort to understand Nidan (aetiology), its signs and symptoms, preventive methods like NidanParivarjan, therapeutic management along with medicine, Pathya-Apathya, non-pharmacological methods like exercise and yoga.

KEYWORDS: Ayurveda, Medaroga, Obesity, Sthoulya, Yoga.

I. INTRODUCTION

Ayurveda is one of the most ancient medical sciences in the world. Lifestyle disorder can be very well prevented and managed through Ayurveda. In recent years, Sthaulya has become a burning health issue. One in every five Indian men and women is suffering from either overweight or obesity.³ In Ayurveda, Sthaulya is included under Ashtaunindita⁴ (Eight undesirable conditions), the Kapha-Nanatmaja, SantarpanaNimittaja, Ati-Bruhmana Nimittaja and Bahu Doshaja Vikara.⁵

Shushrut mentioned Dhatavagnimandya (Metabolic disturbances) as a reason for Sthaulya. Obesity is a multifactorial disease and it may give rise to high cholesterol level, high blood pressure, coronary heart disease, heart failure, diabetes mellitus, certain types of cancer, endocrine abnormalities, and obstetric complications as well as it hampers the cosmetic value of the victim.⁶ Obesity is a concerning epidemic worldwide. According to a study of the National Family Health Survey (NFHS-4-2015-2016), the prevalence of obesity in India was 18.6% and 20.7% of men and women respectively.⁷ Worldwide obesity has tripled since 1975. In 2016, more than 1.9 billion adults were overweight, of these 650 million were obese.⁸ Obesity often results from intake of a high-caloric diet that is resulting in the deposition of excessive fats.⁹ Sthaulya is among one of the 8 unwanted diseases mentioned by Acharya Charaka. To correct vitiated Doshas and Agni through Ayurvedic treatment, NidanParivarjana, Shodhana, Shamana, PathyaAahar - Vihar and ApatarpanaChikitsa should be done.

AIMS AND OBJECTIVES

- To find out the factors involved in obesity as per Ayurvedic principles.
- To develop the concept of obesity along with management strategies in terms of Ayurveda.

NIRUKATI:

A person having heaviness and bulkiness of the body due to extensive growth, especially in the Udaradi region, is termed as "Sthula" and the State (Bhava) of Sthula is called 'Sthaulya'.¹⁰ Obesity comes from the Latin word 'Obesus' meaning fat.

DEFINITION:

Sthaulya is the term used to describe the condition where an individual's buttocks, tummy, and breast become pendulous due to excessive growth of Meda and Mansa Dhatu (Fat and Flesh) and they lack energy.¹¹ Modern science defines obesity as an accumulation of extracellular fat (adipose tissue) that is significant enough to harm one's health.

Concept of Sthaulya Roga in Ayurveda

Sthaulya Roga of Ayurveda comes under the heading of Medaroga which results due to dysfunction of Meda dhatvagni (factor responsible for nourishment/ metabolism of Meda dhatu). Further, its description is available in Ashtaunindita Purusha Adhyaya of Charak Samhita (chapter dedicated to 8 types of undesirable physiques where obese are criticized by society because of inappropriate body size). Ayurveda also highlights Sthaulya as -

1. Kapha pradhanaja (predominately caused due to vitiated kapha dosa)
2. Meda pradoshaja (Meda is dhatu/ tissue which is predominately affected)
3. Bahu dosa avastha (multi-factorial condition)
4. Santarpanjanya vyadhi (disease caused due to affected anabolism/ over nutrition).

ETIOPATHOGENESIS :

According to Ayurveda ,
Due to the imbalance between the energy consumption in the diet and energy expenditure through exercise and bodily functions.

Nidana of Sthaulya is basically classified in four groups¹³

1. AharajaNidana
2. ViharajNidana
3. MansikaNidana
4. Beejadusti

Aharatmak Nidana-

- 1 Adhyasana (Eating when previous meal is not digested)
- 2 Atisampurana(binge eating)
- 3 AtiBrimhana(eatingfood high in calories)
- 4 Guru Ahara (Food heavy to digest)
- 5 Madhura Ahara (Excessive use of food sweet in taste)
- 6 SnighdhaAhara (oily food)
- 7 Sheeta(cold food)
- 8 Navanna(recently harvested grain)

SAMPRAPTI :

Samprapti Chakra of Sthaulya according to AcharyaCharaka¹⁷Nidana(Madhura rasa, Avyayma, Diwaswapa)

Medo Dhatu Vriddhi (Meda Dhatu gets increased)



StrotoAvarodha by meda (AllStrotas get Avarodhaby the meda)

- 9 Atianavmadyapan(excessive use of freshly prepared alcohol)
- 10 Paya Vikara (milk and its product)
- 11 Iksuvikara(sugarcane and its product) Guda(jaggery)

Viharatmaka Nidana –

1. Avyayam(lackof physical exercise)
2. Avyavaya(lackof sexual intercourse)
3. Divaswapana (sleeping during day time)
4. Asana Sukha(long time siting)
5. Bhojanottarasnana(after taking food idle sitting)
6. Swapanaprasangat(Excessive sleep)
7. Harshanitya(always being cheerful)
8. Priyadarshana(constantly seeing those things which are liked)

Manasa Nidana –

1. Achintana (no worries)
2. Manasoni vritti (relaxation ofthemind)
3. Saukhya(happiness)

Other –

1. Intake of sweet substancesby motherduringpregnancy
2. Beejadosha(Defective genes)
3. Amarasa(Indigestion)
4. Singhda, Madhura bastisevena (enema which contain oily and sweet drugs)
5. Tail Abhyanga (oil massage)
6. SnigdhaUdavartana(powdermassage with oily drugs)

SYMPTOMS :

- Increased hunger (Atikshudha)
- Increased thirst (Atipipasa)
- Perspiration (Atisweda)
- Breathlessness (Atishwas)
- Sleepiness (Atinidra)
- Difficulty to perform heavy work (AayasAshamata)
- Sluggishness (Jadata)
- Short lifespan (Alpayu)
- Decreased body strength (Alpabala)
- Bad body odour (Dourgandhya)
- Unclear voice (Gadgada)

↓
 Vataspecially confined to Koshtaand causes JatharagniVridhhi
 ↓
 Sthaulya

DIAGNOSIS :

Specific criteria to measure obesity –

1. Body Mass Index – It is defined as a person’s weight in kilograms divided by the square of his/her height in meter

According to WHO,

The International Classification of adult underweight, overweight and obesity according to BMI.

Classification	BMI (KG/M ²)
1) Underweight	<18.50
2) Normal range	18.50-24.99
3) Overweight	>25
4) Pre-obese	25.00-29.99
5) Obese	
Obese class 1	30.00-34.99
Obese class 2	35.00-39.99
Obese class 3	>40.00

2. Age specific weight for height table
3. Skinfold Measurement
4. Waist / Hip ratio (>0.55)
5. Lab Investigation -
 Lipid Profile Blood glucose Blood Pressure

PRINCIPLES OF MANAGEMENT

1. NidanaParivarjana
2. ShodhanChikitsa
3. Shaman Chikitsa
4. .Nidana Parivarjana :

Avoiding the hetu (causative factors) which are responsible for causation of disease is

NidanaParivarjana.

According to SamanyaVishesh Siddhant the excessive consumption of similar substance (DravyaSamanya), similar quality of food (GunaSamnya) , Similar on the action of food (Karma Samnya) cause the over production of Dhatu.¹⁹ Thus, Ahara and Vihara mentioned above that causes obesity should be avoided.

Shodhana Chikitsa :

Sthaulya is Bahudoshavasta, here Shodhana plays as an important role. Vamana and Virechana Karma is the best treatment modality for Sthaulya. For Kaphaja Vikaras Vamana is the primary treatment. Virechana Karma acts on agni and stabilizes Dhatus. Both these Karma play important role in reduction of excessive weight, BMI, Triglyceride, Total Cholesterol, Total Triglyceride, LDL,VLDL, as well as increase HDL.

Lekhan Basti²⁰ :

It is a type of enema(given through the ano-rectal route) which contains Ayurvedic drugs which cause the excoriation of the excessive fat from the body. The drugs which are used in the preparationofLekhan Basti are Triphala decoction, Honey, Gomutra,Saindhavsalt, Hing , Yavakshar, Kasis, Shilajat which are all fat-reducing virtu their properties. The drugs used in Lekhana Basti possesses opposite quality of Meda and Kapha , which causes Lekhana of Medha and also Basti

controls the Vayu and causes Kostasuddhi which starts proper metabolism by removing Vayu Avarana and provide nourishment to the later Dhatu.

Udvartana²¹ :

The most common Ayurvedic treatment used in for losing weight is the treatment of Udvartana.

The procedure of rubbing dry medicated powders over the body with friction in a direction opposite to the hair growth is termed as Udvartana. It is commonly practiced with TriphalaChurna, KolakulathadiChurna. In Udvartana, due to increased friction to all parts of the body, the increased meda is depleted and increased heat generated during Udvartana helps in digesting the Ama thus correcting the digestive metabolism in obese people.

2. SHAMAN CHIKITSA :

Shaman Chikitsa with the help of medication suppresses and eventually removed all vitiated doshas in the body.

Single Drug:

- Shilajatu
- VidangaChurna
- VachaChurna
- shunthiChurna
- LodhraChurna
- Guggulu
- GuduchiChurna
- AmalakiChurna
- HaritakiChurna
- Madhu

Pathya – Apathya :

Sr.no	PathyaAhara	Pathya Vihara
1	Millets like yava, Venuyava, barley, old rice, course wheat flour	Shrama(labour)
2	Mudga(greengram),Kulath(horse gram), Chanak(Bengal gram)	Prajagara(Night awakening)
3	Amalaki(Amla),bittergourd, carrot, Cucumber	Chintana (worry)
4	Madhu(Honey),butter milk,Ginger water	Vyavaya(Intercourse)

SamshodhanaChikitsa(Purificatory procedures)^[22]

- Vaman (Therapeutic emesis).
- Virechan (Purgation therapy)
- Nasya(cleansingnasaldrops)
- NiruhaBasti (Decoctionenema)

Compound Formation :

- NavakaGugulu
- AmritadiGugulu
- DashangGugulu
- MedoharGugulu
- TryodashangGugulu
- TriphalaGugulu

Laghana:

Laghana is one of the ApatarpanaChikitsa explained in ayurveda texts. Nitya Langhana therapy is advised for obesity . Laghana therapy is further classified as Shodhan and Shamana therapy

Vyayama(physical Exercise) :

It is advocated to be done every day. Acharya Vagbhat mentioned that one should exercise according to his individual strength. Vyayama alleviates and expels excessive Kapha and helps in burning tissue belonging to specially Meda Dhatu. So that one who exercise regularly stay strong and trimmed.

Yoga :

Surya Namaskar , Paschimottanasana , Uttanapadasana, Naukasana, such Yogasana and other physical exercise like bicycling, brisk walking, swimming are effective in prevention of Sthaulya.

5	Arishta(medicinal wineinadequate quantity)	Vyayama
6	Lukewarm water	

ApathyaAhara Vihara :

ApathyaAhara

1. Godhuma (especially fine and refined wheat flour like Maida) , Navanna(New grains)
2. Masha (black gram)
3. Dugdha,Navnit, Ghrita,Dadhi(dairy products)
4. Anupa, Audakamamsa (sea animal’s meat)
5. Madhur Rasatmakaahara
6. Snigdha, SheetaAhara

Apathya Vihara

1. Diwaswap (Day nap)
2. Sheetala Jala Snana
3. Avyayama (No physical work)
4. Nityaharsha(always happy)
5. Avyavaya (no intercourse)
6. Sukhashaiyya (comfortable bed resulting in sound sleep)

II. CONCLUSION :

Sthaulya (obesity) is a predominant metabolic disorder, which is described by Charaka in Ashtaunindita Purusha. Sedentary life, lack of exercise, faulty food habits, urbanization, psychological factors along with genetic predisposition play a major role in aetiopathogenesis of Sthaulya. Kapha Prakriti persons are more prone to become obese (Sthaulya). Some herbal drugs/classical Ayurvedic preparation like Guggulu, Vrikshamla, Shilajit Triphala, Arogyavardhini, Navak Guggulu etc. along with Yoga &Pranayam and Panchakarma therapy is found very effective for management of Obesity. Sthaulya is brought on by KaphaVardhakAhar and increased sedentary behavior, both of which cause the body to accumulate excess fat, or Meda Dhatu. Controlling calorie intake will help prevent the metabolic condition.Engaging in physical activity is the best and simplest strategy to lose weight.NidanaParivarjana, Shodhana, Shamana, ApatarpanaChikitsa, and Ushnodakpana are all components of the treatment protocol that incorporate physical activity and yoga into the daily schedule of an obese person.Since obesity is a disease that affects a lot of people, it is important to educate people about its causes, prevention,

nutrition, and complications. Changes in lifestyle, such as altered eating patterns and regular physical activity, can greatly reduce the risk of obesity

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