

# Management of Lifestyle Disease -Sthaulya (Obesity) Through Ahara.

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## ABSTRACT :-

In this present scenario, over stress and unhealthy food habits with faulty lifestyle reduces individual happiness and predispose to many lifestyle disorders. Obesity is one among them. Obesity has significant negative effects on an individual's quality of life as well as their life expectancy. It is one of the nutritional lifestyle disorder affecting both developed and developing countries. Sthoulya (Obesity) is result of heredity, environment and unbalanced food. It is not possible to change heredity, difficult to change environment, but relatively easy to change food habits and life style.

Acharya Charaka has described Sthoulya under Asta Nindita Purusha (Eight undesirable constitution). Sthoulya is root cause for many killer diseases like Diabetes, Hypertension and heart diseases. To manage Sthoulya there is a need for proper dietary planning.

Aim and Objectives: List out the Pathya Ahara for Sthoulya and List out the Apathya Ahara for Sthoulya. Hence here an effort is made to manage Sthoulya through Ayurvedic diet.

**Key words:** Sthoulya, Nindita Purusha, Aahara.

## I. INTRODUCTION :

The presenting era is more challenging for medical sciences on account of emerging of various lifestyle diseases. Lifestyle disease is a disease associated with the way a person or group of people lives. Obesity (Sthaulya) is one among them. Unhealthy diet sedentary lifestyle results in building up of adipose tissue in the body resulting in weight gain and obesity. Acharya Charaka has described Sthaulya is one among the Astounindita<sup>[1]</sup> and Santharpanjanita Roga.<sup>[2]</sup> Kapha, Vata, Meda are responsible factor for Sthaulya.<sup>[3]</sup>

Obesity is a heterogeneous group of disorders whose etiology lies in lifestyle, social and environmental, and genetic factors.<sup>[4]</sup> Sthaulya (Obesity) is a santarpanjanya vyadhi in which there is excess accumulation of Meda Dhatu. Sthaulya is defined as excessive and abnormal increase of Medhadhatu along with

Mamsadhatu resulting pendulous appearance of Chala, Sphika, Udara and Sthana.<sup>[9]</sup> Junk foods, alcohol and sedentary life styles are leading us to silent destruction of body. Acharya Charaka described about Astha Dosas of Sthaulya they are decreased lifespan, slow in movement, difficult to indulge in sexual intercourse, they are weak, emits bad smell, have much sweating, hunger and thirst.<sup>[5]</sup> In order to overcome the condition of obesity and to restore healthy states one must correct their dietary pattern. The dietary foods having qualities like Guru (Heavy) and Atarpana (non nourishing) must be used.

## Causes Of Sthaulya (Obesity)-

### 1. Exogenous Causes -

Diet and sedentary lifestyles are included - (Aharatmak Evum Viharatmka Nidana)

The dietary causes can be explained under two types. It is due to increased energy intake or decreased energy expenditure or both.

Increased energy intake i.e., high carbohydrate, fat and protein intake i.e., consumption of food which is Madhura Amla Rasa Pradhan Ahara, Sleshmala Ahara, Guru Snigdha Ahara and Adhyasana like dietary habits.<sup>[6]</sup> Decreased energy expenditure includes Sedentary Life Styles like Avyayama, Avyavaya, Divasvapna.

### 2. Endogenous Causes -

Genetics & Endocrine disorders are considered here.

As per modern sciences, Obesity is a complex disease resulting from the interactions of a wide variety of hereditary and environmental factors.

Obesity risk is two to eight times higher for a person with a family history as opposed to a person with no family history of obesity, and an even higher risk is observed in cases of severe obesity. Weight gain and adiposity increase with age, also influenced by heredity.<sup>[7]</sup>

Food intake is regulated by 2 centres in hypothalamus - Feeding centre and Satiety centre and also regulated by 2 hormones- Ghrelin, and

leptin. Imbalance between them result in weight gain.<sup>[8]</sup>

**Etiopathogenesis :-**

Sthaulya happens in a person when one indulges in over eating, intake of heavy, cold, sweet, fatty diet, day sleeping, no physical activity, no indulgence, living an elated life, lack of mental work and BeejaDosh.<sup>[10]</sup>

**Aim and Objectives:-**

List out the PathyaAhara for Sthaulya and List out the ApathyaAhara for Sthaulya.

**Management of Sthaulya though Ahara (diet) :-**

In order to overcome the condition of obesity and to restore healthy states one must correct their dietary pattern. The dietary foods having qualities like Guru (Heavy) and Atarpana (non nourishing) must be used. Food articles with Aptarpana properties are to be made Guru (heavy) during food preparation and processing. This helps in two ways, a person eats less because of delayed digestion of ingested food and Ahara taken produces Rukshata and Laghuta in body correcting increased Kapha and Meda.

Nidanaparivarjana (Person should evade the following diet)-

MadhuraSnigdhaahara

- Packed Fruit juice
- Refined wheat flour preparation- Cakes, pasties, sweets
- Rice, Potatoes, Wheat and their preparation etc.
- Sugary beverage/ tea, coffee, energy drink etc.

AtiSnehayuktaAhara

- Fried food and excessive oily food
- Use excess refined oil in food

- Chips, namkeens, bhajiya
- Food with excessive cheese, butter, mayonnaise etc
- Food prepared with Dalda ghee
- Sweet prepared with heavy fat, Cream
- SleshmalAhara (Food has properties like - Guru, Shita, Snigdha, Picchila, Abhisyandi etc. which promotes Kapha)
- Food prepared from refined wheat flour, e.g., Pizza, burger, bakery items, biscuits, cakes, fast food, junk food etc
- Ice creams, chocolates, jelly etc
- Curd

Ahara (diet) modification :

- Eat whole fruits
- Prepare chapattis with Oats, Ragi or Barley's flour
- Take more proteins - lentils.
- Drink green tea (2-3 time/day)
- Drink warm water whole day
- Take more green leafy vegetables in diet
- For AtisnehayuktaAhara :
- Use vegetable/ virgin oil - e.g., Olive oil, Sesame oil etc.
- Use less oil to prepare food
- Take boiled or steamed or backed food<sup>[11]</sup>
- Use Skimmed/ low fat milk
- Use cow ghee
- Take Healthy foods such as - oatmeal, walnuts, salads, bitter gourd (Karavellaka), drumstick (Shigru), barley (Yava), Green gram (Mudga), honey (Madhu), Indian Gooseberry (Amla), pomegranate (Dadima) and snake gourd and Buttermilk (Takra) etc.
- Follow diet and dietary guideline (Aharavidhivisheshaayatana)
- Use Saindhava instead of Normal Salt.

**List of Pathya Ahara found in Sthaulya<sup>[12]</sup>**

Varga	Ahara Dravya	English Name
Anna Varga	Puran shali	Old variety of rice
	Rakta shali	Red variety of rice
	Shastikshali	Rice harvested in 60 days
	Yava	Barley
	Chanaka	Chickpea
Jala varga	Kulattha	Horse gram
	Shruta sheetajala	Luke warm water
	Panchakolashrutajala	Water with panchakola
	Shunthisidhhajala	Ginger water
Madya varga	Madhu	Honey
	Puran sidhu	Old wine
Mutra varga	Gomutra	Cow's urine
Kanda varga	Lasoon	Garlic

	Adraka	Wet ginger
Ksheervarga	Takra	Butter milk
Shaak varga	Patola	Battle gourd
	Karvellak	Bittle gourd
	Shigru	Drum stick
Mamsavarga	Jangalamansa	Forest meat

**List of Apathya Ahara found in the disease Sthaulya<sup>[13]</sup>:-**

Anna varga	Navanna	New variety of rice
	Masha	Black gram
Jala varga	Tail	Oil
	Dushitajala	Polluted water
	Sheet jala	Cold water
Madya varga	Nutan madya	New wine
Kanda varga	Aluka	Potato
Ksheervarga	Dadhi	Curd
	Apakvaksheer	Unboiled milk
Mansa varga	Anupa mansa	

**II. DISCUSSION :-**

Sthaulya as described in Ayurveda is compared with Obesity. In Ayurveda, Ahara plays very important role, especially in the disease like Sthaulya. Considering the pathological factors, the Acharyas has listed numerous Pathya and Apathya for Sthaulya. Acharya Charaka has stressed upon the use of Guru and Apatarpanadravyasas a special regimen for Sthaulya Chikitsa.

**III. CONCLUSION :-**

Sthaulya is one among lifestyle disorder it can be effectively managed through proper diet intake. Ayurveda an ancient medical science gives importance for Ahara as it considers it as three Upastambha (sub pillars) of life. In Sthaulya by administering Ahara having Guru and Atarpana type of food helps reduce bulk of adipose tissue in the body. Thus, dietary management helps to prevent complications aroused out of it. A well-integrated Diet, Lifestyle modification and Nidanparivarjanagive excellent results in obesity as well as in other lifestyle diseases.

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