

MEASURES OF AYURVEDA FOR MANAGEMENT OF STHAULYA- A CRITICAL REVIEW**Deshmane S.G.¹ , Dachewar A.S.²**

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ABSTRACT:

Obesity is a significant burden on global healthcare , among non communicable diseases. It is major global issues and emerging health problem in developing countries such as India. Body as well as mind might get affected by Obesity. Keeping this mind W.H.O. coined new term to this global epidemic has ‘Globesity’¹.In Ayurveda, *Sthaulya* belong to *Santarpanjanya Vyadhi*² and described by many *Acharyas*. In *Ayurvedic* text many drugs , medicinal preparations, *Pathya-Apathya*, *Yogasana*, and *Dincharya* are described which have significant result in prevention and cure of this global issue. An effort has been made to understand obesity through *Ayurvedic* prospective and to find out the likely solutions of obesity through *Ayurveda*. This paper is an effort to understand *Nidan*(aetiology), its sign and symptoms, preventive methods like *NidanParivarjan*, therapeutic management along with medicine, *Pathya-Apathya*, non-pharmacological methods like exercise and *yogic kriyas*

KEYWORDS:*Sthaulya, Pathya-Apathya, Santarpanjanya, Dincharya, Yogasana,*

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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 burning health issue. One in every five Indian men and women is suffering from either overweight or obesity³. In *Ayurveda* *Sthaulya* is included under *Ashtaunindita*⁴ (Eight undesirable conditions), the *KaphaNanatmaja*, *SantarpanaNimittaja*, *Ati-Bruhmana Nimittaja* and *Bahu DoshajanitVikara*⁵. *Shushrut* mentioned *Dhatavagnimandya* (Metabolic disturbances) as a reason of *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 Obstetrics complication as well as it hampers the cosmetic value of the victim.⁶ Obesity is a concerning epidemic worldwide. According to study of National Family Health Survey (NFHS-4-2015-2016), prevalence of obesity in India was 18.6% and 20.7% of men and women respectively⁷. Worldwide obesity has tripled since 1975. In 2016 more than 1.9 billion adults were overweight, of these 650 million were obese⁸. Obesity often results from intake of high caloric diet that is resulting in 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.

NIRUKATI:

A person having heaviness and bulkiness of the body due to extensive growth especially in *Udaradi* region is termed as “*Sthula*” and the State (*Bhava*) of *Sthula* is called ‘*Sthaulya*’¹⁰.

Obesity comes from 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 extra body fat (adipose tissue) that is significant enough to harm one's health.

CLASSIFICATION :

Acharya Vagbhat Sthaulya classified three categories – *Adhik*, *Madhyam* and *Hina Sthaulya*.¹² *Vagbhat* Classification can be correlate with modern science as given below.

1. *Hina Sthaulya* (Underweight (B.M.I. 25-30kg/m²))
Without any secondary disease and complication
2. *Madhyam Sthaulya* (Obesity Class 1&2 (B.M.I. 30-40kg/m² obese)
Without any secondary disease but with least complication.
3. *Adhika Sthaulya* (Severe Obese – B.M.I.>40 kg/ m² – Very Obese)
With secondary disease and complication.

TYPES OF OBESITY :

According to Body Fat Distribution, there are two categories of obesity.

- a) Central obesity - Increased fat deposition in the abdomen and the trunk. It carries a higher risk of developing various diseases than does generalized obesity.
- b) Generalized Obesity—Excessive fat is diffusely accumulated in the subcutaneous tissue.

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*

<i>AharatmakNidana</i>	<i>ViharatmakNidana</i>	<i>Manasa Nidana</i>	<i>Other</i>
1 <i>Adhyasana</i> (Eating when previous meal is not digested)	1 <i>Avyayam</i> (lack of physical exercise)	1 <i>Achintana</i> (no worries)	1 Intake of sweet substances by mother during pregnancy
2 <i>Atisampurana</i> (binge eating)	2 <i>Avyavaya</i> (lack of sexual intercourse)	2 <i>Manasoni vritti</i> (relaxation of the mind)	2 <i>Beejadasha</i> (Defective genes)
3 <i>AtiBrimhana</i> (eating food high in calories)	3 <i>Divaswapana</i> (sleeping during day time)	3 <i>Saukhya</i> (happiness)	3 <i>Amarasa</i> (Indigestion)
4 <i>Guru Ahara</i> (Food heavy to digest)	4 <i>Asana Sukha</i> (long time sitting)		4 <i>Singhda, Madhura bastisevena</i> (enema which contain oily and sweet drugs)
5 <i>Madhura Ahara</i> (Excessive use of food sweet in taste)	5 <i>Bhojanottarasnana</i> (after taking food idle sitting)		5 <i>Tail Abhyanga</i> (oil massage)
6 <i>SnighdhaAhara</i> (oily food)	6 <i>Swapanaprasangat</i> (Excessive sleep)		6 <i>SnigdhaUdavartana</i> (powder massage with oily drugs)
7 <i>Sheeta</i> (cold food)	7 <i>Harshanitya</i> (always being cheerful)		
8 <i>Navanna</i> (recently harvested grain)	8 <i>Priyadarshana</i> (constantly seeing those things which are liked)		
9 <i>Atianavmadyapan</i> (excessive use of freshly prepared alcohol)			
10 <i>Paya Vikara</i> (milk and its product)			
11 <i>Iksuvikara</i> (sugarcane and its product)			
12 <i>Guda</i> (jaggery)			

SYMPTOMS :

Subjective symptoms ¹⁴

- 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*)

THE CARDINAL SYMPTOMS AND EIGHT – FOLD DOSHAS

Cardinal Symptoms of <i>Sthaulya</i> ¹⁵	Eight – fold Dosha of <i>Sthaulya</i> ¹⁶
<ul style="list-style-type: none"> ● <i>Medomamsaativriddhi</i>(excessive accumulation of <i>Meda</i> and <i>Mamsa</i>) ● <i>Chalaspik, Udara, Stana</i> (flabby buttocks, abdomen, breasts due to excessive fat deposition) ● <i>Ayathopachaya – anutsaha</i> (improperly formed <i>Medodhatu</i> causes <i>Utsahaniin</i> in the individual) 	<ul style="list-style-type: none"> ● <i>Ayushohrasa</i> (Shortening of lifespan) ● <i>Javoparodha</i> (lack of interest in physical activity/sluggish movement) ● <i>Krichvyavaya</i>(difficulty in sexual intercourse) ● <i>Dourbalya</i> (weakness) ● <i>Dourgandhya</i> (Unpleasant odour from the body) ● <i>SwedaAtipravriti</i> (over sweating) ● <i>Kshudhatimatra</i> (too much hunger) ● <i>Pipasatiyoga</i>(excessive thirst)

SAMPRAPTI :

Samprapti Chakra of *Sthaulya* according to *Acharya Charaka*¹⁷*Nidana*(*Madhura rasa, Avyayma, Diwaswapa*)

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Medo Dhatu Vriddhi (*Meda Dhatu* gets increased)



StrotoAvarodha by *meda* (All *Strotas* get *Avarodha* by the *meda*)



Vata specially confined to *Koshtha* and causes *Jatharagni Vriddhi*



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 meters (Kg/m²)

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

According to WHO,

The International Classification of adult underweight, overweight and obesity according to BMI¹⁸

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 :

The occurrence of various diseases has increased in the modern period due to the way we live. One of the lifestyle disorders, obesity (Sthaulya), continues to be a problem for several medical systems. Medical science has conducted a lot of study on obesity (Sthaulya), but no treatment has yet been promoted as a comprehensive solution for the condition. Ayurvedic principles of nutrition, lifestyle, and morality (Ahara-Vihara, Dincharya, Ritucharya), which are useful in preventing many diseases. The following Ayurvedic management guidelines will help you control obesity (Sthaulya):

1. *NidanaParivarjana*
2. *ShodhanChikitsa*
3. *Shaman Chikitsa*

1. *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.

2. 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 *Dhatu*s. 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 preparation of *Lekhan 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 *Udavartana*.

The procedure of rubbing dry medicated powders over the body with friction in a direction opposite to the hair growth is termed as *Udavartana*. It is commonly practiced with *TriphalaChurna*, *KolakulatthadiChurna*. In *Udavartana*, 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.

3. SHAMAN CHIKITSA :

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

Following are the commonly used *Shaman* Drug used in *Sthaulya*

Single Drug

1 <i>Shilajatu</i>	6 <i>Guggulu</i>
2 <i>VidangaChurna</i>	7 <i>GuduchiChurna</i>
3 <i>VachaChurna</i>	8 <i>AmalakiChurna</i>
4 <i>shunthiChurna</i>	9 <i>HaritakiChurna</i>
5 <i>LodhraChurna</i>	10 <i>Madhu</i>

LekhaniyaMahakashaya

Acharya Charaka has mentioned 10 dravya that act as best *Lekhaniya* and called it as *Lekhaniya Gana*. These drug has *Ushna*, *Tikshna* properties that's they act as *Kaphahar* and *Medohar*.

1 <i>Musta</i>	6 <i>Ativisha</i>
2 <i>Kustha</i>	7 <i>Katuki</i>
3 <i>Haridra</i>	8 <i>Chitrak</i>
4 <i>Daru Haridra</i>	9 <i>Chirbilwa</i>
5 <i>Vacha</i>	10 <i>Hemavatya</i>

Compound Formation :

1 *NavakaGugulu*

4 *AmritadiGugulu*

2 *DashangGugulu*

5 *MedoharGugulu*

3 *TryodashangGugulu*

6 *TrihaladiGugulu*

*Apatarpana Chikitsa*²²

Sthaulya is *Santarpanjanya Vikar* That's why *Apatarpana Chikitsa* Should be Followed to get reduces of excess fat.

In *Chikitsa sutra* of *Sthaulya* *Acharya Charaka* mentioned , heavy food which is hard to digest (less carbohydrate) and non- saturating (less fat) but lower down the appetite is suitable for obese person.

*Laghana*²³

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

<i>Shodhana</i>	<i>Shamana</i>
1 <i>Vaman</i> (Vomiting therapy)	<i>Pipasa</i> (controlling thirst)
2 <i>Virechan</i> (Purgation therapy)	<i>Atapa Sevan</i> (exposure to sun rays)
3 <i>Nasya</i> (cleansing nasal drops)	<i>Vayu Sevana</i>
4 <i>Niruha Basti</i> (Decoction enema)	<i>Pachana</i> (administration of foods and medicine that are hot in nature which help in digestion)
5 -	<i>Upawas</i> (fasting)
6 -	<i>Vyayama</i> (physical exercise)

UshnodakaPaanaBaishajyaratnavaliJwaradhikara :

The water which is simply boiled and reduced to 1/8 or 1/2 part is *Ushnodaka*. It is able to lower *Kapha*, *Vayu* and *Medas*.

*Vyayama*²⁴(physical Exercise) :

It is advocated to be done every day. Acharya Vagbhat mentioned that one should exercise according to his individual strength. *Vayama* 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*.

*Pathya – Apathya :**PathyaAhara Vihara*

Sr.no	<i>PathyaAhara</i>	<i>Pathya Vihara</i>
1	Millets like <i>yava</i> , <i>Venuyava</i> , barley, old rice, coarse wheat flour	<i>Shrama</i> (labour)
2	<i>Mudga</i> (green gram), <i>Kulathi</i> (horse gram), <i>Chanak</i> (Bengal gram)	<i>Prajagara</i> (Night awakening)
3	<i>Amalaki</i> (Amla), bitter gourd, carrot, Cucumber	<i>Chintana</i> (worry)
4	<i>Madhu</i> (Honey), buttermilk, Ginger water	<i>Vyavaya</i> (Intercourse)
5	<i>Arishta</i> (medicinal wine in adequate quantity)	<i>Vyayama</i>
6	Lukewarm water	

ApathyaAhara Vihara

Sr No	<i>ApathyaAhara</i>	<i>Apathya Vihara</i>
1	<i>Godhuma</i> (especially fine and refined wheat flour like Maida) , <i>Navanna</i> (New grains)	<i>Sheetala Jala Snana</i>
2	<i>Masha</i> (black gram)	Excessive sleep
3	<i>Dugdha</i> , <i>NavnitGhrita</i> , <i>Dadhi</i> (dairy)	<i>Diwaswap</i> (Day nap)

	products)	
4	<i>Anupa, Audakamamsa</i> (sea animal's meat)	<i>Avyayama</i> (No physical work)
5	Junk food	<i>Nityaharsha</i> (always happy)
6	<i>Madhur Rasatmakaahara</i>	<i>Avyavaya</i> (no intercourse)
7	<i>Snigdha, SheetaAhara</i>	<i>Sukhashaiyya</i> (comfortable bed resulting in sound sleep)

CONCLUSION :

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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