

Review Article on Sthaulya w.r.t obesity

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ABSTRACT

Abundance and easy availability of food along with sedentary lifestyle has led to increase in global burden of obesity. Different food items with alluring taste and eye catching packaging are arduous to resist. Obesity is a state of excess adipose tissue mass. Imbalance between energy uptake and energy consumption along with environmental and genetic factors plays an important role in determining obesity. Obesity is now a global epidemic because of its health hazards like hypertension, diabetes, cardiovascular diseases, cancer etc. Acharya Charaka has mentioned Sthaulya as Santarpanjanya vikar. In Asthoni ditya adaya of Sutra Sthan he clearly mentioned about Asthoni ditya purusha and Atisthau laya is one of them. He further mentioned Atisthau laya is more troublesome than Atikarashya because of its complicated treatment. According to Acharya Sushruta, Ras is the main cause of Sthaulya. Acharya Vaghbhatta said Atisthau laya is due to Atiyoga of Brhina. Along with the causes, treatment of Sthaulya is vividly mentioned in different Ayurvedic literature. Nidan parivarajan, Pathya ahar- vihar and exercise plays a key role in management of obesity. Medical intervention is required to prevent the associated health risks.

Keywords - Asthoni ditya, Medo dhatu dushti, Santarpanjanya vikara

INTRODUCTION

Obesity is defined as excess of adipose tissue that imparts health risk¹. Obesity is a complex, multifactorial, and largely preventable disease affecting, along with overweight, over a third of the world's population today. If secular trends continue, by 2030 an estimated 38% of the world's adult population will be overweight and another 20% will be obese². Obesity not only imparts

health risk such as diabetes, hypertension and cardiovascular diseases but also effect our quality of life and lead to psychological stress. In order to attain work life balance we take our health as secondary issue not realizing its after affect be. Longer screen time, desk jobs, sedentary lifestyle, eating unhealthy packed food, taking high fat and carbohydrate rich diet are main causes of obesity. The most widely used method to classify weight status and risk of diseases is body mass index (BMI) which is equal to weight/height² in kg/m². WHO defines obesity as BMI ≥ 30 kg/m². In India person with BMI ≥ 25 kg/m² is considered obese due to genetic tendency of Indians towards abdominal obesity and its associated risk of lifestyle related disorders such as diabetes and cardiovascular diseases⁴. Acharya Charaka has considered Sthaulya as santarpanjanya vikar⁵. The person is called as obese who, due to excessive increase of fat and muscle, has pendulous movement buttocks, abdomen and breast and has low metabolism and energy⁶.

Causes

Aharaj Nidan

Atisampurana (taking excess amount of food), excessive intake of Guru, Madhura, Sheet, Snigadha ahar are primary cause of Sthaulya³. According to Acharya Shushruta Ahar Ras is main cause of Sthaulya⁴. All these factors are responsible for vitiation of Kapha.

Viharaj Nidan

Avyayam (no exercise), Avyavaya (no indulgence), sleeping in day time, are responsible factors for Sthaulya⁵. These factors are also the reason of Medovaha Srotas Dushti.

Mansik Nidan

Preharsh Nitya, Achinta, Mansonivriti⁶. These factors aggravates the kapha dosha hence responsible for Sthaulya.

Beej Dosh(Genetic factor)

Genetic factor plays an important role in determining obesity .Obese parents tends to have obese children due to same genetic composition and same food habits

Etiopathogenesis

Overeating,taking sweet ,fat and carbohydrate rich diet ,sleeping in day time ,no physical activity ,no indulgence, lack of mental work leads to increase in kapha dosha.Due to sadhramata of kapha and meda ,medha dhatu also gets vitiated because of the factors mentioned above.Beej dosha (genetic factor)also plays an important role.Because of the same environment and same eating habits obese parents tends to have obese or overweight children.Increased meda and kapha obstruct the channels and there is increase in vayu and agni in Amashya ⁷.Person will feel hungry again and again, will indulge in overeating which again leads to formation of kapha and Meda and the cycle continues.Intake of Madhura Ras and Adhyashan leads to formation of Aam dosh which is Atisnigadha in nature and leads to Medodhatuagni Mandya ⁸.Agnimandtya of dhatu further hampers the formation of upcoming dhatu I.e asthi, majja and shukra and most part of the dhatu is converted into Mala.So in Sthaulya there is Vikriti of Saman and VyanVayu,Pachak pitta,Kledak kapha along with Teekshna jatharagni and Medodhatuagni agni mandya which lead to formation on excess Meda and Mans dhatu.

Classification of Sthaulya

Acharya Charaka and Acharya Sushruta did not gave any specific classification .Acharya Vagbhata gave the term Hina Sthaulya ,Madhyam Sthaulya and Ati Sthaulya ⁹.

Symptoms of Sthaulya

Acharya Charak mentioned about eight cardinal symptoms of Sthaulya¹⁰.

- 1) Ayu Shaya(decreased life expectancy)
- 2) Java Uprodha (laziness)
- 3) Kricha Vyavayata(difficulty in sex)
- 4) Dourbalya(weakness)
- 5) Dourgandhyata(bad body odour)
- 6) Sveda Abadha(perspiration)

Shilajatu	Rasanjan
Gugglu	Madhu
Guduchi	Vidanga

7) Ati Shudha(increased appetite)

8) Ati Pipasa(increased thirst)

Treatment

Nidan parivarjan

Nidan parivarjan is first line of treatment in Ayurveda.Nidan parivarjan is to avoid the known disease causing factors in diet and lifestyle .In case of Sthaulya, patient should avoid faulty food habits like overeating ,taking high calorie diet,carbohydrates and fat rich diet .Sedentary life style should be avoided .Moderate physical activity of at least 30 min should be done daily for a healthy living.

Shaman Chikitsa

Chikitsa siddhanta of Sthaulya is Guru and Aptarpan Chikitsa ¹¹.By taking Guru Ahar person will feel full for longer duration and Aptarpan Ahar will correct the vitiated kapha and MedaDhatu.Acharya Vagbhata said Chikitsa is of two types Langhan and Brihana,further Langhan is of two type Shaman and Shodhan.Shaman Langhan is indicated in Madhyam and Heena Sthaulya whereas Shodana langhan is indicated in Atisthauya Patient ¹².

Dravya having Katu ,Tikta and Kashya Ras are Ruksha in nature and subside Kapha .Dravya having Rukshaand Chedniya Guna should also be used ¹³ .Ruksha Guna controls excess amount of Kapha and Meda Dhatu .Chedniya Guna clears obstruction caused by excess Meda .

Shodhan Chikitsa

Atisthauya is kaphaja nanatmaj vikar and Vaman is best treatment for kapha pradhan vikar ¹⁴ .But in siddhi sthan Vaman is contraindicated in Atisthauya ¹⁵.Vaman is indicated by Acharya Sushruta in Medorog¹⁶.Virechan is also indicated in Chikitsa of Santarpanjanya Vikara¹⁷ .Triphaladi Taila Nasya should be used in Sthaulya ¹⁸.Basti is the best treatment of vitated Vata and when given by Rukshna,Tikshna and Ushna dravya ,pacifies Kapha and Meda also.

Single Drugs

Gomutra	Nagar
Tikshna Lauh	Bilvadi Panchmool
Amlaki Churna	Agnimanth swaras
pippali	kulatha

Compound Preparations

Navaka Gugglu	Amritadi Gugglu
Trimurti Ras	Vidangadi Loha
Vidangiadi Churna	Triushnadi Loha
Vyoshadi Satu	Chavyadi Satu
Loha Rasayana	Medohar Lepa
Mahasugandhi Lepa	Phalatrika Adi Yog

Pathya Ahar -Vihar

Yava, Yavaka, Prashantika, Priyangu, Kodrava, Mudga, Kullatha, Patol shak, Takra, Ushnodaka, Asava, Arishta, Shrama, Jagran, Vyavaya, Nitya langhan, Shoka, Krodha.

Apathya Ahar-Vihar

Godhuma, Navanna, Masha, Ikshu, Navnita, Ghrita, Anoopamamsa, Divasawpna, Avyayama, Avyavaya, Sukh shaiyya, Swapna prasang, Nitya harsh, Achinta, Manso nivrati.

CONCLUSION

Obesity is one of today's most blatantly visible yet most neglected public health problem. It not only affect our outer appearance but, also affect of physical and mental health. It is a preventable lifestyle disorder. It can be prevented by controlling dietary food habits and indulging in physical activities. Ayurveda 'The Science of Life' not only provides the treatment of obesity but also focused how it should be prevented by following Dincharya, Riyucharya, Pathya-Apathya. Various Panchakarma therapies like Vaman, Virechan, Basti, Udvardhan are highly effective in management of obesity. Along with this, general public should be made aware about the health consequences of obesity.

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