

**OBESITY IN VIEW OF AYURVEDA W.S.R. TO STHAULYA**

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**ABSTRACT**

Obesity has recognised as a priority in WHO's global 2013-2020 action plan for the prevention and control of non-communicable disease. Worldwide obesity has more doubled since 1980. Overweight and obesity are the fifth leading risk for global deaths. Obesity is major determinant of type-2 diabetes, coronary artery disease and cancer. At least 2.8 million adults die each year as a result of being overweight or obese. In long term, patients suffer from lot of complications. So they are also susceptible to many other diseases i.e. it is associated with comorbidities and mortalities. Modern Medical science is trying its best to overcome this problem but it has got its own limits. Drugs has its own complications. This background highlights *Ayurvedic* treatment for control and management of Obesity in present era. This natural healing method seeks not only to cure disease but also to rejuvenate the

body & mind and maintain proper body weight & shape by increasing immunity which is effective in curing stress and promoting a positive and a relaxed mental attitude towards healthy living.

**KEYWORDS:** Obesity, type-2 diabetes, coronary artery disease.

## INTRODUCTION

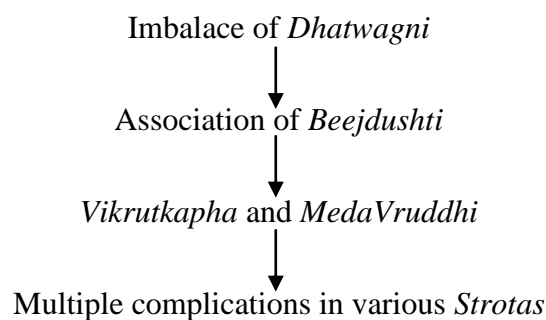
Obesity comes under group of Metabolic disorders that shares phenotype of excessive adipose tissue deposition in body. There are many causes of obesity a complex interaction of genetics and environmental factors. Depending on the aetiology of the obesity, factors contributing to it include excessive intake of food, less energy expenditure, endocrine diseases (including Cushing's Syndrome, Hypothyroidism, Hypogonadism), drugs and neurological disorders. The metabolic irregularity associated with Obesity causes secondary patho-physiological changes in multiple organ system that impose a tremendous burden on the individual with Obesity and on the health care system. The rapid spread of urbanisation and industrialisation and dramatic lifestyle changes that accompany these trends has led to pandemic of obesity, even in developing countries. In India it has direct correlation with the increasing prevalence of obesity related co-morbidities like Hypertension, Metabolic syndrome, Dyslipidemia, Type II Diabetes Mellitus. It also increases various diseases particularly obstructive sleep apnea, certain type of Cancer and Osteoarthritis.

*Sthaulya* is considered as a *Santarpan Janya Vikar*. (An excess nutritional disorder). *Aacharya Charaka* was the first to present a detailed account of *Sthaulya*. *Atisthula* is one among the *Ashtaunindita Purusha* described by him. He has described its causative factors mainly to be exogenous and hereditary type (*Bijadosha*), its etiopathogenesis, prognosis and management. Exogenous causes are *Meda* (fat) potentiating diet and regimens, whereas *Dosha*, *Dhatu*, *Mala*, *Srotas* etc. come under the endogenous factors. In the present era described symptoms like difficulty in physical work, extra sweating, debility, dyspnea all these resembles with *Lakshanas* already depicted in classical *Samhitas* under *Sthaulya*. Abdominal obesity resembles with *Meda dhatuvruddhi* lakshans like *udarlambanam*. *Stana*, *sphika* and *udarlambanam* (increase in size and shape) cardinal signs of obesity are the outcome of *Meda Dhatu Vikruti* in the body.

## CONCEPT OF MEDA VIKRUTI

*Kapha Medo Margavarana* is a metabolic derangement in which etiological factors lead to unusual and unwarranted accretion of *Kapha* and *Medas* in various channels of physiology in the body, ensuing in encumbrance to the customary movement of *Vata Dosha* and other *Drava Dhatu* like *Rasa And Rakta*. The phenomenon of *Kapha Medo Margavarana* works as the principal operative factor in the incidence and progression of a *Sthaulya*. In the pathogenesis of *Sthaulya*, all the three *Doshas* are *Vitiated*, especially *Kledaka Kapha*,

*Pachaka Pitta, Samana* and *Vyana Vayu* are the *Doshaka* factors responsible for the *Samprapti* of *Sthaulya*. *Aama Annarasa* traveling in the body channels gets obstructed in the *Medovaha Srotas* owing to the *Khavaigunya* due to *Bijasvabhava* or *Sharir Shaithilya* and combines with *Kapha* and *Meda*, decreasing the *Medo Dhatvagni* which in turn gives rise to augmentation of *Meda*. *Vitiated VyanaVayu* propels this augmented *Meda Dhatu* to its sites viz. *udara*(abdomen), *sphika* (hip region), *stana*(breast), *gala*(neck) etc. resulting in *sthaulya* or *atiSthula*. *Chala Sphika*, *Chala Udar*, *Chala Stana* and *AtiMeda-Mamsa Vruddhi* are very obvious in all the patients of *Sthaulya*. Manifestations of these *Rupas* are associated with either excessive accumulation of *Meda Dhatu* and diminished nourishment of other *Dhatus* or obstruction in various *Srotas*(channels) by *Medojanya Margavarodha* or the *Aama* or *Vitiation* of *Vata* and *Slesma Dosha*, so excessive accumulation of *Medo Dhatu* produces various signs and symptoms in *Sthaulya* patient. *Samprapti* of Obesity according to Ayurveda can be concised in following points.



## COMPLICATIONS OF OBESITY

### High blood pressure

According to Ayurveda Blood is formed from *Jala-Mahabhutadhikya* and Constitution of *Meda* also *Pruthwi* and *Jala-Mahabhutadhikya*. Hence in *Sthaulya Meda Dhatu Vrudhhi* (Increased quantity), which increases *Kleda* of Blood. *Medovruddhi* is asso-ciated with decrease in elasticity of blood vessels & increase heart rate. And hence Excess calories are deposited in body as fat in fatty tissue. This fatty tissue increases demand for oxygen & nutrients, which in turn increases amount of blood circulating in the body. More blood traveling through arteries adds pressure on walls of arteries leading to in-crease in blood pressure. All of these factors can increase blood pressure.

### Diabetes

*Prabhut Avil Mutrata* is cardinal feature of diabetes is a the outcome of *Kleda Vikruti* in the body. *Kleda* is essential *Bhava* in the body as *Kledaka Kapha*. In *Sthaulya* Pathogenesis,

*Meda*, *Kapha Vruddhi* and *Dushti* Main causative factors. These increased *Kapha*, aggravates *Kledaka Bhava* of Body, indirectly increases *Dushya* of *Prameha* (Diabetes). *Kapha Dhatu* is *Madhura Rasatmaka* Dhatu, which increases *Madhurta* Of Blood. Hence we can say that affects blood sugar level. Ultimately Obesity *Meda dhatu Dushti* results in Diabetes which leads to complications in kidney, eyes, blood vessel, and heart.

### **Atherosclerosis or fatty deposits in blood vessels**

In obesity there is *Meda Dhatu Dushti* and also increases *Kledaka Bhava* of Body. At the end there is increased fat deposition, which increases Cholesterol is carried in the blood as two compounds: Low-density lipoproteins (LDL) and High-density lipoproteins (HDL). When cholesterol levels are high, some of the cholesterol is deposited on the walls of the blood vessels. Cholesterol deposits reduce the elasticity of blood vessels, narrows blood vessels & decreases blood flow. All these changes lead to atherosclerosis and an increased risk of heart disease & stroke. Thus Obesity, increased *Medo vruddhi* results into Atherosclerosis.

### **Coronary artery disease – angina & heart attack**

Atherosclerosis (fatty deposits in arteries) in coronary arteries (arteries that supply heart) reduces blood supply to heart Which is resulted due to *Medovruddhi* in the boy. Decreased blood flow to heart can cause angina (chest pain) and complete blockage of blood flow to heart can cause heart attack. The World Health Organization says more than 1 billion adults are overweight and 300 million of them are obese, putting them at much higher risk of diabetes, heart problems, high blood pressure, stroke.

### **Ayurvedic management of Obesity**

All actions, which create the equilibrium of *Dhatus*, constitute the treatment of diseases. According to *Acharaya Charaka*, “*Chikitsa*” aims not only at the radical removal of the causative factors of the disease, but also at the restoration of the *Dushyas-equilibrium*”. *Samshodhana*, *Shamana* and *Nidanaparivarjana* are three types of three main principle *Chikitsa* in *Ayurveda*. In *Samshoshana* *Doshas* are Expelled out from the body so that *Doshas* are unable to involve in pathogenesis. *Shamana* constitute *Pachana Deepana* hence *Doshas* are less vitiated and not strong enough for causing *Sthaulya*. food and drinks which alleviates *vata*, reduces *kapha* and fat should be taken. And foods, drinks and actions responsible for *Sthaulya* should be avoided comes under the *Nidanaparivarjana*. The summation of all these therapies will result in *Doshashuddhi* and *Beejshuddhi* also which will prevent the hereditary transport of *Sthaulya* to next progeny.

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