

EXECUTION OF AYURVEDA AND YOGA ON OBESITY (STHAULYA) IN PRESENT PERSPECTIVE

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ABSTRACT

Obesity is most common issue in developing nations or rich social environment however now it is additionally found in developing nations. It is clinical condition in which there is an over the top muscle to fat ratio. This condition is regular in rich family and particularly in ladies. Obesity has arrived at epidemic extents in the 21st century it is found in 5% of Indian population now days.

In Ayurveda it is described as *sthaulya* and says that it is *nindita vyadhi* in *ashtau nindit adhyaaya*.

So the management of obesity through Ayurveda by *ayurvedic* preparations and diet, *yogic* practices like *asana*, *pranayama* and

meditation have great hope for medical science.

KEYWORDS: *Sthaulya*, *Asana*, Diet, Meditation, *Pranayama*.

INTRODUCTION

In present modern world lifestyle has brought drastic changes in dietary habits, modes of lifestyle etc. Our luxurious and comfortable lifestyle has lead us to various chronic and dangerous diseases. Hypertension, Diabetes, Varicose veins, arteriosclerosis, etc are major diseases which are major risk factors of *Sthaulya* is the comments nutritional disorder and most prevalent in developed countries. In modern medical science *Sthaulya* may be compared, with obesity largamente of fat cells in its size or an increase in its number or both leads to abnormal growth of adipose tissue which is known as obesity. In such condition body

fat is extensively accumulated under the skin around certain, organs such as belly buttocks, breast, thigh and individual becomes overweight.

Sthauyla (obesity) is explained in *Santarpanajanya Vyadhi* in Ayurveda and *Atisthool purusha* has been said as one of the *Ashtonindita purusha*.^[1]

The *Hetus* of *Sthauyla Roga* have been clearly explained in Ayurveda. A lack of energy balance most often causes *Sthauyla*. Energy balance is the amount of energy or calories you get from food and drinks etc. which is equal to the amount of energy your body uses for things like breathing, digestion and for fitness. In the Ayurvedic texts it has been explained that '*Shodhan Chikitsa*' is effective in *Sthauyla Vyadhi*. While considering day-to-day life and availability of time '*Shaman Chikitsa*' is better.

Yoga is yet another way which has become a popular way to fight obesity is today lifestyle disorders are those diseases whose occurrence is primarily based on the daily habits of people and are the result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyles disorders include bad food habit, physical inactivity, wrong body posture and disturbed biological clock.

AIM AND OBJECTIVE

The aim of present study is to prevent obesity by *Ayurvedic* management as described in various *ayurvedic classics*.

MATERIAL AND METHOD

Critical study of management of obesity as per Ayurvedic literature is collected from various *Ayurvedic* texts with commentaries of *bruhatrayee* and *laghutrayee* and other *ayurvedic classics*. The literature of Obesity in contemporary science is obtained by searching various medical research databases like PubMed, Google scholar and other national research databases etc.

REVIEW OF OBESITY

Obesity is commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility,^[2] endocrine disorders (Cushing's syndrome, Hypothyroid Disease, Polycystic ovarian syndrome etc.), medications^[3] like oral contraceptive pills, hormone replacement therapy & Long-term use of steroid in the treatment of Asthma etc.

CRITERIA FOR ASSESSMENT OF OBESITY^[4]

CLASSIFICATION	BMI
Normal range	18.5-24.99
Over weight	>25.00
Pre obese	25.00-29.99
Obese	>30
Obese class 1	30.00-34.99
Obese class 2	35-39.99
Obese class 3	>40

CAUSES OF STHAULYA^[5,6] (OBESITY) IN AYURVEDA

Aharatmaka nidana	<i>Santarpana</i> (over nourishing), <i>Adhyasana</i> (over eating), Excessive consumption of <i>guru</i> (heavy), <i>madhur</i> (sweet), <i>sheeta</i> (cold) food, <i>Dadhi</i> , <i>Sarpi</i> etc.
Viharatmaka nidana	<i>Avyayam</i> (Lack of physical exercise), <i>Avyavaya</i> (Lack of sexual life), <i>Divaswapn</i> (daysleep), <i>Asanasukha</i> , (luxurious sitting), <i>Bhojanottar snana</i> , <i>nidra</i> , etc.
Manas nidana	<i>Achintanat</i> (lack of anxiety), <i>Manasonivritti</i> (relaxation from tension), <i>Priyadarshan</i> (observation of beloved things) etc.
Anya nidana	<i>Amarasa</i> , <i>snigdha</i> , <i>madhur</i> , <i>Basti Sevan</i> (administration of unctuous and sweet enema), <i>Taila abhyanga</i> (massaging of oil) etc.

RUPA/LAKSHANA^[7] OF STHAULYA (SYMPTOMS OF OBESITY)

Acharya Charaka has mentioned following *Rupa* of *Sthaulya-Medomansa ativridhi*, *chala sphika*, *chala udara*, *chala stana*, *Anutsah*, *Ayatha upachaya* Beside these symptoms *Acharya Charaka* in *Sutrasthana* has mentioned eight disabilities or *Ashta dosha* of *Atishoola purusha*^[8] they are- *Ayurhrasa* (decrease of life span), *Javoparodha* (decrease in enthusiasm), *Krichravayavayata* (difficulty in sex), *Dourbalya* (decrease of strength), *Dourgandhya* (bad odor), *Swedabadha* (excess sweating), *Kshutpipasadhikya* (excessive hunger and thirst), *Atisnigdham* (excessive fatty body), *Mahashana* (excessive eating).

According to *acharya Sushruta*^[9] the *Rupa of Sthaulya* are *Pipasa* (excess thirst), *gadgadatva* (heavy body), *gatra sadanam* (lethargy feeling), *daurbalya* (weakness), *atinidra* (excess sleep) etc.

AYURVEDIC MANAGEMENT OF OBESITY

According to ayurveda all the actions that lead to the restoration of the equilibrium of *doshas* (vitiating *doshas*). Constitute to the *chikitsa* of a disease. The main objective of *Chikitsa* is to ensure that the *doshas* do not get vitiated and also to maintain the equilibrium of *doshas* in the body.

NIDAN PARIVARJAN	SANSHODHAN CHIKITSA^[10]	SAMAN CHIKITSA^[11]
To avoid causative factors.	To remove the excess <i>dosha</i> out from the body through various ayurvedic procedures. <i>Vamana, Virechana, Nasya, Niruha Basti, udvartan, Avagahan, parishek and lepa etc.</i>	To maintain the equilibrium of <i>dosha</i> in body through Various ayurvedic preparations.

Acharya Charaka has contraindicated *snehapana* in *sthool purusha* but at the same time he has mentioned that if *virechana* etc *Sanshodhan* therapy has to be given to a *sthaulya rogi* then he or she should be given *katu, tikta, kashaya rasa pradhan dravyas* and then *snehapana* can be given followed by *sanshodhan* therapy. Vagbhatta has also included the use of *Taila* in *sthaulya* due to its *sookshmagamita* property which helps in reduction of *Margavrodha*. *Niragni sweda* in the form *Vyayan, Atapa. Seven* and *upnaha* can be recommended in the patient of *sthaulya*. *Vaman* and *virechan* can be given in patient of *sthaulya* on the principle that they cause *laghuta* in the body and irradiates the *meda daurgandhya*.

A number of *basti kalpa* are mentioned in ayurvedic text but '*Lekhana Basti*' is considered as the main therapy for *sthaulya/medovridhi*.^[12]

Acharya mentioned about *Raktamokshana* for the treatment of *sthaulya*. Kashyap has mentioned *Karshana Nasya* as a treatment for *sthaulya*. Acharya Sushruta has mentioned the use of *Triphala taila masya* in *Medovridhi*.

SANSHAMAN CHIKITSA^[13]

Administration of *guru* and *apatarpaka dravyas* which are *vataghna, Kaphaghna* and *medonashaka* are considered as an important *dravyas* for *sanshaman* therapy.

Guru guna has the property of alleviating the *vitiated Agni* and *Aptarpana* provides less nourishment and hence reduces *meda*. *Guru guna* has the property to alleviate *tikshnagni* and *vitiated vata (Kosht gata vata)* which ultimately reduces *Atikshudha* and *Aptarpana* property causes reduction of *meda*. But it should be remembered that both *guru* and *Aptarpana* properties must be present simultaneously as the consumption of only *guru dravyas* like *ghrita, taila* etc for the *chikitsa* a *sthool purusha* will further increase the *meda* and thus deteriorate the condition, and use of only *apatarpaka dravyas* and therapy (*upvasa, Langhana* etc) will increase the already increased *Koshtgata agni* and *vayu* which may be dangerous for the patient.

SOME COMPOUND FORMULATIONS BY ACHARYA CHARAKA ARE

- *Triphaldya Taila.*
- *Chitrak adhivati.*
- *Navak gugulu.*
- *punarnava gugulu.*
- *Daurgandhara yog.*
- *Triphala gugulu.*

SOME SINGLE DRUGS MENTIONED BY ACHARYA CHARAKA^[14]

- *Sauth churna, yavakshar, Vacha Aamala churna in madhu, brihadapanchmool, guduchi, nagarmotha, takrarishtha, triphala, laohbhasma.*
- *Ushna maand sevan.*
- *Chavya, Jeera, Vyosh, Shudha Hingu Sauvarchal Larana churna made by grinding them along with madhu.*
- *Vyoshadya santarpana:- Vyosh (sauth, Pippali marich), vayavidanga, Sahijan pushpa, Triphala, Kerki, Vanbhata, Bhat kattaya Amahaldi, Atees, Shalparni, Shudha Hingu, ajavain, dhaniya, Chitraka, Saurarchal lavana chevna of all above mentioned should be mixed with Taila, ghrita and madhu and sattv. This should be used as santarpan paan.*

PATHYA APATHYA IN STHAULYA^[15]**Dietary regimen-**

Ahara Varga	Pathya	Apathya
<i>SukaDhanya</i> (Cereal grains)	<i>PuranShali, Kodrava, Shyamak, Yava, Priyangu, Laja, Nivara, Koradushaka, Jurna, Prashatika, Kanguni</i>	<i>Naveen dhanya (shali)</i>
<i>.ShamiDhanya</i> (Pulses)	<i>Mudga, Rajamasha, Kulatha, Chanaka, Masur, Adhaki.</i>	<i>Masha</i>
<i>ShakaVarga</i> (Vegetables)	<i>Patol, Patrashaka, Shigru, Vrutaka, Katutikta Rasatmak etc. Vastuka, Trapusha Vartaka, Evaruka, Adraka,</i>	<i>Kanda shak</i>
<i>PhalaVarga</i> (Fruits)	<i>Kapittha, Jambu, Amalki, Ela, Bibhitaki, Haritaki, Maricha, Pippali, Erand Karkati, Ankola, Narang, Bilvaphala.</i>	<i>Madhur phala</i>
<i>PhalaVarga</i> (Fruits)	<i>Honey, Takra, Ushnajala, Tila & Sarshapa Tail, Ashava Arista, Surasava, Jeerna.</i>	<i>Milk products</i>

Physical regimen

<i>Pathya</i>	<i>Apathya</i>
<i>Shram</i>	<i>Sheetal jal sewan</i>
<i>Jagaran</i>	<i>Diwaswapn</i>
<i>Nitya bhramana</i>	<i>Avyavaya</i>
<i>Ashwarohan</i>	<i>Atisnaan</i>
<i>Hashtyarohan</i>	<i>sukhshaiya</i>

YOGA FOR STHAULYA

Due to our busy life style many of us do shallow breathing by simply observing the breath we can be aware of what is happening inside. The more we become aware of breath, the disturbances, the negativity of the mind disappears and it becomes pure and peaceful. *Bhasrika* is a very powerful *pranayam*. It strengthens the heart and lungs, improves the digestion and calms the mind. *Surya Bhedi pranayam* and *kapal bhati* is also helpful.

Certain gentle *yoga asana* are helpful, including the palm tree pose the triangle pose. The fish, camel, cobra and cow poses are simple, helpful postures. Ten minutes of sun salutations every morning is helpful. The 'Sun Salute is a complete Ayurvedic exercise also known as *Surya Namaskar*. This series of postures simultaneously integrates the whole physiology including mind, body and breath. It strengthens and stretches all the major muscle groups, lubricates the joints, conditions the spine, and massages the internal organs. Blood flow and circulation is increased throughout the body.

Hence *yoga* inexpensive tool requiring little in the way of equipment or professional personnel, with some studies indicating excellent long-term adherence and benefits.^[16]

Some important yogic practices^[17] useful in obesity are *kapalbhati*, *pranayam*, *anuloma*, *viloma*, and *yogaasan* *Pachimottanasana*, *Veeerbhadrasana*, *Pawanmuktasana*, *Trikonasana*, *Ustrasana* *Suryanamaskar*, *Bhujangasana*, *Shalabhasana*, *Dhanurasana*, *Ardha Vakrasana*, *Halasana*, *Ardhachakrasana*, *Naukasana*, etc.

Paschimottanasana- This pose massages and tones the abdominal and pelvic organs. It also improves digestion and is highly effective in reducing obesity.

Veeerbhadrasana- This pose improves balance in the body and builds up stamina. The abdominal organs are also stimulated by practicing this pose.

Dandasana- This pose is an excellent abdominal toner. It is good for the upper body as it strengthens and tones wrist and arms.

Poorvottanasana This pose stretches the intestine and abdominal organs. It also helps in toning the abdomen.

Naukasana- This pose strengthens the abdominal muscles, improves digestion and stimulates the intestines.

Shalabhasana- This pose massages and tones the abdominal organs it also improves digestion and flexibility in the body.

Halasana- This pose strengthens and stimulates the abdominal muscles. It also alleviates stress and fatigue.

Regular practices of yoga accelerate the rate of weight loss. It affects body composition by increasing the loss of adipose tissue & minimizing the amount of body cell mass.

1. It decreases S. triglyceride level.
2. It increases S.HDL cholesterol.
3. It improves physical work capacity.
4. In addition increased physical activity may help to reduce body fat and prevent the decrease in muscle mass often found during weight loss.

CONCLUSION

Management of obesity through drugs is a big challenge in today's life. It can better manage by adopting simple life style and healthy habits anyone can enjoy the life optimally without much stress and expense. Ayurveda and yoga is a better, easy and healthy way to fight obesity and other lifestyle disorders. Ayurvedic classic formulations completely rejuvenate the person along with curing the disease. Thus Ayurveda is the boon for the society. The only thing which is needed is to change the approach towards Ayurveda the ancient knowledge.

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