

PATHYAPATHYA IN THE MANAGEMENT OF STHAULYA (OBESITY)

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ABSTRACT

Sthaulya (obesity) is one of the main health issues in the modern sedentary life style. Obesity is most commonly caused by a combination of excessive food intake lack of physical activity, fatty food, sweets, sedentary life style, day sleep etc. In today generation everyone wants to be slim and fit. In *Swasthavritta* it has been clearly mentioned about *Hitakara Aahara-vihara* for healthy life. If the person is following *Pathya-Apathya* than what is need of medicine and other hand there is no use of medicine that is not following the *Pathya-Apathya* regimen. *Acharya Charak* has described *Sthaulya* in *Sutra Sthana* chapter 21 in the context of “*Astouninditiyapurush*”. In *Ayurveda* also *Sthaulya* person is considered as „*Sadatura*” and heavy and non nourishing diet is given in *Sthaulya* to make weight loss. And

also described uses of *Vata-hara*, *Kapha-hara*, *Meda-hara Annapana*, dry, hot *basti*, dry massage (*udvartana*) in *Obese* persons., and *mudga yava*, *yavasattu triphla*, *madhu* and *madhu* with *ushanajal*, Butter milk, *Yava* chapatti, Leafy vegetables, Skimmed off milk, are indicated in *Sthaulya*.

KEYWORDS: Medoroga, Obesity, Sthaulya, Pathya, Aahara- Vihara, Apathya-Ahara.

INTRODUCTION

Obesity is going to take the form of epidemic across the world, if proper preventive measures are not taken. *Ayurveda* principles give more importance to prevention rather than curing the disease. General measures of prevention are the adoption of *swasthavritta* in one’s life. For the prevention of disease one should follow –*Dincharya*, *Ritucharya* and *Sadvritta*. Prevention

can also be achieved by adopting *pathya ahaar*. *Pathya* consist of *ahaar dravya* like Yava (*Hodium vulgare*), *Kodravya* (*Paspalum scrobulatum*), *Patola* (*Trichosanthes cucumerine*), *Mudga* (*Phaseolus radiates*), *shyamaka* (*Echinochloa frumentacea*), etc.^[1]

The person who for all time use wholesome food and habits, not curious in world wise matters, sacrifices, balanced towards all being, speaks truth, forgives, and who follows words of *Aapta* does not develop any disease.^[2]

Sthaulya is *Santarpan janya Vyadhi* caused by excessive intake of *Madhura Rasa*. Adhyayan, Divaswapna and not doing *Vyayama*.^[3] *Pathyahar-vihar* are more beneficial without causing any side effects.

Pathya management is the most remedial measure for losing weight and its maintenance. The *pathya* should be well balance one. In which carbohydrates, fats, proteins, vitamins and minerals are kept in correct proportion to meet all the requirements of the body having minimum calories to build health naturally and to lose weight.

Nidana Parivarjana

The first line of treatment for *Sthaulya* is to avoid those factors which are responsible for the causation of *Sthaulya*. To stop the progress of the disease, all the *Aharatmak*, *Viharatmak*, *Mansika* & other described *nidana* must be avoided.

Table: Pathyaahara.

S. N.	Pathya	Ch.Su. ^[4]	Su. Su. ^[5]	A.S. Su. ^[6]	A.H. Su. ^[7]	B.P. ^[8]	B.R. ^[9]	Y.R. ^[10]	Bas v. ^[11]	Vang ^[12]
Shuka Dhanya										
1	Yava (Barley)	+	+	+	+	+	+	+	+	+
2	Mudga	+	+	+	+	+	+	+	+	+
3	Kullattha	+	+	+	+	+	+	+	-	-
4	Masur	-	-	-	-	-	+	-	-	-
5	Adhaki	+	-	-	-	-	+	-	-	-
6	Shyamaka (Sanva)	+	+	+	+	+	+	+	+	-
7	Jurna (Jwara)	+	-	+	+	-	-	-	-	-
8	Yavaka	+	-	+	+	-	-	-	-	-
9	Prashatika	+	-	-	-	-	-	-	-	-
10	Priyangu	+	-	-	-	+	+	-	-	-
11	Kodrava (Kodo)	+	-	-	-	+	+	+	-	-
12	Purana Shali	-	-	-		+	+	+	-	+

13	Chanaka	-	-	-	-	-	+	-	-	-
14	Uddalaka	-	+	-	-	+	-	+	-	-
15	Sattu	-	-	-	-	-	-	-	-	+
16	Sanva	+	-	+	+	-	+	-	-	-
Shaka Varga										
17	Patola	+	-	-	-	-	-	-	-	-
18	Vartaka (Brinjala)	-	-	-	-	-	+			
19	Patra Shaka	-	-	-	-	-	+	-	-	-
Phala Varga										
20	Triphala	-	+	+	+	-	-	-	-	-
21	Amalki Churna	+	-	+	+	-	-	-	-	-
Mamsa Varga										
22	Chingamatamsya	-	-	-	-	-	+	-	-	-
Mutra Varga										
23	Gomutra	-	+	-	-	-	-	-	-	-
Lavan										
24	Kalanamak	-	-	-	-	-	-	-	-	+
Ksheera Varga										
25	Takra	-	-	-	-	-	+	-	-	+
26	Mastu(Curd water)	-	-	-	+	-	-	-	-	+
Madya Varga										
27	Sura (Madya)						+			
Madhu Varga										
28	Madhu	+	+	+	+	+	+	+	+	+
Tail Varga										
29	Sarshap tail	-	-	-	-	-	+	-	-	-
	Til Tail	-	-	-	-	-	+	-	-	-
Jal Varga										
30	Ushna jal	-	-	-	-	-	+	-	-	-
31	Bhojan purva jal grahan	-	-	-	-	-	+	-	-	-

Pathya-Vihar

S.N.	Vihar	CH.SU.	SU.SU.	A.H.	B.P.	B.R.	BAS V.	VAN G.
1	Ratrijagarana	+	-	+	+	+	+	+
2	Vyavaya	+	-	-	+	+	+	+
3	Vyayaam	+	+	-	-	-	+	-
4	Parishram	-	-	-	+	+	+	+
5	Aati margagaman	-	-	-	+	-	-	+
6	Adhwa	-	-	-	-	+	+	-
7	Asukhakarshayya-shayan	-	-	-	+	-	-	-
8	Atapsevan	-	-	-	+	-	-	-
9	Hasta-Ashwayana	-	-	-	+	-	-	-
10	Langhana	-	-	-	-	+	-	-
11	Upavas	-	-	-	+	-	-	-

MANAS

S. N.	Manasik	CH.SU.	SU.SU.	A.H.	B.P.	B.R	BAS V.	VAN G.
MANAS								
1	Chintan	+	-	+	+	+	+	+
2	krodh	-	-	-	+	-	-	-

Anya Dravya

S.No	Pathya	Ch.Su.	Su.Su.	A.S.Su.	A.H.Su.	B.P.	B.R.	Y.R.
1	Vidanga	+	-	+	+	+	-	-
2	Nagara (Sundhi)	+	-	+	+	+	-	-
3	Trikatu		-			-	+	-
4	Kshara (Yavakshara)	+	-	+	+	+	-	-
5	Takrarista	+	-	-	-	-	-	-
6	Arista (Medahara- Mansahara- Kaphahara-)	+	-	+	+	-	-	-
7	Tikshna Aushadha	-	-	+	-	-	-	-
8	Ushna Aushadha	-	-	+	-	-	-	-
9	Ushna Jalapana	-	-	-	-	-	+	-
10	RukshaDravya (Viruksha)	-	+	+	-	-	-	-
11	Chhedniya Dravya	-	+	+	-	-	-	-
12	Madhu with Triphala	-	-	+	+	+	-	+
13	Guduchi	+	-	+	+	-	-	-
14	Haritaki	+	-	+	+	-	-	-
15	Mustaka(Nagaramotha)	+	-	+	+	-	-	-
16	Madhudaka (Honey with water)	+	-	+	+	+	+	+
17	Rasanjana	-	+	+	+	-	-	-
18	Vrihata-Panchamula with Madhu	+	-	-	-	+	-	-
19	Shilajatu with Agnimantha rasa	+	-	+	+	+	-	-
20	Black Iron powder	+	+	+	+	+	+	-
21	Vrihata-Panchamula	-	-	+	+	-	-	-
22	Shilajatu	-	+	-	-	-	+	-
23	Guggula	-	+	+	+	-	+	-
24	Usna Manda	-	-		-	-	+	+
25	Purana Vainava (Yava of old Bambu)	-	-	-	-	-	+	-
28	Agurulepa	-	-	-	-	-	+	-
29	Guru+Apatarpan Aahara	+	-	+	+	-	-	-
30	Vatahara, Kaphahara- Medohara Annapana	+	-	+	+	-	-	-
31	Katu-Tikta-Kasaya rasa Dravya	-	-	-	-	-	+	-
32	Lekhana Basti	-	+	-	-	+	+	+

33	<i>Ruksha and Ushna Basti</i>	+	-	-	-	-	-	-
34	<i>Ruksha Udvartana</i>	+	-	+	-	-	-	-
36	<i>Ruksha Aahara</i>	-	-	-	+	-	+	-
37	<i>Ruksha Snana</i>	-	-	+	-	-	-	-
38	<i>Udvartana</i>	-	-	-	-	-	+	-
39	<i>Dhumrapana</i>	-	-	-	-	+	-	-
40	<i>Raktamokshana</i>	-	-	-	-	+	-	-
41	<i>Bhojanapurva Jalapana</i>	-	-	-	-	-	+	-
42	<i>Jirnebhojana (Eating after digestion)</i>	+	-	-	-	+	-	-

Table APATHYA AHAR:- (Dietary Factors).

S.no.	Apathya	Ch.s u. ^[13]	Su.s u. ^[14]	A.s.s u. ^[15]	A.h.su. ^[16]	M.n. ^[17]	B.p. ^[18]	B.r. ^[19]	Y.n. ^[20]	V.r. ^[21]	V.s. ^[22]
1	<i>Guru</i>	+	-	+	-	-	-	-	-	-	-
2	<i>Madhura</i>	+	-	-	-	-	-	-	-	-	-
3	<i>Sheeta</i>	+	-	-	-	-	-	-	-	-	-
4	<i>Snigdha</i>	+	-	-	-	-	-	-	-	-	+
5	<i>Atisampurana</i> (excessive eating)	+	-	-	-	-	-	-	-	-	-
6	<i>Pichhila Ahara</i> <i>Sevana</i>	+	-	-	-	-	-	-	-	-	-
7	<i>Navanna</i>	+	-	-	-	-	-	-	-	-	-
8	<i>Shleshmal Ahara</i> <i>Sevana</i>	+	+	+	+	+	+		+	+	+
9	<i>Godhuma</i> (extreme utilization of wheat)	-	-	-	-	-	-	+	-	-	-
10	<i>Masha</i> (extreme utilization of Black Gram)	-	-	-	-	-	-	-	-	-	-
11	<i>Gorasa Sevana</i> (extreme utilization of milk, Dadhi, Grita etc)	+	-	-	-	-	-	-	-	-	-
12	<i>Dadhi Sevana</i> (extreme utilization of curd)	-	-	-	-	-	-	-	-	-	-
13	<i>Sarpi Sevana</i> (extreme utilization of Ghee)	-	-	-	-	+	-	-	-	-	+
14	<i>Nava Madyasevana</i> (usage of fresh alcoholic preparation)	+	-	-	-	-	-	-	-	-	-
15	<i>Anupa and Jaliya</i> <i>Mamsa Sevana</i>	+	-	-	-	-	-	-	-	-	-
16	<i>Matsya Mamsa</i> <i>Sevana</i>	-	-	-	-	-	-	-	-	-	-

17	Atibrimhana	-	-	+	+	-	-	-	-	-	-
18	Santarpana	+	-	-	-	-	-	-	-	-	-
19	Naya Shali		-	-	-	-	-	-	-	-	-
20	Rasayana Aushdhi	-	-	-	-	-	-	-	-	-	-
21	Madhura Annarasa	+	-	-	-	-	+	-	-	-	-
22	Gaudika-puaa	+	-	-	-	-	-	-	-	-	-
23	Pista Sevana	+	-	-	-	-	-	-	-	-	-
24	Adhyashana	-	+	-	-	-	-	-	-	-	-
25	Madhur, amla ras	-	-	-	-	-	-	-	-	-	+
26	Aamras	-	-			+	+				

Apathya-Vihara (Lifestyle Factors)

S. No.	Nidana	Ch.Su.	Su.Su.	A.S.Su.	A.H.Su.	M.N.	B.P.	B.R.	Y.R.	Basvr	Vang.
1	Avyayaam	+	+	-	-	+	+	-	+	+	+
2	Avyavaya	+	-	-	-	+	-	-	-	-	-
3	Divaswapna	+	+	-	-	-	+	+	+	+	+
4	Sukha Shaiya	+	-	-	-	-	-	+	-	-	-
5	Snana	-	-	-	-	-	-	+	-	-	-

Manasa Factors (Psychological Factors)

S.No.	Nidan	Ch.Su.	Su.Su.	A.S. Su.	A.H.Su.	M.N.	B.P.	B.R.	Y.R.
1	Harshanityatyavat		+	-	-	-	-	-	-
2	Achintana	+	-	-	-	-	-	-	-

Diet plan

S.N.	Time	Diet plan
1	7AM	1) Mudga - 2) Kulatha - 3) Yusha (gruel)- 4) Daliya of Yava- (barley porridge) 100Gm/ 100 gm/ 100 gm/ 100 gm
2	10AM	1) Butter milk (200 ml) or 2) Yava Sattu (barley roasted flour along with 1 gm of black pepper powder mixed with it (100 gm)
3	1PM	1)Yava chapatti { 1/4th barley + ¾ th Wheat (Quantity 2)} -50 g 2) Leafy vegetable- spinach/ fenugreek/ amaramth- (100 g) 3)Vegetable-beans/ cabbage/ ash gourd/ tomato- (100 g) 4)Root and tuber-carrot/ knolkhol- (25 g)
4	4PM	1) Mixed salad - (100 g)
	7PM	1) Yava chapatti { 1/4th barley + ¾ th Wheat (Quantity 2)} -50 g 2) Leafy vegetable- spinach/ fenugreek/ amaramth- (100 g) 3) Vegetable-beans/ cabbage/ ash gourd/ tomato- (100 g) 4) Root and tuber-carrot/ knolkhol- (25 g)
5	8PM	1) Skimmed off milk (200ml)

DISCUSSION

Excessive and continuous intake of *Kapha* and *Meda* aggravating diet, mental and physical activity vitiate the *Jatharagni* and *Medodhatwagni*. Vitiating agni leads to formation of *Ama* which is responsible for *medoraga* (dyslipidemia).

Sthaulya is one of the disgraceful diseases associated with accumulation of *meda* and *mamsa* leading to; excessive growth of abdomen, hips, breast and other adipose tissues of body. In *Ayurveda*, obesity has been described as *Sthaulya* or *Medoroga* in “*Santarpanotha Vikara*”. i.e. the disease caused by over nourishment. In the case of an obese person, *Medovaha Srotas* (fat channels) is affected and the site of metabolic disturbances in an obese individual is *Medho Dhatu* caused mainly due to excess intake of *Madhura* and *Snigdha Aahara*, when the body produces more fat tissues, it causes an increase in weight.

Acharya Sushruta has advised *nidana parivarjanam* for the management of *Sthaulya*. means avoid responsible factors.

Acharya Charaka has mentioned heavy and non nourishing diet is given in *Sthaulya* to make weight loss. *Madhu* best *dravya* in the management of *Sthaulya* (*Guru* and *Ruksha* properties in *Madhu*), *Madhu panaka*- honey with water is used as *anupana*, *yava sattva* and *yava daliya*, *mudg*, *Nitya Langhana*, *Bhramana*, *Chintana* and physical activity are advised by many *Acharya* for the management of *Sthaulya*. *Katu-Tikta-Kasaya* rasa and *Ruksha dravya* also indicated in *Sthaulya*. *katu-tikta* and *kasaya* rasa are *kapha shamak*, so help in weight loss. In *Swasthavritta* it has been clearly mentioned about *Hitakara Aahara-vihara* for healthy life.

A good and proper *pathya* in disease is worth giving a hundred medicines and no amount of medication can do well to a patient and who does not follow a strict regimen of *pathya*. The *pathya* word which is taken from “Path” or “Panth” itself denotes that “It is a proper way which helps for the maintenance of good health.”

CONCLUSIONS

Sthaulya influences morbidity and mortality primarily through different complications affecting various systems of the body. In *Ayurveda* also *Sthoulya* (obesity) person is considered as *Sadaatura*.

Excessive intake of fatty food, sweets, pizza, burger, all fast food sedentary life style, heredity, day sleeping etc. *Aahara* and *vihara* can play a key role in the *Obesity*. *Pathya*

management is the most remedial measure for losing weight and its maintenance. So following the *Pathya* and avoiding *Apathya* (avoid responsible factors) leads to good health in case of *Sthaulya*.

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