

## IMPORTANCE OF PATHYA-APATHYA AHAARA IN STHOULYA MANAGEMENT WITH SPECIAL REFERENCE TO OBESITY

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### ABSTRACT

The scientific and technological progress along with advancement of industrialization and communication is contributing towards sedentary life styles, in turn causing chronic non-communicable diseases like diabetes mellitus, hypertension, cancer, ischemic heart disease, cerebro-vascular accidents, atherosclerosis, varicose veins etc.; thereby giving rise to different types of health problems. Obesity being the major risk factor for these diseases, hence prevention of obesity will decrease the chances of acquiring such diseases. Worldwide Obesity has more than doubled since 1980. In 2020 more than 1.95 billion

adults i.e. 18 years and older were overweight, of these over 700 million were obese. Most of the world population live in such countries where being overweight & Obesity kill more people than from being underweight. Like other diseases, Obesity is mostly the resultant of various factors like heredity, environment or food, though it is difficult to decide the involvement of prime factor. It is not possible to change heredity; it is difficult to change environment, but relatively easy to change food habits and life styles. *Sthoulya* is the nearest clinical entity for obesity in *Ayurveda*. For causation of *Sthoulya*, excessive intake of calories with a decreased expenditure is the main reason. In *Ayurveda*, obese persons are included under *Asta-Nindita Purusha*. The reason for difficult nature is the involvement of *Tridosha* and affliction of *Saptadhatu*.

**KEYWORDS:** *Sthoulya*, Obesity, *Pathya-Apathya*.

### INTRODUCTION

Obesity is an abnormal accumulation of body fat, usually 20% or more over an individual's ideal body weight. In *Ayurveda* Obesity is described as '*Medoroga*' or '*Sthoulya Roga*'. Continuous indulgence in high fat food, fried items, etc., along with sedentary life-style leads

to excess accumulation of body fat which gets deposited in the numerous body channels. Appropriate Ayurvedic internal medicines along with *Shodhana* procedures are used to achieve the best results, without any side effects. *Vamana*, *Virechana*, *Basti*, *Udvartana* are the *Shodhana* procedures which when used according to vitiation of *Doshas* give effective results. *Pathya Apathya* (Diet management) & Life style modifications play an important role in the management of Obesity. This article gives a brief review of *Aahaara* management of *Sthoulya* with special reference to Obesity.

According to *Ayurveda*, *Sthoulya* is a state of increased *Medadhātu* (fat). It is one of the *Santarpanottha Vikar*, where a physician needs to apply *Vishesh Siddhant* which can restore the unhealthy increase of components to the healthy form. Prevalence of *Sthoulya* in society is increasing day by day due to decreased awareness regarding exercise & faulty dietary habits. It has reached to an epidemic level. *Sthoulya* is a disease in which there is an abundant growth of *Medodhātu* in the body beyond normal limits. Obesity means having too much body fat, it is different from being overweight. The weight may come from muscles, bone, fat and/or body water. Both terms mean that a person's weight is greater than what's considered healthy for his or her height. Obesity occurs over time when you eat more calories than you use. The balance between calories-in & calories-out differ for each person. Factors that might affect your weight include your genetic make-up, overeating, eating high-fat foods & not being physically active. Being obese increases your risk of acquiring Diabetes, Heart disease, Stroke, Arthritis and some Cancers. The present study is aimed to determine the effect of *Pathya-Apathya Aahaara* on *Sthoulya*.

## AIM

Review on *Pathya-Apathya* in *Aahaara* Management of *Sthoulya* with special reference to Obesity.

## OBJECTIVES

1. To give description of *Sthoulya* with special reference to Obesity.
2. To mention the importance of *Pathya-Apathya* in *Aahaara* management of *Sthoulya*.

## BEFORE KNOWING THE AAHAARA LET US FIRST UNDERSTAND REGULATION OF BODY WEIGHT

A part of the brain known as the hypothalamus is involved in the regulation of body weight. A certain area of the brain called the hypothalamic ventromedial, dorsomedial, para-

ventricular & accurate nuclei are involved in appetite regulation & have receptors for leptin. The hypothalamic & other brain areas receive signals from the olfactory and taste receptors as well as from the oral mucous membrane, the jaw muscles of mastication. These impulses reach the brain through different cranial nerves- Olfactory, Lingual, Trigeminal, Glossopharyngeal & Vagus.

### CAUSES OF OBESITY

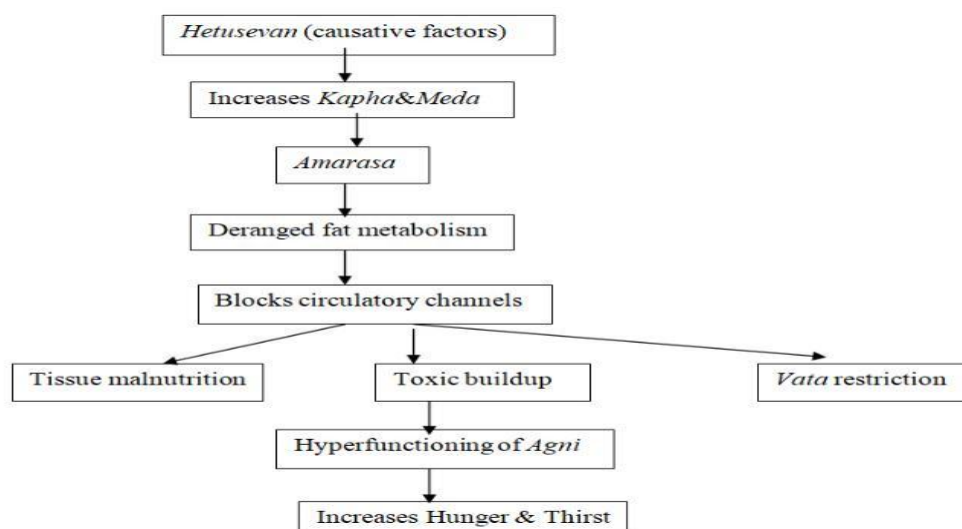
- Genetic factors.
- Environmental factors like lifestyle behaviour, diet, physical activity.
- Social factors like poverty & lower level of education.
- Cultural factors like the type of food, way of cooking are different.
- Diseases like hypothyroidism, Cushing syndrome, Polycystic ovarian syndrome.
- Drugs like steroids, antidepressants.

**BODY MASS INDEX:** The formula is  $BMI = \frac{kg}{m^2}$  where kg is a person's weight in kilograms and  $m^2$  is their height in metres squared.

1. 19-25: Normal
2. 26-30: Overweight
3. 30 & higher : Obese
4. 40 & higher: Extremely obese

### AYURVEDA VIEW

In Ayurveda Obesity is regarded as *Medoroga* (a disorder of *Medadhātu* /adipose tissue & fat metabolism) and *Santar-panjanyavikar* (an over-nutritional disorder). According to *Acharya Charak*, "The person is called as obese who due to excessive increase of fat & muscles, has pendulous buttocks, abdomen & breast and suffers from deficient metabolism & energy (Figure 1).



**Figure 1: Medorogsamprapti.**

According to *Acharya Charak*, *Vata* whose passage has been obstructed with fat, moves about abundantly in belly thus stimulating digestion & absorption of food. Hence the person digests food quickly & desires intake of food excessively. In case of delay in taking food, he is afflicted with some severe disorders. These two *Agni* & *Vayu* are particularly complicating & as such burn the obese like the forest fire burning the forest (Figure 1). In the event of excessive increase in fat, *Vayu* etc suddenly give rise to severe disorders & thus destroy life shortly.

## MANAGEMENT OF OBESITY WITH DIETARY CONTROL

*Pathya* recommended in *Sthoulya* are *Purana Shali*, *Shasthika*, *Yava*, *Ardraka*, *Kulattha*, *Takra*. *Apathya* recommended in *Sthoulya* are *Ksheera*, *Dadhi*, *Masha*.

This is probably the only way available to reduce body weight in obese persons. If we take into account the daily calorie consumption as around 2200-2400 calories & the fact that 1 gm of fat produces 9 calories then it can be calculated that a fasting individual will lose is much more than this. It is due to the loss of water & electrolytes and this is soon regained once a normal diet is resumed.

### **Aahaara (Dietary Treatment)**

- Favourable *Rasa* – *Katu*, *Tikta*, *Kashaya*, Avoid –*Amla*.
- Drink 1 glass *Koshnajala* + *Madhu* + *Saindhava* at morning (use 1 year old honey).
- Eat 1 teaspoon Fenugreek seeds (*Methika*) before meal daily as it lowers the sugar & cholesterol.

- For breakfast, take laghu aahaar like Poha or Upma.
- Start the meal with Salads – cucumber, carrot, beet, cabbage.
- Consume less oil & less ghee in food.
- Don't eat anything between the meals.
- Don't drink water immediately after the meal, rather drink after 45 minutes after having the meal.
- Fat-free milk, yoghurt & cheese to be taken.
- Use plenty of vegetables in the diet so there is no feeling of weakness, rather due to the sensation of fullness of the stomach, there will not be more calories.
- Before sleeping at night, take ¼ spoon fenugreek (*Methika*) powder + ¼ spoon black cumin powder with lukewarm water.
- Increase fibre intake in the form of raw fruits, vegetables, whole cereals etc.
- No longer gap between the foods, rather can eat frequently but food should be less in quantity & less in fat.
- Avoid fruits like Mango, Grapes, Guava, Custard apple, Banana, Chikku.
- Consume sprouts like Green gram (*Mudga*), Lentil, & Beans in the daily diet.
- Don't sleep immediately after the meal, avoid sleep at noon.
- Can use spices like Coriander, Clove (*Lavanga*), Asafoetida (*Hindu*), Cardamon (*Velchi*), Garlic, Ginger in more quantity in food.
- Cook with oils which are low in fat & saturated fat like corn, sunflower, soybean, cottonseed, olive, peanut & sesame oils.
- Eat less fat, less sodium, fewer calories & more fibre.

### Diet Plan

1. After getting up: 1 glass lukewarm water + black salt + honey, 1 cup tea with less sugar & less milk.
2. Breakfast: 1 cup milk without sugar, Salads like cucumber, carrot, tomato, 1 Orange.
3. Lunch: Mixed veg soup/corn soup, cooked Pumpkin, 1 cup Dal, 2 *Chapattis*, Salad – Onion/ radish.
4. At 4:00 P.M.: 1 glass Buttermilk, Fruits like Sweetlime/ Pomegranate.
5. Dinner: ½ *Bajra* roti/ *jowar* roti, ½ bowl Dal, Salad, Garlic.

**PATHYA-APATHYA**

1. Even though, there are dozens of treatment modalities in the management of Obesity but following *Pathya* (congenial diet) and *Apathya* alone play a major role.
2. Food which have properties of *Kapha-Medahara* (hypolipidemic) e.g. horse gram, green gram, barley and kokum.
3. Combination of these in diet plan may be more helpful in management of Obesity.
4. ***Langhan Chikitsa***

If *Sthoulya* is caused due to *Adhyashana*, *Atyaanshana* then *langhan*, *laghu-aahaara*, *alpa-aahaara* should be taken.

**Table 1: List of *Pathya Aahaara* found in the disease *Sthoulya*.<sup>[7]</sup>**

<b><i>Varga</i></b>	<b><i>Aharadravya</i></b>	<b>English name</b>
<i>Anna varga</i>	<i>Purana Shali</i>	Old variety of Rice
	<i>Raktashali</i>	Red variety of Rice
	<i>Shasthika shali</i>	Rice harvested in 60 days
	<i>Yava</i>	Barley
	<i>Chanaka</i>	Chickpea
	<i>Kulatha</i>	Horse gram
<i>Jalavarga</i>	<i>ShrutaSheetaJala</i>	Luke-warm water
	<i>PanchkolashrutaJala</i>	Water with Panchakola
	<i>Shunti siddha jala</i>	Ginger water
	<i>Madhu</i>	Honey
<i>Madyavarga</i>	<i>Purana Sidhu</i>	Old Wine
<i>Mutravarga</i>	<i>Gomutra</i>	Cow's Urine
<i>Kanda varga</i>	<i>Lasuna</i>	Garlic
	<i>Ardraka</i>	Wet Ginger
	<i>Sunthi</i>	Dry Ginger
<i>Ksheeravarga</i>	<i>Takra</i>	Buttermilk
<i>Shakavarga</i>	<i>Patola</i>	Bottlegourd
	<i>Karavellaka</i>	Bitter gourd
	<i>Varthaka</i>	Brinjal
	<i>Nimbapatra</i>	Neem leaves
	<i>Shigru</i>	Drum Stick
<i>Mamsavarga</i>	<i>JangalaMamsa</i>	Forest meat

**Table 2: List of *Apathya Aahaara* found in the disease *Sthoulya*.**

<i>Varga</i>	<i>Aharadravya</i>	English name
<i>Anna varga</i>	<i>Navanna</i>	New variety of Rice
	<i>Masha</i>	Black gram
	<i>Taila</i>	Oil
<i>Jalavarga</i>	<i>DushitaJala</i>	Polluted water
	<i>SheetaJala</i>	Cold water
<i>Madyavarga</i>	<i>Nutana Madya</i>	New Wine
<i>Kanda varga</i>	<i>Aluka</i>	Potato
<i>Ksheeravarga</i>	<i>Dadhi</i>	Curd
	<i>Ksheera (Apakva)</i>	Milk
	<i>Guda</i>	Jaggery
<i>Mamsavarga</i>	<i>Anupa Mamsa</i>	Marshy-land animal meat

*Aahaara* having *Guru*, *Snigdha*, *Ati-Drava*, *Picchila* and *Abhishyandi Guna* are considered as *Apathya* for *Sthoulya*.

For better understanding, the following *Pathya* and *Apathya* are generally advised for the patients so as to reduce the severity of the disease.

- It is good to consume little less quantity of food which facilitates the action of *Pachaka Pitta* which will help to control the formation of *Ama*.
- Since the diet which aggravates the *Kapha*, also contributes the formation of *Ama*, thus, dairy products, oily food items, salty and sour food articles should be avoided.
- Most of the vegetables are good to reduce the formation of *Kapha* as well *Ama*. However, they should be consumed warm and along with some spices to counteract their nature.
- It is better to avoid excessive water intake after consuming food as it interferes with the concentration of the digestive enzymes and slows down the digestive process.
- Person must realize that prolonged dieting is necessary for following a restricted diet regimen so as to ensure optimal weight loss. A permanent change in eating habits, planning of daily food intake, separation of eating from other activities are required to maintain the new low weight.
- The Person must understand Details regarding the disease and the principles of energy intake and expenditure. The best results are obtained in educated, well- motivated patients.
- The Person must have good mental built to lose weight and should self-monitor feelings and emotions.
- Excess consumption of food is called as *AthiMatra Aahaara Sevana*. Here the consumption of food is related not only to the quantity of intake but also the frequency of



intake. As the formation of *Rasa* is more, it over-nourishes the *Dhatus* of the body especially Medadhatu; leading to *Sthoulya*.

- Lunch & dinner timings should be fixed. Time difference of 2 meals should be 4 hrs.

## CONCLUSION

Lifestyle disorders such as *Sthoulya* are the outcome of *Mithya-Aahaara* and *Vihara*. *Mithya-Aahaara* is faulty diet and dietary habits and *Mithya-Vihara* is faulty behavioural and mental regime. It is provoked by *Pragyaparadha* and *Asatmya Indriyarth Samyoga*. Not following *Dinacharya* and *Ritucharya*, holding insuppressible urges and not restraining suppressible urges, not following rules of dietetics, not indulging in any type of exercise and not making the balance between rest, sleep and physical activities are the reasons for production of lifestyle disorders. It is important to avoid aggravating factors like stress and include compatible diet and exercises in addition to the drugs.

Even though *Oushadha* is the one having therapeutic effect, *Ousadha-Matra* (Quantity of Medicine) is always lesser than *Aahaara Matra* (Quantity of food). *Aahaara* plays a major role in *Swasthya-Rakshana*. By its nature of *Pathya & Apathya*, *Aahaara* can become *Aayatana* (reason or *Nidana*) for both Health & Sickness. Hence, following appropriate *Pathya* and avoiding *Apathya* leads to better health in case of *Sthoulya*. If one follows the rules of dietetics, *Sadvritta* and undergoes *Samsodhana* regularly and other preventive measures, he cannot fall prey to lifestyle disorders.

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