

## A REVIEW OF MEDOROGA (STHAULYA) WITH SPECIAL REFERENCE TO AYURVEDA

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### ABSTRACT

Obesity is the gift of modern age of machines and materialism. It is physiological, psychological and social disorder, which is most disfavoured by modern society for social as well as medical reasons. Obesity occurs as a result of lack of physical activities with increased intake of daily diet resulting into the clinical entity, which can be called as obesity. According to *Ayurveda Sthaulya* is such a disease which provides platform for so many hazards like Hypertension, Coronary heart disease, Diabetes mellitus, Osteoarthritis as well as psychological disorders like stress, anxiety, depression etc. Obesity and Hyperlipidaemia being the most common problems in all age group. In *Sthaulya*, the involvement of *Medovaha srotas* is the main

factor along with the involvement of other *srotas* like, *Rasavaha srotas* and *Mamsavaha srotas*.

**KEYWORDS:** Sthaulya, Medorog, Obesity.

### INTRODUCTION

W.H.O. defines health as “A state of complete physical, mental, social and spiritual wellbeing and not merely the absence of disease or infirmity”. The equilibrium of various structural and functional units of the body named as *Dosha*, *Dhatu*, *Mala* and *Agni* and more important the mind result in health and disequilibrium causes disease. Now a day, no one have time to think and act for the healthy life and not able to follow the proper *Dinacharya*, *Ritucharya*, dietic Rules and Regulations. Due to the lavish and modern living lifestyle, persons have caught many disorders for themselves - *Sthaulya* (Obesity) is one of them.<sup>[1]</sup>

Obesity is the gift of modern age of machines and materialism. It is a physiological, psychological and social disorder which is most disfavoured by modern society for social as well as medical reasons. The present day society expects peak physical and mental performance from each of its members but obese person is unable to cope with it. Obesity occurs as a result of lack of physical activities with increased intake of daily diet resulting into the clinical entity, which can be called as obesity.<sup>[2]</sup>

*Sthaulya* is such a disease which provides platform for so many hazards like hypertension, coronary heart disease, diabetes mellitus, osteoarthritis as well as psychological disorders like stress, anxiety, depression etc. Obesity and Hyperlipidaemia being the most common problems in all age groups.

### REVIEW OF MEDODHATU<sup>[3]</sup>

*Medadhatu* is *sneha* dominant and *dravayukta dhatu* which is *Guru*, *Snigdha* *gunayukta* having dominance of *Prithvi*, *Aap* and *Tejo mahabhuta*.

There are two types of *Medodhatu*-

#### 1. *Poshaka Medodhatu*

*Poshaka Medodhatu* is *gatiyukta*, which is circulated in the whole body along with *Rasa*, *Rakta dhatu*, to give the nourishment to *Poshya Medodhatu*.

#### 2. *Poshya Medodhatu*

*Poshya Medodhatu* is *Gativivarjita*, and its storage is done in *Medodharakala*. The site of *medodharakala* is *Udara* and *Anvasthi Udara*, *Gala*, *Sphik*, and *Stana* are also *sthana* of *poshya meda*. It is found in *mamsa* as *Vasa* also.

#### *Karma of Medodhatu*

*Snigdha* and *guru guna* are predominant in *Medodhatu*. It is responsible for *bala* and causes *brimhanatva*, *sthulata* of the body. It produces of *Sneha* and *Snigdha* which helps in producing *dridhata* (strength) of the *Shareera*. This *Medadhatu* nourishes *Asthi dhatu*. *Snigdhata* of body and parts of body is occurred due to *medodhatu*.

#### *Medosara Purusha Lakshana*

Person with *Medosara* has excess *snehansha* in *Varna*, *Svara*, *Netra*, *Kaksha*, *Loma*, *Nakha*, *Danta*, *Oshta*, *Mutra* and *Purisha*. The person will possess *Dhana*, *Aishvaryya*, *Sukha*, *Upabhoga*. He will be *Danashila*, *Sarala*, *Komala* and *Bhavasuchaka*.

**Medodhatu Vridhi Lakshana**

*Medodhatu vridhi* causes *Snigdhatata* of *Shareera*, *Udara*, *Parshvavridhi*, *Kasa*, *Shwasa*, *Hikka* and *Shareera Daurgandhata*.

**Medodhatu Kshaya Lakshana**

*Medodhatu kshaya* results in *Plihavridhi*, *Sandhishunyata*, *Rukshata* and desire for *Atisnigdha* and *Mamsa*.

**NIDAN (HETU) OF STHOULYA<sup>[4]</sup>**

According to *Charaka Samhita*

- |                                |   |  |
|--------------------------------|---|--|
| 1. <i>Ati Sampooranat</i>      | – | Food consumption in excess quantity.                             |
| 2. <i>Ati Guru Upayogat</i>    | – | Excessive intake of food which is heavy to digest.               |
| 3. <i>Ati Madhur Upayogat</i>  | – | Excessive intake of sweet food.                                  |
| 4. <i>Ati Sheet Upayogat</i>   | – | Intake of cold or <i>sheet veerya dravya</i> in excess quantity. |
| 5. <i>Ati Snigdha Upayogat</i> | – | Intake of excess unctuous food.                                  |
| 6. <i>Avyayamat</i>            | – | Lack of exercise.  |
| 7. <i>Avyavayat</i>            | – | Lack of sexual activity.   |
| 8. <i>Divaswapnat</i>          | – | Sleep during day time.   |
| 9. <i>Harsha-nityayvat</i>     | – | Always being happy.  |
| 10. <i>Achintanat</i>          | – | Free from tensions and worries.                                  |
| 11. <i>Beejaswabhavat</i>      | – | Hereditary.  |

**Rupa / Lakshana of Sthaulya**

1. *Medomamsa ativridhi*
2. *Chala sphika*
3. *Chala udara*
4. *Chala stana*
5. *Ayatha Upachaya*
6. *Anutsaha*

**Symptoms of Sthaulya**

1. Shortness of breath
2. Increased thirst
3. Increased appetite
4. Increased sleep

5. Excessive perspiration with foul odour
6. Hypoventilation
7. Heaviness of body
8. Mumbled speech

### **SAMANYA SAMPRAPTI<sup>[5]</sup>**

According to *Charaka*, due to *avarana* (obstruction) of all the *srotas* (channels) by the *meda*, there is *vridhhi* of *kosthasthit samana vayu*, which in turn causes *ati sandhukshan* of *jatharagni*. The increase in *jatharagni* leads to rapid digestion of consumed food and leaves the person craving for more food. If at all due to some reason the person does not receive more food the increased *agni* causes *dhatu pachan* which may lead to various complications. But because of the hunger the persons tend to eat more and the cycle continues. In this way it becomes a vicious circle creating excessive improperly formed *medo dhatu*, giving rise to various symptoms. Because of such condition of *srotorodha*, the other *dhatu*s does not get nourished properly causing *shaithilya* (flabbiness due to excess of water element) of *dhatu*s prior to *meda dhatu* and depletion of *dhatu*s next to *medo dhatu*.

### **MANAGEMENT<sup>[6]</sup>**

#### ***Shamana* (Palliative) treatment**

1. *Langhan* (Fasting),
2. *Ama pachan* (oral use of digestives to augment the fat metabolism),
3. *Ruksha Udwartan* (Dry medicated powder massage),
4. Heavy and non-nourishing diet/items like Honey, salad etc are advised.
5. Physical exercises, mental work is also recommended.

#### ***Samshodhana Chikitsa* (Purificatory procedures): *Panchakarma***

1. *Vaman* (Therapeutic emesis),
2. *Virechan* (Therapeutic purgation),
3. *Lekhan vasti* (Medicated enema) are advised for the management of *Sthaulya* (Obesity).

#### **Single drugs**

*Guduchi, Vidanga, Musta, Sunthi, Amla, Vacha, Daruharidra, Guggulu*, etc.

**Compound Formulations**

*Trikatu, Navak Guggulu, Triphala Guggulu, Vidangadi Churna, Takrarishta, Navayasa lauha, Arogya Vardhini Vati* etc.

**• PREVENTIVE MEASURES<sup>[7]</sup>****Life Style modifications such as**

1. Mild to Moderate exercise according to individual capacity.
2. Regular habit of Brisk morning walk for 30 minutes.
3. Avoid sedentary habits.
4. Avoid excessive sleep.
5. Avoid watching TV while having food.
6. Avoid Alcohol and Smoking

Unhealthy diet results in building up of adipose tissue in the body resulting in weight gain & obesity. Physical activity lessens the energy imbalance between calories consumed on one hand, calories expended on the other hand resulting in weight gain & obesity. Hence, intake of healthy diet comprising of sufficient fibre, adopting active life style and practicing Yoga and Meditation to manage stress and fatigue are highly recommended for the prevention of Sthaulya /Overweight / Obesity.

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