

**MANAGEMENT OF OBESITY THROUGH SAMANYA VISHESH
SIDDHANT*****¹Dr. Sonal S. Lad and ²Dr. Ravindra S. Dhindhime**

¹*PG Scholar, Kriya Sharir Department, Government Ayurvedic College, Dharashiv,
Maharashtra – 413501.

²HOD & Prof. Kriya Sharir Department, Government Ayurvedic College, Dharashiv,
Maharashtra – 413501.

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***Corresponding Author****Dr. Sonal S. Lad**

PG Scholar, Kriya Sharir
Department, Government
Ayurvedic College,
Dharashiv, Maharashtra –
413501.

ABSTRACT

Siddhantas are the roots of Ayurveda which helps in management of disease. Ayurveda first focuses on maintaining the health of healthy person and then treating the diseased person. Ayurveda states a healthy body as equilibrium of these doshas and dhatus in body and derangement in these either kshaya (undernourished) or vridhhi (over nourished) affects the balance of body and results in diseases. The concept of Samanya Vishesh Siddhant is one such basic principle of Ayurveda which helps to treat diseases. Samanya and Vishesha are among the six fundamental principle (padartha). Samanya is the cause of increase of all components and Vishesha is decrease of all components. Samanya Vishesha Siddhanta is based on the qualities of substances which decrease or increase quantity or quality of Dravya, Guna and Karma. Medovridhhi (obesity) is a santarpanjanya vyadhi in which there is excess accumulation of meda dhatu. Ayurveda has

mentioned that meda dhatu increases mainly due to two reasons – 1. Dietary (excess intake of guru, madhur, shita, snigdha aahar – mithya aahar) and 2. Sedentary lifestyle (absence of exercise, naps during daytime- mithya vihar). The concept of Vishesha helps to manage the aggravated dushit meda dhatu, since opposite properties of substances to that of particular dushit meda dhatu helps to pacify it. This article includes the application of Samanya Vishesh Siddhant in treatment of medovridhi or obesity.

KEYWORDS: Obesity, Samanya Vishesha Siddhant.

INTRODUCTION

Ayurveda is science of life; its teaching enlightens us about the everyday diet and regimen. Ayurveda not only helps in treating the disease from its root but also helps in maintaining the health of healthy individual. Ayurveda has given many fundamental principles like Panchmahabhut Siddhant, Tridosh Siddhant, Loka-purush saamya Siddhant, Samanya Vishesh Siddhant, etc. Samanya Vishesh Siddhant is the most basic fundamental principle given by Ayurveda. Application of this principle can help in breakdown of pathogenesis i.e samprapti bhang of any disease. Samanya is the cause of increase of all components and Vishesh is decrease of all components. Samanya Vishesh Siddhant is based on the qualities of substances which decrease or increase quantity or quality of Dravya, Guna and Karma.

Medovridhhi is a santarpanjanya vyadhi in which there is excess accumulation of meda dhatu. Ayurveda has mentioned that meda dhatu increases mainly due to mithya aahar vihar (excess intake of guru, madhur, shita, snighdha aahar – mithya aahar absence of exercise, naps during daytime - mithya vihar). Jatharagni – digestive fire is responsible for metabolism. Dhatwaagni and bhutaagni depend upon jatharagni. Due to intake of mithya aahar vihar, the jatharagni is distorted and in turn results in vitiated medo-dhatwaagni and give rise to dushit medodhatu. Dalhan has commented that in pathogenesis of medo roga, the metabolism of meda dhatu is affected due to dhatwaagnimandya, kledak kapha and saman-vyan vayu. In modern science, Medovridhhi or sthauilya can be referred to obesity. Obesity means deposition of excess fat in body. The causes are 1. Dietary 2. Lifestyle 3. Genetic 4. Neurogenic abnormalities. Treatment of obesity depends on decreasing energy input below energy expenditure and creating a sustained negative energy balance until the desired weight loss is achieved. The concept of Vishesha helps to manage the aggravated dushit meda dhatu, since opposite properties of substances to that of particular dushit meda dhatu helps to pacify it. Presence of shramam (fatigue), alpepi cheshtite shwasham (shortness of breath), swedabadh (sweating), sphikstanodar lambanam (waist girth), durgandhata (foul smell of the body) and kaas (cough) is known as Medovridhhi or sthauilya.

NEED OF STUDY

In Modern science, the modernization of technology has no doubt decreased the load of physical work from people's shoulder, but as a complication. It has led to a generation of lifestyle disorder; most common incidence of today's era is Obesity. Incidence of obesity has increased three times since 1975. The current trend in Indians is to follow diet and practices (aahar-Vihar) put forth by western culture. The climate in the western countries is suitable for such diet and practices but Indian climate which is mostly hot and tropical poses an issue. Considering these varying factors, it is unwise to blindly follow such culture, because it is causing a rise in overweight and obesity issues. So as a lifestyle disorder, it is important to

make some basic changes in diet itself, which will work on Meda dhatu and maintain it in its normal level by decreasing it. The concept of Samanya Vishesh Siddhant helps to make the necessary changes and decide the diet, regimen and medicine of a person.

CONCEPT REVIEW

In Samanya Vishesh Sidhant, Samanya is responsible for increase in quantity and quality of Bhavpadartha (Dravya, Guna and Karma) and Vishesh is responsible for decrease in quantity and quality of Bhavpadartha (Dravya, Guna and Karma). The concept of Vishesha helps to manage the aggravated dushit meda dhatu, since opposite properties of substances to that of particular dushit meda dhatu helps to pacify it.

Ayurveda states a healthy body as equilibrium of these doshas and dhatus in body and derangement in these either kshaya (undernourished) or vriddhi (over nourished) affects the balance of body and results in diseases. In sthaulya there is derangement of dosha and dushya along with dushtata of srotas and agni. Samanya Vishesh Sidhant helps in samprapti bhang by bringing back the equilibrium state of the above 4 components.

- Dosha – all three doshas are vitiated

Kapha is the main dosha in pathogenesis of the disease. Excessive consumption of Ahara like Guru, Snigdha, Madhura, Sheeta, Picchila; Vihara like Avyayama, Divaswapna etc. and Manasika Nidana like Achinta, Nitya Harsha etc.; leads to vitiation of Kapha.

Pitta is also involved as symptoms of Sthaulya like Ati Kshudha, Ati Pipasa, Swedadhikya, Daurgandhya are similar to pitta vriddhi, pachak pitta is mainly involved.

Vata has been mentioned in the state of Avrita in kosta, which makes the Agnivaishamya, ultimately increases the Abhyavaharana Shakti or demand of food.

- Dushya –rasa dhatu and meda dhatu- on the basis of Ashray-ashrayi bhava vitiation of Kapha also lead to vitiation of that dhatu in which Kapha seated.

- Srotas –

Medovaha Srotasa is the main factor

Atisweda and Daurgandhya indicate the involvement of Swedavaha srotasa

Presence of Atipipasa indicates the involvement of Udakavaha srotasa.

Increase fat deposition inside the muscle (Vasa) indicates the involvement of Mamsavaha srotasa.

- Agni & Aam

In Sthaulya, due to vitiation of Vata by obstruction of Meda, Tikshnagni is a prominent feature. In stage of tikshnagni, person go for adhyashana, kalvyatita ahara sevan again and again, which leads to disturbance in Agni and subsequently formation of Ama maytake place.

Vishesh leads destruction in Dravya, Guna and Karma.

- Dravya vishesh means use of opposite Dravya to treat causes of disease. There are many drugs which can help in sthaulya, one of them is kulatha. The properties of kulatha (horse gram) are as follows.
 - It is a high-protein food (22-24%). Carbohydrates (57.2%), fats (1.1%), vitamins, minerals (3.2%), and a considerable amount of soluble fibres are all found in its seeds.
 - Kulthi dal may reduce the extent of hypercholesterinemia (high cholesterol deposition). It might have some effect on absorption of cholesterol and speeds up the catabolism of cholesterol in bile acid. The phenolic compounds present in the kulthi dal may also possess hypolipidemic and cholesterol reducing activity by increasing the excretion of cholesterol in faeces.
- Guna vishesh means use of substances possessing opposite quality. There are many drugs which can help in sthaulya, one of them is musta. The properties of musta are as follows,
 - Hepatoprotective effect, Antioxidant Antidyslipidemic, Anti-inflammatory, Anti-obesity and cardioprotective.
 - Its tubers hexane extract was found to cause significant reduction in weight gain without affecting food consumption or inducing toxicity.
 - It pacifies the vitiated Kapha Dosha which is dominant in the pathogenesis of Sthaulya as well as depletes the excessively produced Rasa, Mamsa, Meda, Vasa, Sweda and Kleda which are all similar in attributes to Kapha Dosha.
- Karma Vishesh
 - Langhana upakrama helps to preserve, repair and endorse good health. Fasting or Langhana is a preventive and corrective method for body. Langhana upakrama is considered to be the best in santarpanjanya vyadhi. Intermittent fasting can be defined as periods of fasting alternated with periods of no fasting. During fasting, when meals are skipped, normally stored carbohydrate can be used only for half a day, later it starts breakdown of fats for energy to maintain the body function. If such an energy deficit can be achieved and sustained, can cause a weight loss.

RESULT AND DISCUSSION

Principle of Samanya Vishesh Siddhant i.e increase or decrease in quantity or quality of bhavpadartha (dosha, dhatu and mala) can be used in the treatment of sthauilya. As sthauilya is considered as a santarpanjanya vyadhi, Dravya vishesh, Guna vishesh and Karma vishesh can be used to decrease the accumulated and vitiated meda dhatu. The concept of Samanya Vishesh Siddhant can be similarly used in breakdown of pathogenesis of any disease by studying the medicine or drug dravyatah, gunatah and karmatah.

CONCLUSION

Siddhantas are roots of Ayurvedic approaches for disease management. Samanya Vishesh Siddhant is a concept which helps to regain equilibrium of Dosha, Dhatu and Malas. It helps in selection of appropriate foods, medicine, activities and daily regimen as line of treatment in diseases. It utilizes similar and dissimilar Bhavas which provide therapeutic response in many pathological conditions.

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