

STHAULYA IN AYURVEDA AND ITS MANAGEMENT: A REVIEW

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ABSTRACT

Ayurveda is the earliest health system established since the beginning of the civilisation and having lots of information for longevity and health. Avoiding such instructions, living with non expenditure of energy and sedentary life creates *santarpanajanya vyadhi*. *Sthaulya* is one of them. both independently and in association with other disease. The *Nidan Parivarjan* is the foremost and very important principle of the *ayurveda*. Besides *nidan parivarjan* various single herbal preparation and multiple herbal and herbo-mineral preparations are there for the management of *Sthaniya*. Besides *Nidan parivarjan* various single herbal medicinal preparations for management of

sthaulya. Obesity has reached epidemic proportions in India in the 21st century, with morbid obesity affecting 5% of the country's population. India is following a trend of other developing countries that are steadily becoming more obese. Obesity can leads to many diseases like Diabetes, Cardiovascular disease and Arthritis. Obesity reduces the average life span and decreases the quality of life. *Pathya Apathya*, *Dinachrya* and diverse techniques of *Yoga* which have wonderful preventive and curative effect on obesity. In present review article etiopathology of *sthaulya*, its sign & symptoms, preventive methods like *nidan parivarjan*, *dinacharya*, therapeutic management along with medicine, diet, *pathya apathya*, have been studied in detail. *Ayurveda* being a holistic health science constitutes preventive aspects as well as treatment aspects of disease *Sthaulya*.

KEYWORD: *Ayurveda*, *Sthaulya*, diet, obesity, *Apathya-Pathya* , *Nidan parivarjan*.

INTRODUCTION

Ayurveda which is not only a system of holistic medicine but a way of life, advocating prevention of disease as its primary aim and following holistic approach in dealing with different diseases. *Sthaulya* is the condition in which vitiation of *Meda Dhatu* occurs and increases in the amount. *Sthaulya* is included under eight undesirable conditions (*AshtauNindit*),^[1] *Shleshma Nanatmaja*, *Santarpana Nimittaja*, *Atinindita*, *AtiBruhmana Nimit- taja*, and *Bahu Dosha Janita Vikara*. More over *Sushruta* has given emphasis on metabolic disturbances (*Dhatvaagnimandya*) in the *etiopathogenesis* of *Sthaulya*.^[2] Their appetite is excessive^[3] and whatever they eat is quickly digested, which indicates hyper-functioning of the *Jatharaagni*. Besides this, the patient suffers from laziness, may be due to under supply of energy, which may be due to hypo-functioning of *Bhutaagni*. Further *Dhatvaagni* also seems to be disturbed, as in *Sthaulya* patient mainly *Medo-Dhatu* is formed and there is deficiency of other *Dhatu*. Due to change in life style and increased intake of processed food as well processed sugars has helped obesity to become a global pandemic.

Obesity is such a disease, which provides the platform for so many hazards. Now a days Obesity considered as a ‘Killer lifestyle’ disease is a significant cause of preventable death worldwide. *Acharya Charaka* has described *Sthaulya* (Obesity) among the eight most unwanted diseases. Obesity is important because it develops over time and, once it has developed, is difficult to treat. As it is a major health problem now a days, but it can be easily preventable and curable by changing dietary habits and daily life style which includes medicine, diet, *pathya apathya*. *Acharya Charak* has beautifully given the definition of healthy build person: The man who is well proportioned in flesh and well-knit in figure is called healthy build. There has been a global shift in diet towards increased intake of energy-dense foods that are high in fat and sugars but low in vitamins, minerals and other micro-nutrients and this along with a trend to-wards decreased physical activity has a large impact on worldwide increase in obesity rates. The increasingly sedentary nature of many forms of work, changing modes of transportation and increasing urbanization have added to the problem. Moreover, in today’s fast life none is able to follow the proper daily regimen (*Dinacharya*), season-al regimen (*Ritucharya*) or dietetic rules life expectancy and increased health problems. Therefore, the WHO recognized obesity as a global epidemic disease in 1997. *Ayurvedic* literatures has also given a great importance to *Sthaulya*.

AIM AND OBJECTIVES

1. To study the etiopathogenesis of *Sthaulya*.
2. To explore the concept of the *Ayurvedic* management of *Sthaulya*.

MATERIAL AND METHODS

Literature regarding *Sthaulya* is reviewed from various classical texts of *Ayurveda* (*Samhitas*), research journals, web sites and from western medical books data has been collected.

Review literature

Ayurveda is an age old system of medicine and is still significant to lifestyle and disease management of this era. *Ayurveda* classifies diseases reasonably as *nija* due to faulty *ahaara-vihaar* (faulty food habit and lifestyle) and *agantuja* due to *upsarga* (infection) and *aghaata* (trauma).^[4]

Ayurveda also emphasizes on prevention of disease and then advocates its management.^[5] A healthy life stands upon three pillars of *ayu* (life) - *Ahaara*, *Vihaar* and *aushadhi*. The first two of these pillars *ahaara* and *vihaar* (diet and lifestyle) are preventive in nature. When these principles are followed, the foundation of healthy life becomes even strong.

In *Ayurveda*, *Sthaulya* (Obesity) has been described since very early days in various *Samhitas*, *Sangraha Granthas* etc. *Charaka* has described *Sthaulya* among the eight undesirable physical constitutions.^[6] It has also been described as *Santarpanahanita Roga* as well *Kaphaj Nanatmak Vikara* (disease due to vitiation of *Kapha*).^[7] *Sthaulya* (Obesity) is among the diseases which are increasing in prevalence day by day. It is important to rule out it on time and get cured. Symptoms and complications of it have effect on daily work efficiency. Obesity is a disease, developed due to complex interaction between biological psychosocial and environmental factors that affect quality of life of an individual.^[8]

Nirukti of *sthaulya*

A person having heaviness and bulkiness of the body due to extensive growth especially in *Udaradi* region is termed as "*Sthula*" and the state (*Bhava*) of *Sthula* is called "*Sthaulya*".^[9]

Definition (Vyakhya) of sthaulya

Sthula is defined as a person, "who on account of the inordinate increase of fat and flesh, is disfigured with pendulous, buttocks, belly and breasts and whose increase bulk is not matched by a corresponding increase in energy".^[10]

Purvarupa (Premonitory symptoms): *Purvarupa* of obesity has not been de-scribed by any *Ayurvedic* texts. According to *Charaka*, the *Medovahasrotodusti Lakshanas* which are also mentioned as *Purvarupa* of *Prameha* can be considered as *Purvarupa* of *Sthaulya*.^[11] The symptoms related with *Meda Dushti* like *Atinidra*, *Tandra*, *Alasya*, *VisraShariragan-dha*, *Angagaurav*, *Shaithilya* etc. can be considered as *Purvarupa* of *Sthaulya*.^[12]

Rupa (Symptoms): According to *Charaka*, the inordinate increase of fat and flesh is disfigured by pendulous buttocks, abdomen and breast and that increased bulk reduces the corresponding increase in energy. So, the person has less enthusiasm in his physical activity.^[13]

Causative factors

Acharya Charaka has mentioned the causes of obesity analytically which can be classified into four groups.^[14]

1. *Aharatmaka Nidana*,
2. *Viharatmaka Nidana*,
3. *ManasNidana* ,
4. *AnyaNidana*.

Role of aharatmaka nidana in obesity: *Ahararasa* plays a major role for increasing *Medadhatu* in *Sthaulya*. So, *Achar-yaSushruta* has mentioned *Sthaulya* and *Karshya* depends upon the quality and quantity of *Ahararasa*.^[15] *Guru*, *Madhur*, *Shita* dominant diet, excessive intake of food, and *Snigdha* food intake are responsible factors for obesity.^[16]

Role of viharatmaka nidana in obesity: Decreased physical activity increases *Kapha* and deposition of *Meda* excessively. *ViharatmakaNidana* like *Divaswapna* (day sleep), *Avyayam*(lack of exercise), *Avyavaya*(lack of intercourse)are also responsible factors.^[17]

Role of manasvyapara in obesity: *Harshanitya* and *Achintana* are two psychological factors mentioned by *Acharya Charaka*, which are responsible for *Medavridhi*.^[18]

Role of beejadosha: Acharya Charaka has mentioned that *Beejadosha* plays a major role for *Medovriddhi*.^[19]

Samprapti (Pathogenesis)

In the pathogenesis of *Sthaulya*, all the three *Doshas* are vitiated, especially *Kledaka Kapha*, *Pachaka Pitta*, *Samana* and *Vyana Vayu*. Due to the various *Aharatmaka*, *Viharatmaka*, *Manasika Nidana Sevana*, leads to *Kaphavridhi* and produces *Jatharagnimandhya*. *Jatharagnimandhya* results in production of *Ama*, which leads to *Sanga* in *Medovaha Srotas* and then *Medo dhatvagni mandhya*, whereas *Beeja Nidana* directly leads to *Medodhatvagni mandhya* and this leads to *Medovriddhi (Amarupa)*. All these things together cause the *Medovahasrotodusti*.

Srotaavarodha of different *Srotasa* is caused by increased *Meda*, which affects the *Poshana* of different *Dhatus* and it again leads to *Medodhatuvridhi*. Due to the less *Poshana* (nutrition) of different *Dhatus*, *Ashtadosha* of *Medoroga* i.e. *Ayushohrasa*, *Kshudraswasa*, *Daurbalya* etc are produced. Again that *Srotosanga* caused the *Margavarodha* of *Vayu*. (i.e. *Kshudraswasa*, *Daurbalya* etc are produced. Again that *Srotosanga* caused the *Margavarodha* of *Vayu*.

Complication^[20]

1. *Visarap* [Erysepellias]
2. *Bhangandhe r* [Fistula in Ano]
3. *Jwara* [fever]
4. *Aatisar* [Diarrhoea]
5. *Prameha* [Diabetes]
6. *Arsha* [Piles]
7. *Shlipada* [Filariasis]
8. *Apachi* [Alands]
9. *Kamla* [Jaundice]

Chikitsa (Treatment)

General principles of management of any disorder in *Ayurveda* is^[21]

1. *Nidan parivarjan*
2. *Sanshodhan*
3. *Sanshaman*

1) *Nidana parivarjana*

This is the first line of management of *Medoroga*. *Aharatmaka*, *Viharatmaka* and *Manasa Nidanas* are responsible for *Medoroga* should be avoided.

2) *Samshodhana*^[22]

Shodhana means *Apakarsana* of *Dosha*. *Atisthul* a patients with *Adhika Dosha* and *Adhika Bala* should be treated with *Samshodhana* therapy, including *Vamana*, *Virechana*, *Ruksha Niruha*, *Raktamokshana* and *Sirovirechana*. *Ruksha*, *Ushna* & *Tikshnavasti* are also suggested by *Charaka*. *Ruksha Udvardana* is the *Bahya Shodhana* indicated for the management of *Sthaulya*. '*Snehana Karma* is always restricted for the patients of *Sthaulya*, however on exigency usage of *Taila* is recommended.

3) ***Sanshaman (Pacifying therapy)***: *Charaka Samhita* has been given treatment in following words. Administration of *Guru* and *Apatarpan* articles which possess additional *Vata*, *Shleshma* and *Medonasa* properties are considered as an ideal for pacifying therapy. The causative factors of *Karshya* i.e. *Ruksha Annapana Prayoga*, *Langhana*, *Pramitasana*, *Shoka*, *Nidravegavinigraha*, *Ruksha Snana*, *Ruksha Udavartana* etc. can be practiced as line of treatment for *Sthaulya*^[23]

Panchkarma procedures

Lepa and Udvarthana

These procedures remove the blockage in *Srotas* due to their *rooksha guna*, causes liquefaction of *meda* and mobilize it. *Rooksha ushna teekshna Basti- Lekhana Basti*.

Due to *laghu*, *ushna* and *teekshana* properties of *Basti*, when absorbed through intestinal mucosa, obstruction of channels broken down. Thus morbid material from all over the body will expelled out and it beaks the pathogenesis of obesity.

- *Virechana*^[24]
- *Shirovirechana*
- *Dhumrapan*^[25]

Prevention^[26]

We can prevent *Sthaulya* by the preventive measures of the *Ayurveda*.

1. *Nidan parivargana*
2. Use of healthy food

3. Regular exercise
4. *Chintan, Dhyana* are also effective on obesity.
5. *Rasanya*
 - *Guggulu Rasanya*
 - *Loha rasanya*
 - *Aamalki Rasanya*
6. *Yoga*
 - *Surya Namashkara*
 - *Myurasana*
 - *Shrshrasana*
 - *Halaasana*

Pathya-Apathya^[27]

Pathya Aahar

Purana shaali-Chawal, Munga, Yuva, Kondo, Chana, Bajara, Maaaka, Masoor, Parwal, Shijan, Takra, Aavala, Katu, Tikta, Kashya Rasa vale dravya, Gugglu, etc.

Apathye Aahar

Gahu, new Shali dhanya, rice, milk, Mash Guda, etc.

DISCUSSION

There are two types of therapy given in *Ayurveda* text for *Sthaulya*: a) *shodhan* b) *shaman*. The *Dravya* possessing *Katu, tikta* and *kashaya rasa* and also with *lekhana* karma facilitates for *soshana* and removal of liquefied or detoxified *kapha* and *meda*. Majority of drugs possessing *kaphahara, vatahara* and activity which is *medohara* in action. These all drugs helps in maintaining digestion and inhibit *aam* production. *Pippli* helps to modulate digestive power even associate with *aam* production. *Udwartan* remove the blockage in *Srotas* due to their *Rooksha Guna* & Low calorie high fibre diet fulfils the principle of treatment “*Guru ch Aptarpan*”. *Navak Guggulu* has *trikatu, triphala, chitrak, musta, vidang*. *Gugglu* is *Rasayan* and *Lekhan* effect. It is said to reduce *Meda, Kapha, Ama* & *Vata*. *Triphala* reduces *Kleda, Meda* & *Kapha*. *Yoga* and *Pranayam* normalize the fat metabolism and helps in energy

expenditure. Exercise increase the level of *Dhatavagni*, mobilize the *Medodhatu* and gives shape and fitness of body.

CONCLUSION

The *Dravya* possessing *Katu*, *tikta* and *kashayarasa* and also with *lekhana* karma facilitates for *soshana* and removal of liquefied or detoxified *kapha* and *meda*. Majority of drugs possessing *kaphahara*, *vatahara* and activity which is *medohara* in action. These all drugs help in maintaining digestion and inhibit *ama* production. *Pranayam* eliminates vitiated *kapha* dosa and reduces *medoagni*. It corrects the *ama dosa* and encounters *dhatwagni mandya* which potentiate the weakened *medodhatwagni*. Due to *laghu*, *ushna* and *teekshana* properties of Basti, when absorbed through intestinal mucosa, obstruction of channels broken down. Thus morbid material from all over the body will expelled out and it breaks the pathogenesis of obesity.

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