

**QUATERNARY PREVENTION OF OBESITY: AYURVEDIC AND
YOGIC INSIGHT*****Priyanka Sharma Ph. D. Scholar**

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Prevalence of overweight and obesity is increasing worldwide at an alarming rate in both developed and developing countries. Obesity occurs due to imbalance between intake of energy and its expenditure resulting in positive energy balance, which is characterized by the abnormal growth of the adipose tissue, resulting in an increase in the body weight to the extent of 20% or more of the standard weight for the person's age, sex and height. Obesity is normally caused by a sedentary lifestyle. Till now no perfect medical solution is available for its cure, and it could only be prevented by adopting correct lifestyle. This paper advocates concept of quaternary prevention of obesity as per Ayurveda and yoga.

KEYWORDS: Aastangayoga, Swasthavritta, Obesity, Sthoulya.**INTRODUCTION**

In India obesity is emerging as an important health problem, paradoxically co-existing with significant malnutrition prevailing in different sections (classes) of the population. In today's scenario, food is plenty and majority of the world's population overeats regularly, with resultant fat storage. Sthoulya is included under eight undesirable conditions (Ashtau Nindita), Shleshma Nanatmaja, Santarpana Nimittaja, Atinindita, AtiBruhmana Nimittaja, and Bahu Dosha Janita Vikara. Moreover Sushruta inferred that in Sthoulya, Jatharaagni is Tikshna, Bhutaagni is Manda and Dhatvaagni is disturbed in the irrespective functions.

MATERIAL AND METHODS

Literature regarding obesity is reviewed from various classical texts of Ayurveda (Samhitas), Yogic science, research journals, web sites and from western medical books in context with

obesity are collected. All Compiled matter is reorganized and critically analyzed for the discussion and trial has been made to draw conclusions on ideal lifestyle to prevent obesity and reduce weight.

EPIDEMIOLOGY & HEALTH ASSOCIATED RISKS

Current estimates suggest that the global prevalence of obesity has increased by two fold from 1980 to 2014. A major proportion of Diabetes, Ischemic Heart Disease, Hypertension, Ischemic Stroke, Osteoarthritis, and Cancer burden may be attributed to Over weight and Obesity.

Causes

1. Sedentary lifestyle 2. Excessive and frequent intake of food. 3. Excessive intake of oily, sweet, cold, heavy food items. 4. Lack of physical and mental activity/Lack of exercise. 5. Day sleeping. 6. Children of obese parents are likely to be obese.

Symptoms: 1. Breathlessness even on little exertion / physical activity. 2. Lack of interest in doing work. 3. Profuse sweating with foul body odor. 4. Excessive hunger. 5. Feeling of tiredness. 6. Excessive sleep.

Assessing overweight Obesity

According to the National Institute for Health and Clinical Excellence (NICE), Overweight and Obesity are assessed using Body Mass Index (BMI). It is defined as a person's weight in kilograms divided by the square of his /her height in meters (kg/m^2). It is used because, for most people, BMI correlates with their proportion of body fat, as a person having BMI of 25 to 29.9 kg/m^2 is considered 'Overweight' and 'Obesity' as a BMI of 30 kg/m^2 or more.

Quaternary Prevention of Obesity

The World Health Organization (WHO) defines the meaning of prevention as: "approaches and activities aimed at reducing the likelihood that a disease or disorder will affect an individual, interrupting or slowing the progress of the disorder or reducing disability". These preventive stages are primordial prevention, primary prevention, secondary prevention, and tertiary prevention. Combined, these strategies not only aim to prevent the onset of disease through risk reduction but also down stream complications of a manifested disease.

Primordial prevention of Sthaulya (obesity)

Primordial prevention is the prevention of occurrence of risk factors in population groups in which they have not yet appeared. This can be the perfect type of prevention in diseases like Sthaulya and it is achieved through individual and mass education of Yogic principles of astanga yoga and swasthavritta. In yoga, Yamas and Niyamas specify the recommended behaviors while interacting within and without. Yamas are the recommended behaviors that one should follow while dealing with others. Niyamas are recommended practices or routines related to oneself. There are five Yamas – ahimsa, satya, asteya, aparigraha, brahmacharya, and five Niyamas – tapas, swadhyaya, shaucha, santosha, and Ishwara-pranidhan. Involving them in lifestyle will prevent person from indulging in all causative factors of obesity. Emphasis has been given in Swasthavritta to dincharya, ritucharya, aahar and Sadvritta which includes adaptations of good habits for lifetime to bring lifestyle changes including diet, exercise and weight reduction. Use of proper dietary habits as per Ashtavidha aahar, vidhivisheshayatana and Dwadash Ashan Pravachar (eight and twelve dietary rules) from childhood, regular exercise (Vyayam) till the appearance of features of Ardhashakti Vyayam (exercise till increased rate of respiration, perspiration, feel of freshness) as a part of Dincharya (daily regime). This can be done as a cultural practice only and can be a strong step in preventing obesity at primordial level.

Primary Prevention of Sthaulya (obesity)

It is action taken prior to the onset of disease which removes possibility that a disease will ever occur in future life. This group is advised to make certain changes in socio-economic, behavioural, food patterns, habits, sleep cycle and lifestyle. This includes modification in lifestyle as per guidelines of Yogic culture and Ayurvedic classical texts such as Asana, Pranayama, pratyahara, Sadvritta (good lifestyle practices), non-suppression of natural urges, Nidana Parivarjana (avoiding causative factors) and soon after recognizing Purvaroop (early signs) of Sthaulya.

Secondary prevention of Sthaulya (obesity)

Secondary prevention involves measures which are taken to stop the progress of a disease at its incipient stage and prevent complication. Yogic shatkriya esp. kunjla kriya, special asana and yogic diet are such measures. In Ayurveda, measures which reduce meda and kapha, for example heavy exercise, ruksha udavartana, ratri jagarana, Pramitashana (adequate quantity of food), Langhan (fasting), Atimaitihun (excess sexual activity) etc. are useful for patients of

Sthaulya. Use of certain medicines such as Triphala, Amalki Takrarishta, Madhu (Honey), Shunthi, Kshar, Lohabhasma, mustha, Shilajatu.

Tertiary prevention of Sthaulya (obesity)

It includes all measures that reduce disorders and minimize suffering of the patient due to disease. Ayurveda has restricted role at this level. Shodhan Chikitsa (Body purificatory methods): Being a syndromic condition (Bahudoshasya Lakshana) samshodhana therapy is highly recommended for Sthaulya patients possessing stamina and strength. Ruksha, Usna and Tikсна Basti are also suggested by Charaka. Ruksha Udvartan is the bahya Shodhan (External purificatory Method) indicated for the management of sthaulya. Shamana Chikitsa Rukshana and Langan can be given for shamana purpose having Ruksha Guna dominance in them. Administration of guru and apatarpana articles which possess additional vata shleshma and medo nashaka properties is considered as an ideal for sanshamana therapy. Prabhaktaie intake of medicine before meal is insisted for krushikarana purpose. It has been further explained by Sharangdhara and advised to take Lekhana drug on empty stomach in early morning and before meal. In yoga pranayama, pratyahara and antranga yoga increase mental capabilities to reverse any condition. In short, following prevention can be listed for prevention of obesity

Do's.

1. The dietary rules should be followed strictly like "aharmatra agnibalapekshini" as said by acharya charaka i.e. one should consume food in correspondence with his agni (digestive fire) only.
2. Faulty dietary habits like adhyashana, vishamashana and samashana should be avoided.
3. Drink enough water before meal only and less water after meals.
4. Intake of regular and balanced diet.
5. Use of lukewarm water (Ushnodaka) for drinking.
6. Use of Barley (Yava), Sorghum (Jowar), Indian gooseberry (Amla), Honey (Madhu) and Butter milk (Takra)
7. Use of Green gram (Moong), Horse gram (Kulathi), Bengal gram (Chana) and Split Red Gram (Arhar)
5. Plenty of green leafy vegetables and fruits
8. Fibrous food items
9. Brisk walking and jogging in fresh air every day in early morning
10. Regular exercise

11. Practice of Yoga & Naturopathy in consultation with the specialist

Don'ts.

1. Frequent and excessive intake of oily /heavy food items
2. Sleeping in daytime (Diva-swapna)
3. Sleeping immediately after taking meals
4. Canned food products
5. Sedentary lifestyle.
6. Junk food like burger, pizza, cold drinks and fried food items

YOGIC MANAGEMENT

Shauch (External hygiene) and Santosh (satisfaction) which are the sub types of Niyam of Ashtang yoga should be taken as guideline in prevention of obesity. Symptoms like Swedabadha (Excessive sweating), Sweda daurgandhya (Foul smell) can be avoided by shauch (snana). Another thing which is to be kept in mind is that Santosh i.e. one should be happy or satisfied with limited food.

Kriyas: Kunjal, Kapalbhathi "Kunjal kriya". is first mentioned in Hatha Yoga as a type of Antardhauti, which is also known as "Gajakarani" in Hatha Yoga Pradipika. The process Kunjal mainly acts on Amashaya (prime seat of Kapha) and Annavaha Srotas. It rectifies Jatharagni and Dhatugata Ama gets expelled resulting in halting of pathogenesis of Sthaulya.

Selected Asanas: Surya Namaskar, Tadasana, Katichakrasana, Konasana, Pawanmuktasana, Ardha Padmasana, Padmasana, Paschimottanasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana, Navasana, Parvatasana, Vakrasana, Padahasthasana, Vajrasana, Shashankasana, Sarvangasana, Ardhamatsyendrasana, Shavasana.

Pranayama: Nadishodhana, Suryabhedhi, Bhastrika.

Meditation: Breath awareness (BAW) and relaxation techniques viz. Instant relaxation technique (IRT), quick relaxation technique (QRT), deep relaxation technique (DRT) and cyclic meditation (CM).

CONCLUSION

Obesity is the great problem for our society because it originates due to irregular life style disorders i.e., day to day activities. Quaternary prevention of obesity must be included in

everyone's life for promotion of health and prevention of obesity. There is no specific treatment for obesity, Yoga therapy, vyayama and proper dietary guidance can play a crucial role in prevention of obesity. Life style modifications as per given in classical texts i.e. following Dinacharya, Ruksha udavrtana in context with sthaulya can be useful in avoiding sthaulya. Rutunusar Shodhana procedures like vama in vasant rutu according to classical methods will definitely help in preventing obesity. Further one can use above mentioned preventive guidelines along with some medicinal formulation to combat with obesity.

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