

A CONCEPTUAL STUDY ON *STHAULYA* WSR OBESITY AND ITS PREVENTION

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Article Received on
12 July 2024,

Revised on 01 August 2024,
Accepted on 22 August 2024

DOI: 10.20959/wjpr202417-33685



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ABSTRACT

A disorder defined by excessive body mass and characterized by some or all the following signs and symptoms; decreased life expectancy, decreased sexual potency, snoring due to obstructed respiration, voracious appetite, dyspnoea on exertion, thirst, bad odour, tendency of fat to accumulate in the abdomen and bones, etc. It's causes are Non exercise, day sleeping, eating flesh of very fatty animals, and excessive consumption of strong liquor. It's effects are Due to accumulation of fat in the abdomen and small bones, abdominal growth usually occurs the most. The air covered with Meda dhatu and it increases digestive fire and results occurs person hunger increases. if he does not eat proper hunger time digestive fire digests Dhatu (Body tissues). At this condition person affected by Vata diseases (degenerative diseases) and Pitta diseases. It's complications are Herpes, Fistula, Fever, Diarrhea, Diabetes mellitus, Haemorrhoids, Filariasis, Jaundice, Apachi, and

decrease life expectancy. It's preventions are Excessive doing of these activities - Awakening in night, sexual intercourse, exercise, thinking and eating such type of foods Cyperus rodunus, Tinospora cardifolia, Honey, Embelia ribes, Zingiber officinale, Asphaltum punjabianam, Hordeum vulgare, Emblica officinalis.

KEYWORD: *Sthaulya*, Obesity, Health.

INTRODUCTION

Ayurveda is an ancient system of medicine. It has self scientific theory and self terminology. *Sthaulya* is a Ayurvedic disease that can be corellate with Obesity. Here will discus about *Sthaulya* and its prevention.

Definition of *Sthaulya*

1. Due to excessive increase in fat and muscle, movement occurs in the buttocks, abdomen, and breast area, that is they start moving. In an exhausted body, there is inappropriate anabolism and inappropriate excitement. A man with such qualities is called *AtiSthoola* / **extremely obese**. (*Charak Samhita Sutrasthan 21/9*).^[1]

2. *Krishta* (Leanness) and *Sthaulya* (Obesity) depends on the *Rasa*(six types of taste which is consumed as a food), consumption of mucus food, ingestion of food without digestion of previous ingested food, non-exercise, day sleeping, undigested food and sweet foods. By the daily consumption of these foods, body is slightly overlubricated, leads to the development of obesity. (*Sushrut Samhita Sutrasthan 15/37*).^[2]

Characteristics of a healthy man/ *Swasth Purusha*

A person whose body muscles are balanced, organs are dense and strong, is not easily affected by any disorder or stroke. A person with balanced muscles has tolerance to hunger, thirst, sunlight, cold and exercise, balanced digestion, normal metabolism and proper balanced development of muscles. (*Charak Samhita Sutrasthan 21/18, 19*).^[3]

Sthaulya is a *Santarpanottha vikara* / a disorder which is caused by excess nutrition. (*Charak Samhita Sutrasthan 23/6, 7*).^[4]

A person whose body is heavy and whose abdomen is enlarged is called *Sthula* and this condition or disease is called *Sthaulya*. (*bhawprakash Madhyama khanda 39*).^[5]

Due to excessive increase in fat and meat, movement occurs in the buttocks, abdomen, and chest region, that is they start moving. In whole body appropriate anabolism starts. A person with such qualities is called *AtiSthaulya* (extremely obese). (*Charak Samhita Sutrasthan 21/09*).^[6]

Hetu/Causes of *Sthaulya* – Non exercise, day sleeping, eating flesh of very fatty animals, and excessive consumption of strong liquor lead to *medovahsroto dusti*/ disturbance of fat digestion. (*Charak Samhita Viman Sthan 5/16*).^[7]

Eating sweet, cold, and sweet food in large quantities, non exercise, being happy, not worrying, the nature of the genetics of the parents leads to the outbreaks of **Sthaulya**. (*Charak Samhita Sutrasthan 21/4*)^[8]

The person who consumes more of Snigdha/ fatty food, Madhura/ sweet, Guru aahara/ extra calory food, Pichchila, Nutana anna / rice or wheat or other food which is cultivated in current year, Nutan madira, Anup and jaliya mansa, Goras, Gaudik (food made from jaggary), Pista (flour of rice) and the person who does not do any work, sleep in day, he suffers from these **Santarpanottha vikara** /diseased. (*Charak Samhita Sutrasthan 23/3, 4*).^[9]

Due to Meda dhatu, the flow of other Dhatus gets blocked, due to which other dhatus are not able to get nutrition. As a result, man becomes incapable of doing all the work. (*Madhawa nidana madhukosh tika 34/2*)^[10]

Symptoms of Sthaulya

1. Due to accumulation of fat in the abdomen and small bones, abdominal growth usually occurs the most. The air covered with Meda dhatu and it increases digestive fire and results occurs person hunger increases. if he does not eat proper hunger time digestive fire digests Dhatu (Body tissues). At this condition person affected by Vata diseases (degenerative diseases) and Pitta diseases (diseases which occurs excess imbalance of digestive fire and other body fire). (*Madhawa nidana madhukosh tika 34/4, 5, 6*)^[11]
2. Excessive fat mass causes stickiness in body parts, growth of abdomen and sides, cough, dyspnoea and body odor. (*Sushrut Samhita sutrasthan 15/19*)^[12]

Complications of Sthaulya- if Sthaulya is not treated properly as per requirement, very serious complications arise which are often incurable. Herpes, Fistula, Fever, Diarrhea, Diabetes mellitus, Haemorrhoids, Filariasis, Jaundice, Apachi (Yogratnakar medorog/ 8)^[13]

Treatments of Sthaulya (Fundamental treatments concepts of Sthaulya) in Charaka Samhita explains treatments of Sthaulya with Krishna treatment include.

- 1. The Sthaulya and Krishna always suffer from some disease or the other hence Karshana therapy (a medicine which decreases fat content of body) should be done daily for the Sthaulya and Bramhana Therapy (a medicine which increases fat content of body) for the Krishna should be done daily. (*Charak Samhita Sutrasthan 21/16*)^[14]

2. Guru and Apatarpana Dravya (Drugs which is heavy in digestion but provides less calory) are beneficial for making Sthaulya person healthy and Laghu and Santarpana Dravya (Drugs which is easy in digestion but provides more calory) are beneficial for making Krisha person healthy. (*Charak Samhita Sutrasthan 21/20*)^[15]

Prevention of Sthaulya- after explaining of *sthaulya* fundamentals here will be discuss about prevention of *Sthaulya*.

Food and beverages that remove Vata, Kapha, and Meda (fatty tissue) dry, pungent and hot substances should be consumed. Examples are Cyperus rodunus, Tinospora cardifolia, Honey, Embelia ribes, Zingiber officinale, Asphaltum punjabianum, Hordeum vulgare, Emblica officinalis, Dry massage etc. (*Charak Samhita Sutrasthan 21/21, 22, 23, 24*)^[16]

Excessive doing of these activities - Awakening in night, sexual intercourse, exercise, thinking. (*Charak Samhita Sutrasthan 21/28*)^[17]

If a *Sthaulya* / Obese person doing this activities in daily routine his / her excess fat gradually decrease and his body comes gradually in proper shape.

As a preventive aspect every person should cheque his body shape according to Ayurvedic definition health. He should consume food according to his job. If he is doing a sedentary job he should consume less calory diet, less sweet, less salt, less sour in his diet. He should doing some exercise in daily life. He should doing thinking process in daily routine.

DISCUSSION

Sthaulya is a Ayurvedic disease which can be correlate by Obesity. in Ayurveda description of *Sthaulya* have found in details. *Sthaulya* is a disease which is increased due to luxurious life style. It creates many comlications and cause of many complicated diseases. In Swasthivritta (a branch of ayurveda science that deals with prevention of diseases and its complications.) have many healthy lifestyle explained to maintain healthy life. According to Ayurveda human body is affected by Panchamahabhuta Siddhanta. It means human body has made by five natural elements Prithvi, Jala, Agni, Wayu, Aakasha. If these elements have proper amount in body, person lives healthy. If these elements have improper amount in body, person lives unhealthy. Panchmahabhuta Siddhanta is basic theory of Ayurveda which affects all Ayurvedic Siddhant. if person consume sweet, sour, salty food it increases Kapha dosha,

decreases Pitta dosha and decreases Vayu dosha. If person continuously consume this type of food and live sedentary life, it causes Sthaulya / Obesity.

So person consume sweet, sour, salty diet in less amount to decrease Sthaulya.

CONCLUSION

Sthaulya is a disease which is a result of sedentary life style and excess calory diet(sweet, sour, salty food). If person in a primary stage of obesity he should strictly follow above explained life style and diet.

If any day this type of obese person consume excess calory diet he should doing extra exercise to maintain balance of body weight. If he does not follow this type of lifestyle he will suffer complications of Sthaulya/ Obesity.

Ayurveda has scientific knowledge of Sthaulya / obesity and it is effective. Modern science also believes this type of lifestyle is effective in Obesity.

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