

**A REVIEW ON IMPORTANCE OF ASHTA VIDH AHAR VIDHI  
VISHESH AYATAN IN ATISTHOLYA(OBESITY)****Dr. Pooja Negi\***

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**\*Corresponding Author****Dr. Pooja Negi**P.G Scholar, Gac Nanded  
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Maharashtra, India.**ABSTRACT**

Acharyas has enlisted eight special conditions known as *Asthta Vidh Ahar Vidhi Vishesh Ayatan* regarding intake of food which has to be followed to obtain maximum benefit from food to stay healthy and to prevent various disease. *Atistholya* (obesity) is includes in *Santarpanjanya Roga*(diseases caused due to consumption of excess calories). Obesity is one such disease which is mainly caused by the imbalance between energy intake and its expenditure. If one follows the eight given rules regarding food processing and intake one can easily prevent obesity. Beside genetic factor, endocrine diseases and certain drug therapy. Obesity is mainly caused by taking highly processed and calorie rich food mindlessly in front of tv screens, and living a sedentary life style. Obesity depends on all the factors be it the quantity and quality of food, how the food is cooked and the mindset

of the eater. Obese people consume high amount of energy, found in high fat and sugary food and do not use all energy through physical activity the extra energy will be stored in adipose tissue as fat. If one follows the eight above rules one can easily shed the extra fat and can prevent obesity.

**KEYWORDS:** *Asht Vidh Ahar Vidhi Vishesh Ayatan*, food, obesity, fat, energy.**INTRODUCTION**

In ayurveda obesity can be related to *sthohlya*, caused by an imbalance between kaph dosha along with vata dosh.<sup>[1]</sup> Both dosh being opposite in *prakruti* so stauhly is quite challenging to treat. Shedding few kgs is not the only target of ayurveda but also targeting the laxity of fatty tissue and weight.

*Atisthaulya* is ayurveda is the excessive accumulation of *Meda* (fats) and *Mansa* (muscles) leading to flabbiness of hips, abdomen and breast.<sup>[2]</sup>

To prevent one should keep in mind their own *prakruti* and the *prakruti* of the food he/she is consuming i.e excess calorie rich food and thus eat food of opposite *prakruti* i.e take fibre rich diet. Obese consume sugary food which causes the insulin to spike which makes them feel hungrier and eat more, thus making them more fat. Mindful eating help us to differentiate between emotional eating and real hunger. Mindful eating make one aware of the quality and quantity of food, thus reducing the risk of overeating and weight gain.

### AIM

To study the importance of *ASHTA VIDH AHAR VIDHI VISHESH AYATAN* in obesity.

### OBJECTIVE

1. To study *ASHTA VIDH AHAR VIDHI VISHESH AYATAN* according to Samhita
2. To study *Sthaulya* according to Samhita
3. To study obesity according to modern aspect
4. To study importance of *ASHTA VIDH AHAR VIDHI VISHESH AYATAN* in *Stauhlya*.

### DIGNOSING ATISTHOLYA(OBESITY)

$$\text{BMI-body mass index} = \frac{\text{weight of body in kilograms}}{(\text{height in meter})^2}$$

Healthy =18.5 -24.9

Overweight=25 -29.9

Obese = class1=30 -34.9

Class 2=35 to 39.9

Class3=40 and above

### WAIST CIRCUMFERENCE

Normal men =94-102cm

Normal women=80-88cm

### Other Lab Investigations

Lipid profile

Blood glucose(both F and PP)

**ASHTA VIDH AHAR VIDHI VISHEH AYATAN****1) PRAKRUTI: Nature of food**

In born qualities of food like: guruta and laghuta. Acharyas have mentioned the chikitsa of stohlya as *Guru and Aptarpan*<sup>[3]</sup>

- Guru include heavy to digest food like proteins and fiber.
- Aptarpan include fiber rich Ruksha diet like salads, fruits and veggies.

**2) KARAN: METHOD OF PROCESSING OF FOOD**

It leads to transformation of inherent properties of food.<sup>[4]</sup>

TOYSANIKARSHA- treating food with water.

- Obese should include liquid diet more than solids to bring fullness feeling thus consuming less calories through solids.
- As acharya Vagbhatta has mentioned that drinking water before meals helps to reduce weight.

**AGANIKARMA- Heating food**

Refining of oils at high temperature transforms unsaturated fats to trans fats which causes obesity.

**MANTHAN KARMA- Churning of food.**

Manthan of curd transforms its *Abhishyandi* properties into takra (butter milk) which is Ruksha.

**DESH- The place where food is grown**

- 1) Jangal desh- vata and pitta dosh Pradhan and are Ruksh(dry)=helps to reduce obesity.
- 2) Anoop desh-vata and kapha dosh Pradhan and Snigdha(oily)=thus promotes obesity. and served.

**KALA-season in which food is grown**

Food of Hemant ritu and vasant ritu is guru and Madhur ras Pradhan which adds extra calories.

In Hemant Ritu(winter) ahani is at its peak so if one wish to loose weight he/she can eat less and exercise more.

In vasant ritu kapha dosh is predominant so one should consume less oily foods.

**VASANA-** Adding flavouring agents and preservatives.

Eating junk foods like pizza and burgers have high amount of processed meat, cheese and butter causing obesity.

Aeriated drinks and other sweetened beverages contain large amount of fructose corn syrup which is known as the major cause of obesity.

**BHAVANA-** adding fructose corn syrups to food items like white bread, sodas, canned foods, icecreams etc. causes obesity.

**BHAJAN-** Container in which food is prepared cooking food in earthen pots and kansa helps in retaining the nutrients of food thus helps in building healthy body.

Researches shows that eating in smaller size plates reduce the portion size of food thus avoiding over eating in obese.

Also avoid eating chips and other snacks directly from packets, because that causes over munching.

**3) SAMYOG-** Combination of two or more than two food.<sup>[5]</sup>

This include eating junk food loaded with cheese, butter, trans fats and beverages loaded with refined sugars and fructose corn syrups.

**4) RASHI-** Quantity of food

Acharya Charak have described how much should one eat

Stomach is divided into 3 parts

- i. One portion for solids
- ii. one portion for liquids
- iii. one portion for gases<sup>[6]</sup>

1) SARVAGRAH RASHI

2) PARIGRAH RASHI<sup>[7]</sup>

One should consume diet with:

Carbs =10-30%

Proteins =45-65%

Fats =20-35%

<10% Of the calories should be from saturated fats.

### 5) **DESHA**- place where the food is grown.<sup>[8]</sup>

1. Jangaldesh- vata an pitta dosh Pradhan and are Ruksh(dry)=helps to reduce obesity.
2. Anoop desh-vata and kapha dosh Pradhan and Snigdh(oily)=thus promotes obesity.<sup>[9]</sup>
  - People of certain areas are genetically prone to obesity. Genes can affect how their bodies changes food into energy and store fats.
  - Gene also affect peoples lifestyle choices.
  - Western countries like America consumes lot of processed and caned food and beverages that's why those countries facing obesity crises from decades.

### 6) **KALA**

- 1) NITIYAG KALA
- 2) AVASTHIK KALA<sup>[10]</sup>

Obese and healthy people should follow *Dincharya* as mentioned by our Acharyas.

Sleeping early and getting up early- when a person do not sleep enough at night time there is two hormonal change-

- 1) Gherelin hormone production increases= it increases appetite
- 2) Leptin hormone production is reduced= it supresses appetite

Lack of sleep also causes stress which increases the level of cortisol hormone, responsible for increasing body fat accumulation.

Acharyas have mentioned *vayam*(exercise) to maintain healthy weight.

Udvartan with ruksha dravya like triphala powder is mentioned to burn the excess fats.

One should only consume food when the food taken at night is fully digested.

**RITUCHARYA**- Obese should undergo Panchkarma

Vaman -most commonly used in obese as it removes the excess kapha dosh.

Virechan or purgation is rarely used to remove the excess pitta dosha.

Basti or enema is also widely used in obesity.

Perform Langhan(fasting) to burn out the extra calories.

Consume madhu(honey) with every food item specially in Vasant ritu.<sup>[11]</sup>

### 7) **UPYOGSAMSTHA**- it include the rules and regulation for consuming food<sup>[12]</sup>

They totally depends on the *Jeerna ahar lakshana* (features of properly digestion)- like *udgar sudhi, utsaha, veg utsarga, laghuta*, hunger and thrust.

### RULES OF TAKING FOOD

Ushna, snigdha, matravata, jeerna, virya avirudha, easth desg and easth sarva upkaran, na ati dhrutam, na ati vilamb, a jalpana, ahasan, tanmana bhunjeet.<sup>[13]</sup>

#### 8) UPYOKTA/ UPBKOKTA- The person who consumes the food.<sup>[14]</sup>

Upbhokta is responsible for the habitual intake of things, which is known as *okasatmya*.

Upbhokta should consume food at a right time, in proper quantity and after quality check.

### DISCUSSION

*Ashta vidh aahar vidhi vishesh aaytan* means the factors responsible for the wholesomeness and unwholesomeness effect of aahar on obesity and also the methods of aahar sevan for obesity. Obesity has become epidemic today so it is important to understand the etiology and consequences of it. Eating habits plays crucial role in managing and preventing obesity. As discussed above obesity depends on many factors like calorie intake, nutrient balance, portion control, meal frequency, hydration and emotional eating. Each of the factors mentioned in *Ashta vidh aahar vidhivishesh aytan* plays a crucial role in the manifestation of the disease. As ayurveda claims that our body is made up of the same elements as present in nature so, we have to synchronise with nature by mindful eating. Emotional eating is one of major cause of obesity as sometimes people eat not because they are hungry but because they are stressed, bored or emotional. *Stholya* in ayurveda is caused due to imbalance of vatta and kapha dosh. As these doshas are of opposite nature thus stholya is sometimes difficult to treat, so its very important to prevent the disease by following the *Astha Vidh Aahar Vidhivishesh Ayatan*.

### CONCLUSION

On the basis of the above mentioned description and discussion we come to the conclusion that we all have to follow the rule and regulation given regarding intake of food. As by now we very well know the importance of each of the above eight factors regarding intake of food, and how they affect our body in long run. So we have to be very mindful while our food intake. Then only we can fulfil the ultimate goal of ayurveda i.e “*Swasthasya swasth rakshanam and aturasya vikar prashmanam ch*”<sup>[15]</sup>

If one have knowledge of correct eating habits and have self discipline one can easily prevent obesity which is the cause of many disease like diabetes, PCOD ect.

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