

## STHOULYA - OBESITY AYURVEDA ASPECTS

**Dr. Kulkarni Pushkaraj**

Assistant Prof., Kaychikitsa Dept., Siddhakla Ayurveda College, Sangamner, Ahmednagar  
pushkarajk19@gmail.com

### Abstract

Ayurveda, an ancient Indian medicine, postulated human being as a part of universe by focusing health of human as a prime factor. Sthoulya or Medoroga according to Charaka Samhita is described as one of the Ashtaunindita (8 most criticized disease). Stoulya i.e. Obesity is the most common health problem in developed as well as developing countries all over the world.

Now a days, we can say Life style diseases (also sometimes called as diseases of longevity or diseases of civilization.) are the diseases that appear to increase in frequency as the countries become more industrialized and globalized.

According to WHO obesity is defined as follow:- 1. BMI greater than or equal to 25 is over weight. 2. BMI greater than or equal to 30 is obese. Here is an attempt to enlighten an Ayurvedic management for prevention and treatment of Sthoulya / Obesity.



Scholarly Research Journal's is licensed Based on a work at [www.srjis.com](http://www.srjis.com)

### Introduction:-

Sthoulya is chronic disease which effects physical as well as mental health. Also it is origin of other diseases like Diabetes, hypertension, many cardiac disorders, PCOS, Infertility . Economic growth, urbanization , growing food industries, sedentary life style are prime factors behind increasing Obesity all over the world.

The Causes/ Hetu / etiological factors for Sthoulya are over eating or eating junk food, lack of physical activities, improper sleeping patterns etc. These etiological factors are responsible for Agnidushti thus affects the Meda Dhatvaagni. Thus, leading to strotorodh of Meda dhatu and vitiating Vata and Kapha dosha and resulting in Sthoulya or childhood obesity.

In the prevention and management of obesity one must rule out hormonal imbalances, genetic disorders etc.

. According to Ayurveda Agnidushti is the main cause of obesity. It can be treated by internal medications and panchkarma therapies. Also, a bit change in diet and lifestyle and dietary habits will help in curing obesity in children and thus preventing the further consequences.

As, Sthoulya i.e. obesity is also an origin for other diseases like DM, Hypertention, , Cardiac problems, PCOS, Infertility etc. Obesity prevention is an international public health priority. Change in diet, following *Dinacharya*, *Rutucharya* along with panchkarma therapies and internal medications helps in the management of childhood obesity and thus overcoming further consequences.

Ashtouninditiya - Sthaulya or *Medoroga* according to *Charaka Samhita* is described as one of the *Ashtaunindita* (8 most criticized disease). The etiological factors of Sthaulya are over eating , Lack of physical activities, improper dietary habits like intake of junk food, unhealthy food items and improper sleeping patterns.

Etiological factors i.e. hetu of Sthoulya are kapha *dosha* propogating *guru, snigdha, adhyashana, atyashan, atinidra and avyayam* . According to *Vagbhata Samhita*, the characteristics of *Sthaulya* or childhood obesity is described as pendulous movement of buttocks, abdomen and breasts while walking (*Nitamb, Stana and Udara lambanam*). This pendulous movement is due to deposition of excessive *Meda* and *Mansa dhatu*(Fats). Further *Sthaulya* is associated with excessive foul smell sweating (*sweda durgandhi*) from axilla and having bad body odour (*gatr gandha*).

The pathogenesis of *Sthaulya* occurs due to etiological factors which results in vitiating *kapha* and *vata* dosha further leading to *Agnidushti* (resembles abnormal increase in appetite and food absorption). Later due to *medadhatvaagni mandya medovaha strotas* get obstructed (*strotorodha*). Thus, leading to increase in *dushta Meda dhatu* (unwanted fats deposition) and the child is becomes *sthoor* or obese.

The management of *Sthaulya* include following:-

1. Change in dietary habits :- It includes various Ayurvedic recipes that can be served to a either in the form of supplements , eg avoid drinking excessive water, chilled water, having Luke warm water daily instead of normal water.
2. Changes in the life style :- following proper sleeping patterns, avoiding sleeping at the day time and regular physical activities.
3. Internal medications: - *Shivagulika, Navak guggul, Takrarishta, Lohasava, Punnarva mandoor, Dashmool kwath, Trifala kwath* etc.
4. Panchkarma therapies like *Ruksha Udvartana, Snehana, Swedana* , *Lekhan basti* above *Vaman, Virechana* are useful in the management of *Sthaulya*.

5. *Madhudak Prayoga (Chakradatta)* , *iManda Prayoga(Chakradatta)* , *Sattu Prayoga (Chakradatta)*, *Eranda kshara Prayoga(Bhaishajya Ratnawali)* , *Triphala kwath(Yogaratnakara)* ,*Falatrikadi Churna (Yogaratnakara)*
6. *Moog, Kultha*, Rice in the form of *peya, vilepi, Akruta, Kruta Yosha*, can be given by adding *sauwarchala* to it.
7. **Importance of water in Sthaulya (Obesity):-** *Acharya Vagbhata* in his *sutrasthana* has mentioned the importance of water. When water is drunk before meal it helps in reducing weight. Where as, when water is drunk in the middle of the meal, it helps in maintaining the weight and normal body posture. But, When Water is drunk after the meal, it leads to weight gain.
8. Routinely having Luke warm water helps in reducing and controlling weight gain.
9. Appropriate oral intake along with physical exercise i.e. cycling, swimming, outdoor games etc. along with following *Dincharya and Rutucharya* helps in preventing hazards of obesity.

#### **Do's and Don't's :-**

##### **Do's :-**

1. Physical activity like cycling, swimming, outdoor games etc
2. Above mentioned preparation, Milk, Ghee, Jawar, Bajara, Nachani, Moong Khichadi, Buttermilk, Sita, Soups, Brinjal, Daliya, Have water before lunch and dinner, Lukewarm water.

##### **Don't's :-**

1. Indoor games, sedentary lifestyle.
2. Junk food, over eating, paneer, cheese, chilled beverages, Jaggery, sugar, fermented food items, milk products, excessive water, water after lunch and dinner, wheat, Maida, sabudana, etc.

#### **DISCUSSION & CONCLUSION:-**

Hormones also play an important role in obesity. For treating childhood obesity, one must rule out the hormonal imbalance, genetic disorders etc. Management of obesity is done by treating *Agnidushti, Strotorodh of Meda dhatu* and by subsiding the vitiated *vata* and *kapha dosha*, where as the prevention of childhood obesity can be done by following seasonal regimens, daily regimens, proper dietary habits and proper change in lifestyle as mentioned above and also by taking internal medications along with panchkarma therapies.

Panchkarma therapies play important role in reducing weight and also help in controlling weight gain.

Obesity is the non-communicable disease. Making healthier choice of diet and changes in lifestyle not only help in controlling weight gain but also help in increasing metabolism. Thus, *Ayurvedic* management helps in controlling the weight and reducing the incidence rate of obesity. Management and prevention of obesity is the need of an hour.

#### **REFERENCES:-**

- Charaka samhita* - Dr. Bramhanand Tripathi, 2003  
*Kashyap samhita*- Pandit N. 2008 Chaukhamba.  
*Vagbhat samhita* – Arundatta & Hemadri tika 2011, Chaukhamba  
*Chakradatta* Dr. Indradev Tripathi, Chaukhamba 2010.  
*Yogaratanakar* , Vidyotini tika Vd.Shri Lakshmipati shastri, Chaukhamba, 2012  
*Bhaishajya ratnawali*, vidyotini tika, Shri. Ambikadatta shastri , Chaukhamba 2015.  
Nelson textbook of Pediatrics, 1<sup>st</sup> South asia edition.  
O.P.GHAI, Essentials of Pediatrics, 2013  
*Bhavaprakash nighantu*, 2007 Mishra B.S., Chaukhamba, 11<sup>th</sup> edition.  
Review article unique Journal of Ayurvedic & Herbal medicines ISSN 23GT-2375, Dr. Amol R. Velhal.  
*Dravyaguna Vidnyana*, Sharma D., Chaukhamba, 2009  
*Madhava nidana*, chaukhamba 2010  
*Dhanvantari Nighantu* 2009, chaukhamba.  
Google scholar  
Review article, Breast milk help to prevent Allergen, Infection, obesity & Type-1 DM, By Donna Gates.