



A SYSTEMIC STUDY ON STHAULYA W.S.R. OBESITY

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ABSTRACT

Obesity, as stated by Medoroga, is brought on by the vitiation of Vata and Kapha. Obesity has a link to the signs and symptoms of Medoroga. This is according to Ayurveda, and an obese person is referred to as a Medorogapurusha, one of the nindita Purusha. The Raw drug i.e. Dashang Guggulu and Lekhana Basti both, Since it is employed in vata kaphaja vikara, like sthauilya, vata kapha-reducing medications should be used to treat it. In addition to the qualities, modified has lekhaneya qualities. As a result, it also aids in removing extra body fat, making this medication useful for slimming down.

KEYWORDS – Sthauilya, Obesity, Medoroga etc.

INTRODUCTION

In Ayurveda, obesity is referred to as "Sthauilya" and is defined as the state in which the body accumulates an excessive amount of fat. Ama (morbid stuff) develops in the body at the time the Agni (digestive fire) is becoming vitiated. Medoroga Purusha (an obese person) is regarded as one of the Nindita Purusha (a disgusting person), according to Ayurveda. In certain industrialised nations, obesity has reached epidemic proportions. It is often brought on by a confluence of constitutional, social, biological (genetic and hormonal), and psychological (individual and family) variables. In India, where 5% of the population is affected, overweight and obesity have pandemic proportions.¹

Around 2 billion adults worldwide are overweight, according to the World Health Organization (2016), and of those, 650 million are considered to be affected by obesity (BMI > 30 kg/m²). This translates to 39% of men and 40% of women who are 18 or older who are overweight and 13% who are obese. Between 1975 and 2016, the prevalence of heftiness virtually dramatically increased overall. It is estimated because the great majority of the world's population resides in countries where obesity and being overweight kill more people than being underweight.²

One of the five processes described in Panchakarma is Basti (Medicated Enema), which decreases Meda Vriddhi when used in various medication combinations with medohara and lekhanitya properties (excessive fat). During this operation, the diseased humours are ejected from the body via the rectal channel with the use of medications used in Classical Lekhana. Scraping, the ability to reduce fat, and the Vata-Kapha-Har effect.³

For people with severe obesity, bariatric surgery entails the risk of both short- and long-term consequences. Peritonitis, herniation, and pulmonary problems are the most frequent post-operative side effects. Cancers (including those of the breast, endometrium, ovary, colon, oesophageal, kidney, pancreatic, and prostate), coronary artery diseases, and diabetes are a few of the co-morbidities associated with being overweight and obese.⁴

Medorogahas long been thought to be lethal in Ayurveda. The Medorogais one of the eight Ashto ninditha (eight disgusting) and Samtarpanajanita roga, according to Charaka (over nourishment).⁵ The pathogenesis of Medorogais caused by variables associated with Kapha, Vata, and Meda. Thus, the therapy focuses on reducing weight and fat while also neutralising the variables.⁶

In order for Lekhanitya Gana to effectively remove fat, it also contains medications like Triphala (Three Herbs), Shatpushpa (Anethum Sowa), Madhu, Ushaka, Kasis, Tuttha, Shilajit, Saindhava, Yavakshar, and Gomutra.⁷

Due to its rising prevalence, modoroga (obesity) is receiving more attention worldwide. On a global scale, it is turning into a life-threatening issue. Ayurveda, a magnificent, ancient tradition, has made several contributions to the treatment of this illness of lifestyle. Kapha buildup in the body is the primary Samprapti (pathogenesis) Ghatak of Medoroga (fat-related sickness), which we must push out via cleansing.⁸

AIM & OBJECTIVE

To evaluate the study on Sthaulya w.s.r. Obesity.

METHODOLOGY

Literature review research, a work plan, a flow chart for the project, a list of materials to be collected, the production of the drug, data collecting, the observation of the treatment's effects, and statistical analysis are all included.

DISCUSSION

Increased Medodhatu (fat) is the cause of Medoroga (obesity). Medoroga is a condition where Medodhatu grows excessively and uncontrollably inside the body. The Santarpanotha Vikara is one of them (Disease due to consumption of excessive calories).⁹ Based on Nidanas, Medoroga and hyperlipidaemia share a lot of similarities. The causes of the two diseases, Aharaja (dietary reasons), Viharaja (lifestyle factors), Manasika (psychological factors), and Beeja Doshaja (genetic factors), are essentially identical, with Santarpankaraka serving as the primary diagnostic in cases. In this way, the Samprapti (pathogenesis) also progresses in a similar manner for both illnesses. It differs in the last section due to "Medo Dhatvagnimandya," "Asthayi Medodhatu," and the lack of alteration to Sthayi Meda that caused ascends in the flow of lipids.¹⁰

The "Ashrayashrayi Sambhandha" of the kapha dosha is primarily what links it to Meda. Like how vitiated Pitta is involved, normal Agni function is impaired. As evidenced by the defective Dhatwaagni, which is in line with Vayu's role, vata plays a part in pathogenesis. Asthayi Medo Dhatu is moved by Rasa Dhatu, and Meda Dhatu directly increases in quantity as a result of "Dhatvagnimandya." Therefore, both of these Dhatus exhibit a qualitative deficit that can be verified clinically.¹¹

CONCLUSION

Obesity is a dangerous and very common illness that is linked to higher morbidity and death rates. A comprehensive medical evaluation is necessary to determine people who are obese or who may become fat or have consequences from obesity. The basis for treatment should be the use of evidence-based therapies, quality clinical care, and Individualized and transdisciplinary, with a clear focus on setting reasonable objectives, maintaining a healthy weight, and preventing gaining weight. Every patient should get lifestyle counselling treatment taking into account medication and surgery to reduce weight when necessary. doctors have an obligation to acknowledge obesity as an assist patient in the proper prevention and treatment of illness plans for treating obesity and the co-morbidities that it causes. It appears that if we wish to avoid and control obesity, we must reevaluate our entire way of life. The Ayurvedic disciplines of Ahara, Vihara, Dinacharya, Ritucharya, Yoga, and Rasayana are can have a positive impact on both the prevention and treatment of the weight gain. the control and prevention of obesity can be carried out effectively in Ayurveda. Moreover, Risk-free and reasonably priced, ayurvedic therapies everyone

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