



A CRITICAL REVIEW ON MANAGEMENT OF OBESITY THROUGH AYURVEDA

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ABSTRACT :

In today's era, we are dealing with a world full of obesity condition. The lifestyle factors causing obesity include stress, reduction in physical activity, unhealthy diet, increase in the intake of sugar and fats and decrease in the intake of cereal, drinking habits, addiction of drugs etc. most of is suffering from obesity, whether it may be due to sedentary jobs, due to rapid industrialization and economic progress. It can be considered as number one killer today. It has become a part of our life, so, it is very important to give attention towards its prevention and management. (Body mass index) more than 30kg/m^2 is also used for diagnosing obesity. It is included in the aetiology of several diseases which will affect on health also. According to survey by nutrition foundation of India 23% of women and 22.1% of men in urban area of country are Overweight. India is in 99th place in term of obesity out of 183 countries. Now WHO have classified it as a disease. *Ayurveda* has also given an importance to healthy body as well as a healthy mind. So, to keep our body healthy, avoidance of obesity is necessary. According to *Ayurveda*, obesity is a condition in which *Medo Dhatu* is in state of *Vikrit Vriddhi*. various *Ayurvedic* treatment measures like, *Nitya Langhan*, *Vamana*, *Virechana*, *Rukshana* (Drying) *karma*, and *Pathya-Apathya Chikitsa* can be done along with some lifestyle Modifications. This review study will enlighten obesity in details which has become the major issue in everyone's life. this will focus on non-pharmacological approach of its management in *Ayurveda*.

KEY WORDS : Obesity, lifestyle, *Pathya-Apathya*, BMI ,

INTRODUCTION :

Defination : Excessive growth of fat unable to work proper and impair with buttocks, belly and breasts is called *Atisthula* and condition is termed as *Sthaulya* (obesity) obesity means excess storage of energy in the body in the form of fat¹. Body mass index more than 30kg/m^2 is used for diagnosis of obesity.

Cause : *Bija Dosha* unhealthy diet, psychological factor²

*Dhatvagnimandya*³.

Formation : The *Ahara Rasa* which is absorbed from *Pakavashaya* reaches in the heart by the conduction of *Samana Vayu*. This *Rasa* is again being thrown into circulation from the heart to first through large channels and then through smaller and smaller ones by the help of *Vyana Vayu*. The *Rasa* ultimately reaches to the *Sthayi Dhatus*, This contains nutrition for all *Dhatus*. The nutrition thus accepted is acted upon by *Dhatva Agni* to convert into *Medo Dhatu*⁴.

Ati-Sthulya is explained under *Astha Nindaniya- Purusha*. *Sushruta Samhita* has also mentioned *Sthaulya Roga* and its pathogenesis on the basis of *Dhatva Agni Mandya*. *Sthaulya* is considered as a condition of the body that results from *Meda dhatu*. *Vridha Vagbhat* and *Vagbhata* has elaborated the pathogenesis of *Sthaulya* on the basis of formation of *Ama* and altered *Dhatu Parimana*. *Madhava Nidana* has elaborated the pathophysiology of the *Roga* on the basis of increased *Meda*. *Yogaratanakar* too adopted the name *Medoroga* to explain *Sthaulya*⁵

RUPA- *Chala-Sphik-Udara*, *Medo Mamsa Vriddhi*, eight Dis- Abilitis – *Ayusho Hrasa*, *Javoparodha*, *Krichchra Vyavaya*, *Daurbalya*, *Daurgandhya*, *Swedabadha*, *Ati Kshudha* and *Ati Pipasa*⁶⁻⁷

UPADRAVA- *Amaroga*, *Prameh*, *Udarroga*, *Urusthambha*, Hypertension, Heart Diseases.⁸

MANAGEMENT - to avoid the causative factors is first treatment. *Vamana*, *Virechana* are advised according to *Vyadhibala* and *Dehabala*. *Langhana* and *Rukshana* therapies are more used for the management of Obesity⁹⁻¹⁰.

SADHYASADHYATVA- *Sadhyasadhyatva* of obesity done by general principle of prognosis depicted in *Ayurvedic* classics¹¹.

SUKHASADHYA – BMI between 25 to 30 kg/m²

KRICCHASADHYA – BMI between 30 to 40 kg/m²

ASADHYA- BMI more than 40 kg/m²

AIM AND OBJECTIVES :

AIM : Study the management of obesity through *Ayurveda* in detail.

OBJECTIVE :

1. collection of all the information related to obesity from all *Samhita Grantha* for study purpose.
2. to study the concept of management of obesity through *Ayurveda* in Detail .
3. To understand the management of obesity through *Shodhan*, *Shaman*, *Pathya-Apathya*.

MATERIAL AND METHODS :

MATERIAL -

1. classical textbooks.
2. modern textbook.
3. artical from internate , journals.
4. related source of data from internate.

REVIEW OF LITERATURE :

1. REVIEW ON OBESITY : Excessive growth of fat unable to work proper and impair with buttocks, belly and breasts is called *Atisthula* and condition is termed as *Sthaulya* (obesity)¹².

2. TYPE OF OBESITY :

1. **Android** – male type fat in upper half of body.
2. **Gynaecoi-** common in both sex but female mostly affected. Fat in lower half of body.
3. **neither Android or Gynaecoi** -fat affected in whole body externally and internally.

3. REVIW ON *SHODHAN* (*VAMANA*, *VIRECHANA*) –

Adhika Dosha and *Adhika Bala* (More strength) should be treated with *Sam Shodhan* therapy including *Vamana Virechana*⁷. *Ruksha*, *Ushna*, *Tikta Basti* is also suggested for obesity¹³.

4. REVIW ON *SHAMAN* (*LANGHAN*, *RUKSHAN*) –

Samana Vayu, *Pachaka Pitta* and *Kledaka Kapha* along with reduction of Medodhatu by increasing Medodhatvagni is the treatment of Obesity. Taking of Guru and Apatarpana Dravya having kapha *Medahar* property which is best for *Sanshaman* treatment¹⁴. *Laghu* (Light), *Ushna* (Hot), *Ruksha*(Dry), *Tikshna* (Sharp) etc. are used for Obesity treatment.

4. REVIW OF *PATHYA-APATHYA* :

AHARA :

PATHYA- Yava, Kodrava, Mudga, Rajmasha, Patola, Takra, Madhu,
Ushnodak , *Rohit Matsya*.

APATHYA- Godhum, Tila, Ikshu, Madhurphala, Dadhi.

VIHARA –

PATHYA – Nitya langhana, Chinta, Shoka, Jagrana, Shrama, Krodha, Vyavaya.

APATHYA -Divaswapa, Achintana, Nitya Harsha, Sukha Shaiyya.

DIET – Low calories , High protein ,High Fiber , with balanced vitamin and mineral supplement.

DISCUSSION:

DURATION– *Pragbhakta*¹⁵

DOSE- *Agnibala ,Dehabala ,Doshabala, Vyadhibala* is help to fixation of dose and duration of treatment of obesity¹⁶.

ACC TO MODERN -

obesity is emerging as an important health problem in world. In all over the world about 1.9 billion adults are overweight. In India 10% of population are affected morbidity obesity i.e. BMI above 40. Obesity is a medical condition in which excess body fat accumulated it may have negative effects on health of an individual.

PHYSICAL EXERCISE –

A low calorie diet , moderate exercise, Aerobic exercise,. The simplest and most popular exercise is walking.

CONCLUSION -

Achrya Charaka has mentioned *Sthaulya* under the caption of *Santarpanottha Vikara* and it should be treated with *Apatarpan*. Ayurveda describes the Aetiopathology of *Medo Roga* (*Sthoulya* or Obesity), pathogenesis, risk factors, complications and its management. Prevention (*Nidan Parivarjan*) is the most important key factor for this disease. Patients should be educated to follow the life style changes recommended by *Ayurveda*.

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