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INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/11137

DOI URL: <http://dx.doi.org/10.21474/IJAR01/11137>



RESEARCH ARTICLE

STHAULYA AND IT'S MANAGEMENT AS PER AYURVEDA

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Manuscript Info

Manuscript History

Received: 07 April 2020

Final Accepted: 10 May 2020

Published: June 2020

Key words:-

Ayurveda, Sthaulya, Obesity And
Ayurvedic Management

Abstract

Due to the modernization combined with the lifestyle changes, the human race is suffering from a group of disorders named as lifestyle disorders. This imbalance according to Ayurveda is due to Pragyapradh. Sthaulya is one of the metabolic disorders which comes under lifestyle disorder. In Charak Samhita Sutrasthana, sthauya has been mentioned as Astaununditiya, langhanabrumhaniya and Santarpaniya. It can be correlated to Obesity in the modern sciences. In obesity, there is excess fat accumulation. This is to an extent that it starts interfering severely with the health of the patient and even reduces the lifespan. It usually affects two decades of healthy life and reduces the life span upto 8 years. Ayurveda believes in maintaining the health of the healthy person and treats the one diseased. Thereby, it can help prevent Sthaulya and can treat it as well. These treatments can be Bahya and Abhyantara. Procedures like Swedana, Vamana, Virechana, Niruha Basti, Udvartana etc and medications like Varunadi Kwath, Arogyavardhini Vati, Triphala Guggulu, Navayasa Lauha etc. give good results. Dinacharya and Sadavritta palana can prevent this disease.

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Introduction:-

Charaka mentioned it as Medo Dushtijanya Vyadhi. Sushruta considered it as Rasa Nimitaja and other classical texts like Maadhava Nidana, explained it as Medoroga. This disease occurs as a consequence of a high calorie diet, sedentary habits and a genetic relation. It is a disorder of Meda Dhatu and is worse than Karshya because of Virddhopakrama. In Charaka sutrasthana 21/8-9, Acharya mentioned it as a person with excessive of Medo Dhatu along with Mamsadhatu if found, results into pendulous appearance of belly, buttocks and breasts and whose increase bulk is not matched by a corresponding increase in energy. Vagbhata mentioned three type of sthauya while describing efficiency of Langhana:

Hina sthauya ‘

Madhyama sthauya,

Ati sthauya.

Nidana:

There are eight main causative factors as per Charaka:

1. Atisampuranat
2. Guru, madhura, sheeta, snigdha upayogat.
3. Avyayamat.

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4. Avyavayat.
5. Harsha nityatwat.
6. Achintanat.
7. Beeja swabhavata.

Lakshana:

1. Atisweda. (excessive sweating)
2. Sharamjanya swasa.(breathlessness on mild exertion.)
3. Ati nindra.(excessive sleep)
4. Karya dorbalya. (difficulty to perform daily work.)
5. Jadyatha (sluggishness .)
6. Uathashahani. (inertness.)
7. Alpaayu. (short life span)
8. Alpabala. (decreased bone strength)
9. Sharirdurgandhata. (foul odor of the body)
10. Gadgadtava. (unclear voice)
11. Kshudha Vridhi. (excessive hunger)
12. Ati Trishana. (excessive thirst)

Consequences:

1. Reduced life span.
2. Laziness.
3. Difficulty in sex,
4. Weakness instead of heavy weight,
5. Smelling body and perspiration,
6. Increased appetite.
7. Thirst.

Samprapti ghatak:

Dosha: Kapha ,Vata.

Dushya: Meda , later on other dhatus.

Agni: Jathragni sandhukshana, medo dhatvagni mandya.

Srotas: Medavaha.

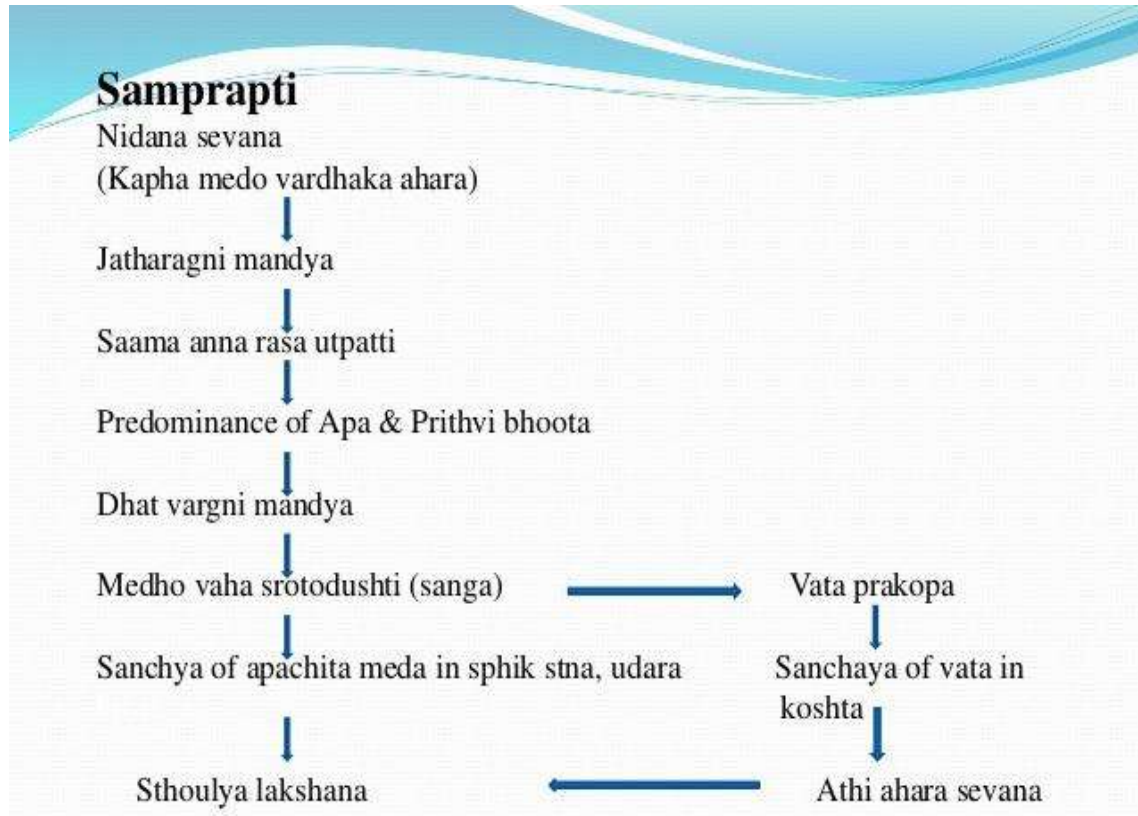
Strotodushti: Sanga.

Udbhava sthana: Amashya.

Vyakta sthana: Sarvanga, mainly sphik, udara, stana.

Roga marga: Bahya and abhyantara.

Swabhawa: Chirakari.

**Complication:**

1. Visarpa,
2. Bhagandara,
3. Jwara,
4. Atisar,
5. Prameha,
6. Arsha,
7. Shlipada,

Obesity:

Widely regarded as a pandemic. It is one of the most important lifestyle and metabolic disorders. In 1997, WHO predicted replacement of under nutrition and infectious disease as the most significant cause of poor health. In 2005, they estimated at least 400 million adults are obese in which women were dominating. The number of overweight children and adolescents has doubled in two decades. Obesity is an abnormal growth of adipose tissue either due to enlargement of fat cell size, increase in number of fat cells or both. There is an imbalance between intake and expenditure of energy. It is different from being overweight. Overweight is weighing too much. This weight comes from muscle, bone, fat and/or body water.

Causes:

1. Genetic makeup,
2. Physically inactive,
3. Healthy conditions: hypothyroidism, PCOS, cushing's syndrome,
4. Medicines: corticosteroids, antidepressants etc,
5. Emotional factors,
6. Smoking
7. Age,
8. Lack of sleep
9. Diet,

Parameters:

B.M.I.:

BMI = Actual weight in kg/(Height in meter)²**Classification:**[BMI(KG/M²)]

1. Normal range 18.50-24.99
2. Overweight >25.00
3. Pre-obese 25.00-29.99
4. Obese >30.00
5. Obese class 1 30.00-34.99
6. Obese class 2 35.00-39.99
7. Obese class 3 >40.00

Measurement of skinfold thickness,
Circumference ratio (waist/hip ratio),
Fat soluble gas,

Complications:

1. Diabetes mellitus,
2. Cardiovascular disease
3. Asthma,
4. Obstructive sleep apnea,
5. Gall stone
6. Bone and joints problems,
7. Skin diseases: acanthosis nigricans, elasticity reduced.
8. Reproductive disorders: PCOS, gynaecomastia etc.

Prevention:

Ayurvedic treatment considers prevention as a backbone. Following these steps in daily routine will help prevent sthaulya:

1. Early to bed and rise,
2. Hygiene,
3. Meditation,
4. Massage,
5. Surya namaskar,
6. Healthy diet,
7. Adequate fluid intake,
8. Healthy relations,
9. Avoiding stress and overexertion,
10. Yoga,
11. Pranayama etc.

Management as per ayurveda:

According to Charaka, treating an atisthoola person is a difficult task as if Karshana therapy is used then it will further aggravate Jathragni and Vata. This will hence increase the food intake. If Brumhana therapy is used, Meda will increase. Hence we should use following steps carefully:

Nidana parivarjana:

To treat any disease, the most important step is to avoid the reasons causing it. Hence, nidana parivarjana is a really important way to treat sthaulya as well.

Shodhana:

Only if the patient has Adhika Dosha and Adhika Bala, then shodhana can be used to treat it. Shodhana extracts the Dosha out of the body making it more reliable.

Ruksha Udvartana:

Acharya Charaka and Vagabhata mentioned it for treatment of sthaulya and as kapha hara, for medorogas etc.

Basti:

Ruksha, ushana and tikshna basti is recommended by Charaka

Lekhana basti in Sushruta chikitsa 38/82 is being mentioned. Ingredients are: triphala kwatha, gomutra, madhu,yavakshara, ushakadi gana dravya.

Kshara basti is mentioned in Chakradatta niruha adhikarana.

Nasya:

Sushruta recommended triphaladi taila.

Raktamokshana:

Maharishi Kashyapa recommended for medasvidhatri chikitsa. Charak for treatment of santarpana janya vyadhi

Vamana:

medicated emesis

Virechana:

medicated purgation etc.

Shamana:

Langhana and rukshana can be used out of shat upkrama. Main focus is to alleviate Vata, Pitta, Kapha mainly Samanya vayu ,Pachaka Pitta and Kledaka Kapha and reduce Medodhatu. Guru and apatarpana products are ideal. Some sanshaman yogas are: Guduchi, Bhadra, Musta, Triphala, Makshika, Shilajeeta, Guggulu etc. In Ashtang Hridaya: gomutra haritaki, lodhrasava, navaka guggulu, amruta guggulu, vardhaman bhallatak rasayana etc.

Along with this chandraprabha vati, mustatadi kwath, amrutadya guggulu etc.

Madhu being guru and ruksha is ideal for this management. Luke warm water intake helps as well and so does cow urine.

Yoga:

Suryanamaskar, pawan muktasana, utthanapadasana, dvichakrikasan, padvruttasan, naukasana, pranayama and meditation.

Following sadavritta and dinacharya:

As mentioned already, following a routine can even prevent and treat the disease. Doing what Is good and satmaya for health does help. Sadavritta includes mansik, dharmik, vyavaharika, shararik and samajika aspects.

Pathya:

Yava, venuyava, kodrava, nivara,mudga, rajmasha, kullatha, masura,adhaki,vrintaka, patrashaka, patola, takra, madhu, ushnodaka, dugdha, tiltaila, asav, arishtya, rohitamatsya.

Shrama, jagarana, vyavaya, nityalaghana, chintana, shoka, krodha.

Apathya:

Godhuma, navanna, Sali, masha, tila, madhraphala,ikshu,navnita,ghrita,dadhi,anupa, audaka .

Sheetalajala, divaswapa, avyayama, avyaya, swapnaprasanga, sukhashaiyya, nityaharsha,achintana, manonivritti.

Conclusion:-

Sthaulya is santarpananidana with involvement of medodhatu and is kaphapradhanatridoshaj. Imbalanced diet, sedentary lifestyle, genetic makeup play a role in aetiology. Meda is dushya and kapaha and avrita vata are dosha. Medadhavagnimandya, dosha and dushya are responsible for its pathogenesis.It's management is typical due to

viparitopkrama. Hence, prevention is better than cure. Exercise and a balanced healthy diet can prevent it or help manage it. The view should be long term. The main line of treatment is nidanaparivarjana and guru, apatarpana.

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