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## REVIEW ON AYURVEDIC MANAGEMENT FOR OBESITY (STHAULYA)

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**ABSTRACT:** In today's world, sedentary lifestyle, fast food have made man the victim of many lifestyle disorders, one of them is Obesity. Ayurveda has described Obesity as medoroga or Sthaulya. Acharya Charaka has described ashta nindita Purusha i.e. eight undesirable constitutions. Ati Sthaulya (obesity) comprises one of them. Obesity is the risk factor for many diseases like diabetes, hypertension etc. Nowadays bariatric surgery is one of the management of obesity but this leads to various side effects may include bleeding, diarrhea, body may not absorb nutrients well can cause health problems like anemia, osteoporosis, gall stones. It is difficult to prevent and treat obesity with modern system of medicine alone. Ayurveda has great potential in preventing and treating obesity.

**Keywords-** Obesity, Sthaulya, Ayurveda.

### I INTRODUCTION

In this fast life, we are unable to follow the things mentioned in Ayurveda for Swasthavritta like Dinacharya, Ritucharya, Pathyasevana & ritu-shodhana karma, also due to excessive consumption of junk food, fatty meals with alcohol, over exertion and stress, inadequate sleep. This lifestyle disturbs the normal bowel habit, digestion and hence we come across with many lifestyle disorders like Obesity, hypertension, diabetes mellitus etc.

**Obesity** is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. People are generally considered obese when their body mass index (BMI) is over 30 kg/m<sup>2</sup>; the range 25–30 kg/m<sup>2</sup> is defined as overweight. BMI measurement is obtained by dividing a person's weight in kg by the square of the person's height in meter.

Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity and genetic susceptibility. A sedentary lifestyle also plays a significant role in obesity.

### II AIM AND OBJECTIVES:

1. To review Ayurvedic management for obesity.
2. To study causes and pathophysiology of obesity (sthaulya)

### III LITERATURE REVIEW

#### Causes for obesity according to Ayurveda

1. Guru Madhura Ahara -heavy to digest, sweet foods,
2. Sheeta Snigdha Ahara – cooling and unctuous (oily) food,
3. Avyayamaat – due to lack of physical exercise,
4. Avyavaayaat – due to abstinence from sexual intercourse,
5. Divasvapnaat – due today sleeping,
6. Harsha Nityatvaat – uninterrupted cheerfulness, happy all the time,
7. Achintana – lack of mental exercise, lack of thinking
8. Beeja Svabhaavaat – heredity.

#### Health issues due to obesity

1. Ayusho Hrasa – Deficient in longevity, short life term,
2. Javoparodha – slow in movement, Lack of enthusiasm
3. Krichra Vyavayata – Difficulty in intercourse
4. Daurbalya – weakness
5. Daurgandhya – body odor
6. Swedaabadha – excessive sweating
7. Kshudha atimatram – excessive hunger
8. Pipasa Atiyoga – excessive thirst.

### Pathophysiology of obesity

In obesity, Medo Dhatu obstructs the channels related to digestive system. This results in obstruction of Vata Dosha in the digestive system. It increases Agni (digestive fire, like wind increases fire) and dries up food in the stomach and intestines. Hence, food digestion speeds up increasing hunger. So the patient digests food quickly and becomes a voracious eater. If he does not get the food on time, he becomes prone to serious disorders. The Agni (digestive fire), influenced by Pitta and Vata Dosha get vitiated. They burn the food as the forest fire burns the forest. Hence the body weight increases. Owing to an excessive increase of fat and muscle tissue, the buttock, abdomen and breast become pendulous and his strength is rendered disproportionate with his physical growth.

### Management of obesity

1. The first line of treatment for obesity is to avoid those factors which are responsible for the cause. To stop the progress of the disease, all the Aharaj, Viharaj, Mansika & other described causes must be avoided.
2. Single and compound drugs used for obesity:

Single drugs	Compound drugs
Madhuka	Triphala
Vidanga	Vidangadi Lauha
Agnimanth	Takrarista
Chitraka,	Bilvadi panchmula
Nagara(Ginger)	Triphaladya Churna
Guggulu	Dasanga Guggulu
Guduchi	Triyusnadi Guggulu
Haritaki	Lauharishta
Rasanjana	Arkadi gana
Vacha	Triyushnadi gana
Musta	Gomutrapaki Haritaki
Yavakshara	Lodhrasava
Shilajatu	Amruta Guggulu

3. Basti: Rooksha, Ushna Teekshna Basti – Enema with drugs that are sharp, unctuous and hot.
4. Rooksha Udvartana – powder massage with herbs having dry quality
5. Honey( Madhu):-
  - a) Intake of Guduchi (*Tinospora cordifolia*), Musta (*Cyperus rotundus*), Triphala (Haritaki (*Terminalia chebula* Linn.), Bibhitaki (*Terminalia belerica* Roxb.) and Amalaki (*Embllica officinalis*) with honey
  - b) Intake of Vidanga (*Embelia ribes*), Nagara (ginger), Yavaksara(Kshara prepared from Barley),Loha

Bhasma with honey and powder of Yava – barley and Amlaki.

- c) Administration of honey along with decoction of Bilvadi panchamula (roots of Bael, *Oroxylum indicum*, *Gmelina arborea*, *Stereospermum suaveolens* and *Clerodendrum phlomidis*)
6. Administration of Shilajatu (asphaltum/mineral pitch)
7. Administration of the juice of Agnimantha (*Clerodendrum phlomidis*)
8. Food:-
  - Yavaka (small variety of barley),
  - Yava – Barley,
  - Kodrava (*Paspalum scrobiculatum* Linn.)
  - Mudga (green gram)
  - Kulattha (horse gram)
  - seeds of Adhaki (*Cajanus cajan* Millsp.)
  - Patola (*Trichosanthes cucumerina* Linn)
9. Drinks:-
  - Madhudhaka – combination of honey and water.
  - Alcoholic preparations that help to reduce fat, muscle and Kapha may be used as after-food-drinks.

The above are to be prescribed in proper dosage for the reduction of obesity. One desirous of reducing obesity should indulge more and more in having less sleep, sexual act, physical and mental exercises.

### IV CONCLUSION

The preventive measure for obesity according to Ayurveda is to follow Dinacharya, Ritucharya, Pathyaha seva and shodhana karma. Diet and lifestyle plans play key role in affected patients of obesity. Ayurvedic drugs are giving upper hand in treatment part on modern allopathic medicines on every aspect. Ayurveda described number of Ayurvedic drugs for obesity having excellent potential. The drugs may be single, compound, herbal preparations. Ayurvedic medicines are found to be more effective and clinically safe as no adverse episodes of adverse drug reactions were reported during treatment regimen.

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