



ROLE OF AYURVEDA APPROACHES IN THE MANAGEMENT OF *STHAULYA* (OBESITY) W.S.R. TO ROLE OF NATURAL DRUGS: A REVIEW

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ABSTRACT

Ayurveda is oldest science amongst the many system of health management. Ayurveda describes several concepts related to the prevention and treatment of diseases. In this regards Ayurveda mentioned various conditions which can affects health of individual and *Sthoulya* (obesity) is one of them. Ayurveda *Acharya* described *Sthoulya* among the *Ashtaninditiyapurusha* and *Santarpanjanyarogas*. The current system of living style can be considered responsible for high incidences of cases of obesity. It is metabolic disorder which can also initiates pathogenesis of other diseases i.e.; diabetes and hypertension, etc. This disorder occurs due to the *Medodhatavagnimandya* and several etiological factors triggers disease pathogenesis therefore avoidance of causative factors is most important approach of Ayurveda to combat against obesity, Ayurveda also mentioned importance of *Shodhana* and *Samshaman Chikitsa* in the treatment of obesity. Ayurveda drugs possessing *Dipana*, *Pachana*, *Kaphaghna* and *Lekhana*, etc. properties can be recommended for alleviating symptoms of *Sthoulya*. *Triphala*, *Pippali* and *Guggulu*, etc. are some drugs which are considered useful for treating obesity and related complications.

KEYWORDS: *Ayurveda*, *Obesity*, *Sthoulya*, *Shodhana*, *Samshaman*.

INTRODUCTION

Sthoulya is considered one among the eight *Ashtau Nindita*, it is a *Samtarpana Nimittaja*, *Atinindita* and *Bahu Dosha Janita Vikara*. *Sushruta* has mentioned involvement of *Dhatvaagnimandya* in the pathogenesis of *Sthoulya*. The modern science described term obesity for similar manifestation. The obese person persisted hyper-functioning of *Jatharaagni*, *Manda* of *Bhutaagni* and vitiation of *Dhatvaagni*, these altogether attributes to the pathological consequences of obesity. Laziness, lack of enthusiasm, loss of lust, awful eating habits, disturbed

BMI, inappropriate body built up and breathlessness, etc. are major features of *Sthoulya*.^[1-5]

Vagbhata has classified three types of *Sthoulya* as depicted in **Figure 1**, based upon the presence of symptoms. *Adhik sthoulya* manifested with undesirable symptoms with other complications, *Madhyam sthoulya* involves moderate symptoms of obesity without any significant complications while *Hina sthoulya* involves only few symptoms of obesity without any complication.

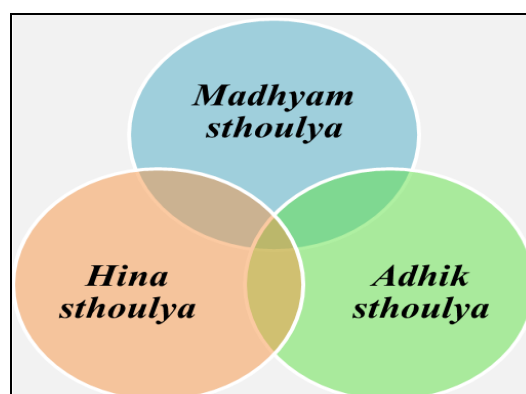


Figure 1: *Vagbhata* classification of *Sthoulya* based on symptomatic severity.

The pathogenesis of *Sthoulya* involves many events due to the indulgence in causative factors such as consumption of *Madhura rasa Ahara*, *Avyayma* and *Diwaswapa*, etc. The major pathological events involves in *Sthoulya* are *Medo dhatu vriddhi*, *Stroto avarodha* by *Meda*, *Jatharagni Vriddhi* and vitiation of *Dosha* mainly *Kapha*, etc.^[6-8]

CHIKITSA OF STHAULYA

Sanshodhana and *Samshaman Chikitsa* are mainly indicated for obesity along with avoidance of causative factors. The therapeutic principles of *Sthoulya* involves following approaches:

- Suppression of hyper-functioning of *Jatharaagni*
- Increasing functioning of *Bhutaagni*
- Correction of *Dhatvaagni*
- *Medo-hara*, *Kapha-hara* and *Vatahara* approaches.

Sanshodhana Chikitsa

Sanshodhana and *Samshaman Chikitsa* are mainly indicated for obesity along with avoidance of causative factors. *Panchakarma* mainly perform as part of *Samshodhana Chikitsa* which relieves clears obstruction of channels thus helps to pacify *Stroto avarodha*. This detoxifying approach improves circulatory process of body and enhances calorie consumption thus provides vital relief in case of moderate obesity.

Sthula patients having involvement of *Adhika Dosha* can be treated with *Vamana*, *Virechana* and *ShiroVirechan* therapies. *Ruksha* and *Tikshna Basti* also indicated for *Sthula* as per *Acharya Charaka*. *Niruha Basti* with *Trifala Kwatha* and *Ruksa Udvartana* can be used for the management of *Sthoulya* with special precautions.

Samshaman Chikitsa

Samshaman Chikitsa involves utilization of internal medicines for the therapeutic purpose. In this regards Ayurveda advocated uses of many herbs and classical ayurveda formulations for the management of *Sthoulya*. *Dipana*, *Pachana*, *Kaphaghna* and *Vata Hara* drug offers relief in the symptoms of obesity. These drugs acts at the level of *Bhutaagni* and *Dhatvaagni*, imparts *Lekhana* and *Pitta Shamaka* actions.

Rasoushadhis are ayurveda drugs made by purified metals can be used for *Sthoulya Chikitsa*. *Trimurtirasa*, *Trushanadiloham*, *Murtirasa* and *Medoharrasa*, etc. are some *Rasoushadhis* which helps in the management of *Sthoulya*. *Shudha Para*, *Shuddha Gandhak*, *Loha Bhasma*, *Tamra Bhasma* and *Shuddha Hartal*, etc. are main ingredients used in such types of formulation. These formulations help to decreases obesity by virtue of their *Kapha Nashaka* and *Medohara* properties.

Oral medicines like *Arogyavardhini vati* indicated for managing obesity due to its *Medovinasini* property. It offers *Dipana* and *Pachana karma*, provides antioxidant activity, suppress radical induce damage of tissue and

possess *Ama Pachana* effects therefore considered useful for *Sthoulya*.

Triphala is important Ayurveda drug which posses *Tridosha Shaman*, *Lekhaniya*, *Pachaniya* and *Triptighna* effects therefore advised for the treatment of obesity and related complications.

Vidanga is one of the *Dosha* pacifying drug which offers carminative and hepatoprotective effects, it reduces vitiated *Kapha* and control metabolic activities thus recommended for the management of symptoms of *Sthoulya*.

Varunadi kwatha mentioned for relieving *Medovaha Srotasa Dushti*, it is considered effective for *Kapha medo nivarana*. It gives anti lipidemic and blood glucose lowering effects thus used for obesity as well as diabetes.

Guggulu is mainly advocated for the management of obesity due to its lipid lowering capacity, it offers *Rasayana* and *Lekhana* effect, maintain digestive fire, reduces production of *Ama* and decreases extra fat from the body.

Pippali is natural drugs which used in many health ailments; it balances digestive strength, imparts *Tridosha Shaman* and *Ama Pachana* effect, clears obstruction of channels and helps to burn excess calorie therefore prescribed for obesity and other metabolic disorders.

Kalonji known as black cumin used for many therapeutic purpose, this drug significantly improves weight loss capacity and helps to control metabolic activities inside the body.

The other single drugs used for obesity are *Guduchi*, *Musta*, *Sunthi*, *Amla* and *Vacha*, etc. These drugs correct digestive fire regulates hormonal balances, decrease fat deposition and clears obstruction of *Srotas* therefore advised for metabolic disorders including obesity.^[7-12]

Compound Formulations for Obesity

- ❖ *Trikatu*
- ❖ *Vidangadi Churna*
- ❖ *Navayasa lauha*
- ❖ *Arogya Vardhini Vati*
- ❖ *Takrarishta*, etc.

CONCLUSION

Dietary control, physical exercises, avoidance of causative factors and Ayurvedic medicines, etc. are major approaches to combat against obesity and related consequences. The ayurveda drugs which possess *Dipana*, *Pachana*, *Medohara* and *Kaphahara* properties mainly advised for such types of condition. These drugs acts at the level of *Bhutaagni*, treat *Annavaha Srotaso Dushti*, provide *Medohara* action and relieves sign and symptoms of *Sthoulya*. *Nitya langhana* therapy is also advised for the patients of obesity. Biopurification

therapies i.e.; *Vamana* and *Virechana*, etc. advised in the obesity according to the severity of symptoms. *Brimhana* therapy advised when patient of obesity suffer with weakness and lack of nourishment. Ayurveda drugs (*Triphala*, *Pippali* and *Guggulu*, etc.) possessing *Dipana*, *Pachana*, *Kaphaghna* and *Lekhana*, etc. properties can be used for alleviating symptoms of *Sthoulya*.

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