

**CRITICAL COMPARATIVE REVIEW OF ROLE OF DIET BETWEEN PAST ERA AND
PRESENT DAY IN INCREASING PREVALENCE OF OBESITY**Vd. Supriya Ashok Shelke^{1*} and Dr. Yeshwant Rajpal Patil²¹(PG Scholar) Dept. of Swasthavritta and Yoga, Govt. Ayurved College Nanded, Maharashtra, India, 431601.²Guide and HOD, Dept. of Swasthavritta and Yoga, Govt. Ayurved College Nanded, Maharashtra, India, 431601.***Corresponding Author: Vd. Supriya Ashok Shelke**

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ABSTRACT

Obesity be the first wave of a defined cluster of non-communicable diseases called 'New World Syndrome' creating an enormous socioeconomic and public health burden in poorer countries. The World Health Organization has described obesity as one of today's most neglected public health, affecting every region of the globe. As per the National Family Health survey (NFHS), the percentage of ever-married women aged 15-49 years who are overweight or obese increased from 11% in NFHS-3. Overweight and obesity are more than three times higher in urban areas. This may be lesser physical activity in the urban areas. overweight/obesity both are higher for women than men. This dual disease pattern in women may have an endocrine basis, but more probably has its roots in social and cultural mores, which prevent women from leading a healthy lifestyle. A healthy lifestyle involves many choices. Among them eating healthy and having a balanced diet required. In past-era Disease prevalence is very low or negligible. Especially non-communicable disease but in present era is big expansion of disease. Ayurveda described many modalities for healthy life. Details regarding past and present era lifestyle along with diet and its effects will be elaborated in full paper and at the time of presentation.

KEYWORD: obesity, diet, modern diet, ancient diet.**INTRODUCTION**

Now a day, every is running after life's goal. Hence, does not have time to think and act for the healthy life and not able to follow the proper Dinacharya, Ritucharya, Dietetic Rules and Regulations. Due to this artificial living life style, persons have gotten so many disorders for themselves. obesity is one of them.

Obesity is such a disease, which provides the platform for so many hazards like H.T, C.H.D., D.M, infertility, impotency as well as psychological disorders like stress, anxiety, depression etc. Thus, the mortality and morbidity are more in obese person compared to others.^[1]

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (kg) divided by the square of his or her height (m). A person with a BMI of 30 or more is generally considered obese. A person with a BMI of 30 or more is generally considered obese.^[2] In ancient people had eaten a healthy diet, enjoy plenty of whole grains, seasonal fruits and vegetable. They had taken better rest and well sleep. today's people consumed unhealthy food like fast food, high sugar intake,

consumption of soda and fruit juice, high calories intake, processed foods etc. synthetic or chemical fertilizer often containing nitrates are used for food cultivated. That bad effect on the health of a person, so the prevalence of obesity has increased dramatically over the last 20 years and continues to do so, primarily as a result of changes in dietary intake and exercises pattern.

AIM: Critical Comparative Review of Role of Diet Between Past Era and Present Day in Increasing Prevalence of Obesity.**OBJECTIVE:** To find out the causative factors regarding increasing prevalence of Obesity.**METHODOLOGY****Review of literature**

In Ayurveda Sthaulya (obesity) has been described in charak among the eight most unwanted Disease.^[3] and samtarpnanjanita roga^[4] Sthaulya is counted as a disorder of sleshma Dosha seated in Medodhatu.^[5] jathara unnati i.e. abdominal adiposity is stated as the result of placement of shlesma in koshta.^[6] Flabbiness of Dhatu caused by Ama is main pathogenesis of Sthaulya as highlighted.^[7]

Aharatmaka Nidan for obesity in Ayurveda:

Sr no	Aharatmaka Nidana	Ch.	Su.	A.s.	A.H	Mn	B.P.
1	Ati sampurana (over eating)	+	-	+	-	-	-
2	Samtarpana	+	-	+	+	-	-
3	Adhyashana	-	+	-	-	-	-
4	Guru aharasevana(excessive consumption of Heavy food)	+	-	-	-	-	-
5	Madhura aharasevana (excessive consumption of sweet food)	+	-	+	+	-	+
6	Sheeta aharasevana (excessive consumption of cold diet)	+	-	-	-	-	-
7	Snigdha Aharasevana (excessive consumption of unctuous food)	+	-	+	+	-	+
8	Sleshmala aharasevana(kapha increasing food)	+	+	-	-	+	+
9	Navannasevana(usage of fresh grains)	+	-	-	-	-	-
10	Mamsa sevana (excessive use of meat)	+	-	+	+	-	-
11	Payasa vikara sevana (excessive usage of milk and it's preparation)	+	-	+	+	-	-
12	Bhojanotara jal-pana	-	-	+	-	-	+

Prevention of Sthoulya

We can prevent sthoulya by the preventive measures of the ayurveda.

1. Nidan parivaragana
2. Use of healthy food
3. Regular exercise.
4. Chintan, Dhyana are also effective on Obesity.
5. Rasayana etc.

Pathya-apathya

Pathya Aahar	Apathya aahar
Old rice, Green Gram, Yava, chick pea, Milet, Maize, Lentil, parwal, Butter milk, katu, Tikta, rasa vale dravya, guggul, Excessive intake of Water before Lunch or Dinner.	Wheat, New rice, Black gram, Corriender, Potato, Milk, kheer, Curd, Eggs, Jaggery, Excessive intake of water after Lunch or Dinner.

Obesity is a multifactorial condition developing from a genetic, environmental, behavioural, life style, cultural and metabolic factors. Obesity results from an imbalance of energy expenditure and energy intake. Development of foods/components in the prevention of obesity should target either one or both these factors.

According to modern science, the causative factors of obesity are divided into three groups

1. Exogenous -mostly related with over feeding
2. Endogenous-related with endocrine factors
3. Miscellaneous -remaining other are involved in it i.e. age, sex, occupation, socio-economic status, environmental factors, drugs, heredity.

The common cause of obesity is consumption of food in excess of requirements. Excess food consumed is converted into fat and stored in the adipose tissues.

Very few drugs are available in the market to treat obesity, however they are prescribed to treat mainly advanced stage of obesity. Many of the approved drugs used to treat obesity were withdrawn from the market due to their potential hazardous effects over the long - term consumption. Behavioural interventions including

diet modification and increased physical activity have long been introduced.

Prevention of obesity

Obesity can be prevented by avoiding excessive and frequent eating of foods rich in calories, viz. fried foods, nuts, sweets etc. and by taking mild to moderate exercise daily. The body weight should be maintained constant at the normal level by adjusting the calorie intake. A healthy lifestyle involves many choices. Among them eating healthy and having a balanced diet required.

Past and present food Habits

Older generations consumed healthy foods when compared to what people consume today. Diet of people has changed a lot from natural ingredients to artificial ingredients. Ancient people food is mostly from their farmland so they are safe. The quality of their seeds, eggs, vegetable and meat are wholly purified, since they are processed by themselves. On the contrast, the foods now are directly bought from supermarket, hence, we will never know it has been contaminated or not. To increase profile, the food producers and manufacture produce highly processed and highly profitable foods.

Modern Diet

Modern diet is the main reason why people all over the world for fatter and sicker than ever before. Few things that are wrong with the modern diet.

Sugar intake has increased.

Consumption of soda and fruit juices.

Calories intake has increased

People are eating more processed foods.

Egg consumption has gone down.

Usage of processed fats and oil.

Children just don't go outside and play anymore; usually they spend their free time playing video games or computer games or watching television.

Physical inactivity like people drive everywhere rather than walk.

Balanced Diet: A diet contain all the required amount of foods and drinks to supply nutrition and energy for maintaining body cells, tissue, organ for supporting normal growth and development.

Calories of Healthy foods

Cheese burger- 461kcal, Banana (1 no) – 100 kcal

Pizza -242 kcal/fulka roti (1 no) -60 kcal

Soft drink(330ml)- 150 kcal/milk (2%-100ml)-50kcal

French fries(100gms)-319 kcal/mix boiled
kathol(100gms)-100 kcal.

CONCLUSION

Due to change in life style, faulty diet pattern and decrease interest in the exercise the incidence of obesity increases day by day in our society. Balance diet plan and life style can play a good role in the prevention and cure of obesity. If someone adopt the diet pattern, life style according to the ancient it can helpful.

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