

**CLINICAL FEATURES AND MANAGEMENT OF ATISTHOLYA AND ATIKRISHA****Dr. Akshara Dubey<sup>1\*</sup>, and Dr. (Smt). Namrata Khobragade<sup>2</sup>**<sup>1</sup>PG Scholar, MD Second Year. PG Deptt. of Rog Nidan & Vikriti Vigyan Vibhag Shri. N.P.A. Govt. Ayurvedic College. Raipur Chhattishgarh.<sup>2</sup>MD, Ph. D. Kayachikitsa, Reader, PG. Deptt. of Rog Nidan & Vikriti Vigyan Vibhag Shri. N.P.A. Govt. Ayurvedic College. Raipur Chhattishgarh.**\*Corresponding Author: Dr. Akshara Dubey**

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**INTRODUCTION**

Acharya Charak in Sutra Sthan has mentioned that-(C.Su.21/18) One having balanced proportion of muscles compactness firmness in organ does not fall in prowess of a disease. The person having balanced musculature and have got tolerance for hunger, thirst, the sun cold, exercise, balanced Agni and normal metabolism.<sup>[1]</sup>

Over obese and over lean body is said to be despicable.

As said the Acharya charak--(C.Su.21/3)

In the context of body eight persons are despicable such as- over tall, over short, over hairy, hairless, over black, over fair, over obese and over lean.<sup>[2]</sup>

**AIM**

The main aim of this article is to study the aetiology, sign and symptoms and management of ATISTHOLYA and ATIKRISHA.

**MATERIAL AND METHOD**

The content of this article is extracted from various Ayurvedic text books like charak Samhita and Sushrut Samhita.

**DISCUSSION****ATISTHOLYA (obesity)**

Obesity and Emaciation are dependent upon the RASA.

The main causes are mentioned are as follows<sup>[3]</sup>

- 1) Person indulging in sleshma promoting diet like Puri, Pua, Kachori etc.
- 2) Those who eat before the previous meal has been digested.
- 3) Those who do not do any physical exercise and habitual diurnal sleepers.
- 4) Obesity is also caused by over saturation of Medas.
- 5) Intake of heavy sweets(chocolates, laddu), cold(cold drinks, shikanji) and fatty diet (pizza burger).
- 6) Lack of mental work and genetic defect.<sup>[4]</sup>

In all the above mentioned reasons the nutrient fluid circulating in the body in a state of partial metabolism remains sweet and converted into medas due to its

(nutrient fluid) being fat promoter and this process thus make them fat.<sup>[5]</sup>

**Clinical features**

- 1) The very obese suffer readily from dyspnea on effort.
- 2) Thirst, polyphagia, too much sleep, excessive perspiration.
- 3) Bad order from the body, snoring, sense of depression in body.
- 4) Blurred speech, on account of softness of adipose tissue the obese person are in capable of doing all physical activities.
- 5) The channels being obstructed by kapha and medas, they are sexually less active and they remain weak due to dhatus being less nourished due to obstruction.
- 6) Complications are- boil associated with urine abnormality, pyrexia fistula-in-ano, abscess and vatic disorder.<sup>[6]</sup>

**ATI KRISH (EMACIATION)****Aetiology**

- 1) Those who indulge in vata promoting diet like chana, matar etc.
- 2) Excessive physical work, sexual intercourse, straneous study.
- 3) Fear, grief, anxiety, wakefulness in night.
- 4) Thirst, anger, hunger, kashaya ras.

Due to this reasons rasa being reduced in quantity fails to nourish the tissue due to insufficiency and hence extreme emaciation occurs.<sup>[7]</sup>

## Clinical features

- 1) Very emaciated person are intolerant to hunger, thirst, cold, hot air and rain and unable to carry weights.
- 2) They also suffer from vata vyadhi and are weak in activities.
- 3) They may die of complications such as a asthma, cough, consumption, splenomegaly.
- 4) Hypo activities of digestion mechanism ,abdominal gaseous tumor and hemorrhagic disorder.<sup>[8]</sup>
- 5) All disease occur with great severity in them due to general weakness.

**Chikitsa Sutra ATISTHOULY and ATIKRISHA<sup>[9]</sup>**

	<b>ATISTHOULY</b>	<b>ATIKRISHA</b>
<b>CHIKITSA SUTRA</b>	For reducing the bulk of obese, heavy and non saturating therapy is prescribed. (C.Su.21/20)	For promoting bulk of lean light and saturating therapy is promoted. (C.Su.21/20)
<b>AUSHADHA MANAGMENT</b>	Food and drink alleviating vata and reducing fat. Ushana and tikshana basti. Guducchi, dvadaru, musta, triphala. Takararista, honey. Vidanaga, sunthi, yavakshara, ash powder, of black iron with honey, and also amalaka, is an excellent formulation.	Ashvagandha, vidarigandha, satavari, atibala, nagabala, and other drug of madhur gana. Milk, yoghurt, ghrita, Sali, swastika.
<b>AHARAJ MANAGMENT</b>	Prasatika, priyangu, shyama, yavaka, yava, jurnava, kodava, green gram kulatha, adhaki, along with patola and amalaki. After meal honey water, and arista.	New creals, madaya, meat soup, marshy and aquatic animals, well cooked meat, curd,ghee, milk, sugarcane. Rice, black gram, wheat, products of jiggery.
<b>VIHARAJ MANAGMENT</b>	One desiroud of giving up obesity should gradually increase vigils, sexual intercourse, physical excercise, and mantal work	Sleep, exhilaration, comfortable bed, realaxed mind, calmness. Keeping away from mental and physical work and sexual intercourse. Oil massage, use of fragrance, white dress.

**CONCLUSION**

A healthy person is he whose humour and metabolic state are in equilibrium. Whose functional activities of the tissue and excretory product are in balance and soul senses and mind feel well. An extensive clinical experiment and pharmacological study should be done to fully explain the basic aetiopathogenesis of emaciation and obesity along with its management.

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