

OBESITY AND ITS AYURVEDIC MANAGEMENT**Dr. Meghaa Agrawal^{*1}, Dr. Prashant Singh Bhadauria² and Dr. Ankita Agrawal³**¹P. G. Scholar, Department of Kaumarbhritya, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal.²Lecturer, Department of Agad Tantra Evam Vidhi Vaidyaka, RB Ayurvedic Medical college & Hospital, Agra³Lecturer, Department of Kayachikitsa, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal.***Corresponding Author: Dr. Meghaa Agrawal**

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ABSTRACT

Ayurveda is 5000-year-old and has a holistic approach to life. In Ayurveda, Sthoulya (obesity) is an abnormal and excess accumulation of Meda Dhatu, which includes fat tissue and fat metabolism. Frequent and excess intake of foods which increase Kapha and Medodhatu. "Obesity" specifically refers to an excessive amount of body weight that includes muscle, bone, fat, and water, which may lead to negative effects on health, reduced life expectancy or increased health problems. Obesity is a penalty of the modern era, the world-wide latest report on prevalence of obesity according to W.H.O states that around 250 million cases of obesity are being reported every year. Prevention of this condition is the need of the hour. Prevention of obesity can be done initially in early stage of life by adopting regimens mentioned in Ayurvedic classics. As secondary prevention following Shamana- Shodhanoushadhis and Pathyapathya is highly beneficial.

KEYWORDS: Obesity, Sthoulya, Ayurveda, prevention.**INTRODUCTION**

In Ayurveda, Atisthaulya (Obesity) is described as excessive accumulation of Meda (fat/adipose tissue) and Mamsa (flesh/muscle tissue) leading to flabbiness of hips, abdomen, and breast. This improperly formed Medo Dhatu causes Utsahani in the individual; such a person is called Atisthula.^[1]

It is considered as one of Santarpanotha Vikaras (disease due to consumption of excessive calories). Overweight refers to an excessive amount of body weight that includes muscle, bone, fat and water. It's a chronic disease, prevalent in both developed and developing countries and affecting adults as well as children. It is a penalty of the modern era, as obesity not only reduces the life span of an individual but also leads to life threatening complication like Diabetes, Ischemic Heart Disease, Hypertension, Ischemic Stroke, Osteoarthritis, and Cancer.

PREVALENCE^[2]

WHO report- India ranks among the top 10 obese nations of the world and about more than 1 billion adults overweight - at least 300million of them clinically obese.

CDC report - more than 72 million people that are more than one third of US adults and 16% of US children are obese.

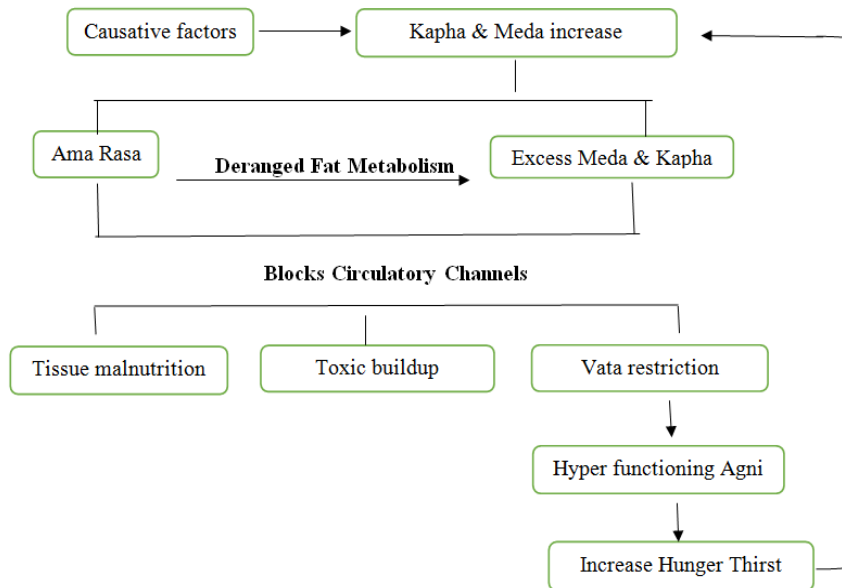
How is obesity measured?**Body Mass index- WEIGHT (IN Kg) / HIGHT (IN Meter²).**

BMI 19-25	Normal range
BMI 26-30	Over Weight
BMI 30 and higher	Obese
BMI 40 and higher	Extremely Obese

CAUSES^[3]

- Genetic- 'Beeja Svabhavat' Irrespective of diet the person is obese due to genetic makeup.
- Increased intake of energy-dense foods that are high in fat, carbohydrates.
- Overeating and Irregular food habits.
- Frequent food intake before digestion of a previous meal & Drinking water after food intake.
- Excess use of oily food-fried food grilled food, fast foods, Rice, wheat, Black gram etc.
- Lack of Physical activities due to sedentary life style.
- Endocrine Diseases like Hypothyroidism, Cushing syndrome, Polycystic ovarian syndrome.
- excessive sleep or sleeping during day especially soon after meal.

Pathogenesis



SYMPTOMS^[4]

- Breathlessness even on little exertion / physical activity.
- Javaparodha (Lack of interest in doing work).
- Dourgandhyata (Profuse sweating with foul body odor).
- Kshudhatimatra (Excessive hunger) and Pipasatiyoga (Excessive thirst).
- Feeling of tiredness.
- Excessive sleep.
- Health Risks like Type 2 diabetes, Heart disease, Stroke, High blood pressure, High blood cholesterol, CA colon, CA gallbladder, uterus, cervix & ovaries, Gallbladder disease and gallstones. Fatty liver disease, Osteoarthritis, Gout, Pulmonary (breathing) problems, Reproductive problems in women, including menstrual irregularities, infertility.

LINE OF TREATMENT^[5] (Under strict supervision of Registered Ayurvedic Physician)

1. Shamana (Palliative) Chikitsa

- Langhan (Fasting),
- Amapachan (oral use of digestives to augment the fat metabolism),
- Heavy and non-nourishing diet/items like Honey, salad etc. are advised.
- Physical exercises, mental work is also recommended.

2. Samshodhana Chikitsa (Purificatory procedures)

This includes Panchakarma treatment.

- Ruksha Udwartan^[6] (Dry medicated powder massage).
- Dhumpān (Therapeutic smoking).
- Swedana (Herbal steam therapy)
- Vaman (Therapeutic emesis),
- Virechana (Therapeutic purgation),

- Lekhan Vasti (Medicated enema) are advised for the management of Sthaulya.

Single drugs: Guduchi, Vidanga, Musta, Sunthi, Amla, Vaca, Daruharidra, Guggulu, etc.

Compound Formulations: Trikatu, Navak Guggulu, Triphala Guggulu, Vidangadi Churna, Takrarishta, Navayasa lauha, Arogya Vardhini Vati etc.

Life Style modifications such as

- Stop dieting and start moving- Mild to Moderate exercise according to individual capacity.
- Regular habit of Brisk morning walk for 30 minutes.
- Avoid sedentary habits, excessive sleep, watching TV while having food, Alcohol and Smoking.
- Avoid packaged foods, processed food and restaurant fried food like pizza, hot dog, burger, doughnuts, French fries.

Do's

- Take low-fat and low-calorie food items.
- Take more proteins to stay longer without food.
- Steamed/ boiled and baked vegetables rather than fried.
- Take frequent small meals to avoid food cravings.
- Take Healthy foods such as – oatmeal, walnuts, salads, bitter gourd (Karela), drumstick (Shigru), barley (Yava), wheat, Green gram (Moong dal), honey (Madhu), Indian Gooseberry (Amla), pomegranate (Anar) and snake gourd etc. and skimmed Butter-milk.
- Include cabbage in daily meal. It will stop the conversion of sugars to fat.
- Use warm water for drinking.
- Include lemon in diet and drinks.

Don'ts

- High carbohydrate vegetables like - potato, rice etc.

- More sugary or sweet products, more dairy products, fried and oily foods, fast foods, excess Salty foods or excessive salt in meals.

CONCLUSION

Obesity is a common problem in India. Its mainly due to improper lifestyle, wrong food choice and lack of exercise. Above all, people do not have a sense of self awareness. They are taken by external factors, by their senses and do not give importance for their existence in this universe. They don't have mind, body and spiritual connection and not even breathing right. Ayurvedic approach provides all the necessary tools to bring back health, harmony and peace of life. By adopting simple lifestyle and healthy eating habits anyone can enjoy the life optimally without much stress on expenses. Possible disease like diabetes, heart disease, stroke and increase cholesterol can be prevented. So much healthcare dollars will be used. There will be happy and healthy people in a wealthy country.

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