A SUCCESSFUL CLINICAL CASE STUDY OF OBESITY

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Today we will talk about obesity or overweight. Before talking about this topic, I would like to ask you a question, "is obesity related to your beauty or smartness only?" No, whenever obesity comes, along with it comes unwanted symptoms, which is harmful to our health. Obesity is a lifestyle disorder. According to Ayurveda, sthoulya comes under Ashtanindta purush. Acharya Charak described it as Sleshmaja Nanatmaja vyadhi. Sharangdhar has described Sthoulya as medo dosha. Excessive indulgence in sleshma aahar sevan (fatty food), avyayam (Lack of exercise), diwaswapna (daytime sleeping), produces annaras which is partially metabolised and remains sweet as ama. This anna rasa by virtue of its Sneha guna transforms into vikrit meda and kapha..this formed abnormal medas which sluggish the medodhatawagni and large quantity of Medas(fat) in our body.

To study treatment of Obesity /Sthoulya through Ayurveda.

1. Sedentary Lifestyle due to job profile,or excess T.V. watching pr playing too much games on PS4 or mobile video games
2. Excess of Junk Food, Restaurent food about which you have no knowledge that how many times they reuse the oil to make that meal.
3. Use of packet food in which preservatives are added to increase their shelf life.
4. Due to safety issues or pollution, if a person is not able to go out for exercise.
5. Lack of sleep.

1. Doing little work, we start feeling tired, breathless, sweating a lot,
2. We get high blood pressure or we become hypertensive.
3. Diabetic Mellitus
4. In Females, the Menstrual cycle starts becoming irregular,

Dysfunctional Uterine Bleeding(DUB) starts happening. They can become victims of polycystic ovarian disease ie PCOD.
Menstrual flow shows before time or it starts bleeding much later or very heavy flow occurs during periods.
5. Liver becomes fatty
6. Or can become patients of Osteoarthritis.
7. People can suffer from depression due to immobility or due to body shame.

According to Ayurveda,
Subjective Parameters are
Mamsa Lambana (Flabbiness of Body)

Dourbalyam (Decreased capacity to do physical exercise)
Atisweda (Excessive perspiration)
Atikshuda (Excessive Hunger)
Atipipasa (Excessive Thirst)
Actinidia (Excessive Sleep)
Swasa Kruchata (Dyspnoea on exertion)
Gatra Gaurav (Feeling of heaviness)
Shrama (Fatigue)
Daurgandhya (Bad Odour due to excessive perspiration).

Objective Parameters
BMI (Body Mass Index)

$$BMI = \frac{Weight\ In\ Kilogram\ (Kg)}{Height\ in\ Metre^2}$$

PREVENTION
Meal/Aahaar
1. Hot Food
2. Easily Digestible Food:-A food which can be digested by the body easily without any bloated feeling in the stomach(flatulence), without gas formation without hyperacidity problem.
3. Food Consumption within 3-4 hours of its preparation. One should not have dinner leftover in Breakfast or Lunch leftover in Dinner. One should always take fresh food to avoid Obesity. Even if we keep food in the fridge, then also it causes obesity due to chemical changes in it.
4. Always take food in small plates and small bowls due to which physiologically you feel that you ate more food
5. Always take small bites so that you can easily chew it at least 32 times.

6. Keep your tension aside when you're having your food. Try staying happy and calm while eating.
7. One should try eating a heavy breakfast a lighter lunch and a very light dinner. This is because our digestive fire is blazing at its strongest during the morning it gets lighter as the day passes.

VIHAAR
8. Try waking up with the sun (around 5 to 6 am) and start the day with a fruit.
9. One should always do *Pranayama* in the morning to keep yourself fit, mentally and physically, this also helps in staying away from JUNK FOOD.
10. After that do 40-50 minutes of exercise.
11. 20 min walk after dinner.

A 35-year-old Male was presented in OPD of kriya sharir khurja VYDS Khurja(U.P) with chief complaint of Overweight. His height was 5'4" and weight was 80kgs. He was having great difficulty in walking due to knee pain and back pain. He always used to feel lethargic. He seemed to be very upset due to his unwanted fat in body and used to feel very low and depressed due to this. He was having chronic constipation High B.P. and high Cholestrol.

Treatment includes kapha and vatshamak chikitsa and shodhana (vasthi).

1. Medohar guggulu}
Aarogyawardhini Vati} After food for 15 Days
Abhayarisht 3tsp with 3tsp warm water 2BD} After meal.
3. Aloevera COD -23(Axiom)   -- 30 ml with 30ml lukewarm water - Empty stomach in morning.
4. Water Enema once in 7 Days

Started medohar and vat-kaphanashak chikitsa.
1. B.Slim (BACFO)2BD
2. Kanchnaar G.(Baidyanath)2BD
3. Arogyawardhini Vati(Baidyanath)2BD
4. Medohar Gugglu(Baidyanath)2BD
5. Abhayarisht(Baidyanath) 3tsp 2BD
⁚
• No fried or Junk food
• Walk
• Plenty of lukewarm water
• No munching between meals
• Slow chewing of food
• Pranayama Practice

1. Medohar G. 2BD
2. Arogyawardhini vati 2BD
3. Abhayarisht
4. Artho (Pravek)

1. Gokshuradi G.
2. Asthiposhak

3. Avipathikar Churn
5. Kamadudha Ras
6. Sootshekhar Ras
7. Dhatri Lauh
8. Kapardak Bhasm
4. Varanadi Kwath

1. B-Slim 2BD
2. Gandharvaharitaki -1 tsp at bed time
3. Asthiposhak 2 Bd

1. Varanadi Kwath
2. B Slim
3. Asthiposhak
4. Medohar G.

1. Gradation of BMI

Serial No.	Symptoms	Gradation
1.	Below 18.5	0
2.	18.5-24.9	1
3.	25-29.9	2
4.	30 & above	3

2. Gradation ofLethargic Ness

Serial No.	Symptoms	Gradation
1	Absent	0
2	Mild	1
3	Moderate	2
4	Severe	3

3. Gradation of Knee Pain

Serial No.	Symptoms	Gradation
1	Absent	1
2	Mild	2
3	Moderate	3
4	Severe	4

4. Gradation of Depression

Serial No.	Symptoms	Gradation
1	Absent	0
2	Mild	1
3	Moderate	2
4	Severe	3

5. Gradation of Constipation

Serial No.	Symptoms	Gradation
1	Absent	0
2	Mild Constipation	1
3	Moderate	2
4	Severe	3

6. Gradation of Daytime Sleep

Serial No.	Symptoms	Gradation
1	Absent	0
2	1 Hour	1
3	2 Hour	2
4	3 Hour	3

Assessment Criteria	Therapeutic period					
	In course Assessment	Follow up period				
	BT	Day 1	Day 15	Day 30	Day 45	Day 60
Gradation of Weight BMI	4	4	4	3	3	2
Lethargic ness	4	4	3	3	2	1
Knee Pain	4	4	4	3	2	1
Depression	3	3	2	2	2	0
Constipation	4	4	3	3	2	2
Daytime Sleep	4	3	3	2	1	0