



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

REVIEW OF OBESITY W. S. R. TO STHOLYA

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ABSTRACT:

World wise obesity has more doubled since 1980. Overweight and obesity are the fifth leading risk for global deaths. Obesity is major determinant of type-2 diabetes, coronary artery disease and cancer. At least 2.8 million adults die each year as a result of being overweight or obese. In long term, patients suffer from lot of complications. So they are also susceptible to many other diseases i.e. it is associated with comorbidities and mortalities. Modern Medical science is trying its best to overcome this problem but it has got its own limits. Drugs have its own complications. This background highlights *Ayurvedic* treatment for control and management of Obesity in present era. This natural healing method seeks not only to cure disease but also to rejuvenate the body & mind and maintain proper body weight & shape by increasing immunity which is effective in curing stress and promoting a positive and a relaxed mental attitude towards healthy living.

Keywords-over-obese defects, *medavikruti*, complications of obesity

INTRODUCTION

The prevalence of *Sthoulya* (obesity) is increasing worldwide in all age group. *Maharshi Charaka* opined healthy state as proportionate musculature, compactness of the body, proper sensory & motor function. It indicates, in ancient era also, structural fitness was considered as the symbol of health. Hence obesity which is the state of excess adipose tissue mass or grossly fat & also *sthoulya* refers to “*Sthulyabhava*” being bulkiness i.e. abnormal increase in *medodhatu* & *mamsadhatu* breaks the harmony of fitness or health. Obesity has the deleterious effect both on body and mind. Obesity is the condition of abnormal excessive fat accumulation in adipose tissue which impaired health, abnormal growth of adipose tissue either due to enlargement of fat cell size or increase in number of fat cells or combination of both leading to increase in body weight beyond the limitation of the body requirement.¹

AIMS AND OBJECTIVES

Aim: To Study the Review of Obesity WSR to *Sthoulya*.

Objectives

1. To understand the Concept of Obesity according to Modern.
2. To understand the Concept of *Sthoulya* according to *Ayurveda*.

MATERIAL AND METHOD

The materials were collected from the classical Ayurvedic literatures, magazines and research journals.

The over-obese has eight defects

Causes

1. Over-saturation or excessive intake of food.
2. Intake of heavy, sweet, cold and fatty diet
3. Lack of physical exercise
4. Abstinence from sexual intercourse
5. Indulgence in day sleeping
6. Exhilaration or excessive cheerfulness
7. Lack of mental work
8. Genetic defect or hereditary one²

The one having balanced proportion of muscles, compactness, firmness in organs, they do not fall prey to prowess of a disorder. The person having balanced musculature has got tolerance for hunger, thirst, the sun, cold and exercise, balanced *agni* (edigestion) and normal metabolism.³

CONCEPT OF MEDA VIKRUTI

KaphaMedoMargavarana is a metabolic derangement in which etiological factors lead to unusual and unwarranted accretion of Kapha and Medas in various channels of physiology in the body, ensuing in encumbrance to the customary movement of Vata Dosha and other Drava Dhatu like *Rasa* and *Rakta*. The phenomenon of *KaphaMedoMargavarana* works as the principal operative factor in the incidence

and progression of a *Sthaulya*. In the pathogenesis of *Sthaulya*, all the three *Doshas* are Vitiated, especially *Kledaka Kapha*, *Pachaka Pitta*, *Samana* and *Vyana Vayu* are the *Doshaka* factors responsible for the *Samprapti* of *Sthaulya*. *Aama Annarasa* traveling in the body channels gets obstructed in the *Medovaha Srotas* owing to the *Khavaigunya* due to *Bijasvabhava* or *Sharir Shaithilya* and combines with *Kapha* and *Meda*, decreasing the *Medo Dhatvagni* which in turn gives rise to augmentation of *Meda*. Vitiated *Vyana Vayu* propels this augmented *Meda Dhatu* to its sites viz. *Udara* (abdomen), *sphika* (hip region), *stana* (breast), *gala* (neck) etc. resulting in *sthaulya* or *atiSthula*. *Chala Sphika*, *ChalaUdar*, *ChalaStana* and *AtiMeda-MamsaVruddhi* are very obvious in all the patients of *Sthaulya*. Manifestations of these *Rupas* are associated with either excessive accumulation of *Meda Dhatu* and diminished nourishment of other *Dhatu*s or obstruction in various *Srotas* (channels) by *Medojanya Margavarodha* or the *Aama* or Vitiation of *Vata* and *Slesma Dosh*a, so excessive accumulation of *Medo Dhatu* produces various signs and symptoms in *Sthaulya* patient. *Samprapti* of Obesity according to *Ayurveda* can be concised in following points.

1. Imbalance of *Dhatwagni*

2. Association of *Beejdushti*

3. *Vikrut kapha* and *Meda Vruddhi*

4. Multiple complications in various *Srotas*

COMPLICATIONS OF OBESITY

High blood pressure

According to *Ayurveda* Blood is formed from *Jala-Mahabhutadhikya* and Constitution of *Meda* also *Pruthwi* and *Jala-Mahabhutadhikya*. Hence in *Sthaulya Meda Dhatu Vruddhi* (Increased quantity), which increases *Kleda* of Blood. *Medovruddhi* is associated with decrease in elasticity of blood vessels & increase heart rate. And hence Excess calories are deposited in body as fat in fatty tissue. This fatty tissue increases demand for oxygen & nutrients, which in turn increases amount of blood circulating in the body. More blood traveling through arteries adds pressure on walls of arteries leading to increase in blood pressure. All of these factors can increase blood pressure.

Diabetes

Prabhut Avil Mutrata is cardinal feature of diabetes is a outcome of *Kleda Vikruti* in the body. *Kleda* is essential *Bhava* in the body as *Kledaka Kapha*. In *Sthaulya* Pathogenesis, *Meda*, *Kapha Vruddhi* and *Dushti* Main causative factors. These increased *Kapha*, aggravates *Kledaka Bhava* of Body, indirectly increases

Dushya of *Prameha* (Diabetes). *Kapha Dhatu* is *Madhura Rasatmaka Dhatu*, which increases *Madhurta* of Blood. Hence we can say that affects blood sugar level. Ultimately Obesity *Medadhātu Dushti* results in Diabetes which leads to complications in kidney, eyes, blood vessel, and heart.

Atherosclerosis or fatty deposits in blood vessels

In obesity there is *Meda Dhatu Dushti* and also increases *Kledaka Bhava* of Body. At the end there is increased fat deposition, which increases Cholesterol is carried in the blood as two compounds: Low-density lipoproteins (LDL) and High-density lipoproteins (HDL). When cholesterol levels are high, some of the cholesterol is deposited on the walls of the blood vessels. Cholesterol deposits reduce the elasticity of blood vessels, narrows blood vessels & decreases blood flow. All these changes lead to atherosclerosis and an increased risk of heart disease & stroke. Thus Obesity increased *Medovruddhi* results into Atherosclerosis.

Coronary artery disease – angina & heart attack

Atherosclerosis (fatty deposits in arteries) in coronary arteries (arteries that supply heart) reduces blood supply to heart which is resulted due to *Medovruddhi* in the boy. Decreased blood flow to heart can cause

angina (chest pain) and complete blockage of blood flow to heart can cause heart attack. The World Health Organization says more than 1 billion adults are overweight and 300 million of them are obese, putting them at much higher risk of diabetes, heart problems, high blood pressure, stroke.

Ayurvedic management of Obesity

All actions, which create the equilibrium of Dhatus, constitute the treatment of diseases. According to *Acharaya Charaka*, “*Chikitsa*” aims not only at the radical removal of the causative factors of the disease, but also at the restoration of the *Dushyas-equilibrium*”. *Samshodhana*, *Shamana* and *Nidana parivarjana* are three types of three main principle *Chikitsa* in *Ayurveda*. In *Samshoshana Doshas* are expelled out from the body so that *Doshas* are unable to involve in pathogenesis. *Shamana* constitute *Pachana Deepana* hence *Doshas* are less vitiated and not stronger enough for causing *Sthaulya*. Food and drinks which alleviates *vata*, reduces *kapha* and fat should be taken. And foods, drinks and actions responsible for *Sthaulya* should be avoided come under the *Nidana parivarjana*. The summation of all these therapies will result in *Doshashuddhi* and *Beejshuddhi* also which will prevent the

hereditary transport of *Sthaulya* to next progeny.

Causes of vitiation of *Medovaha srotasa*

General cause-Improper dietetics which aggravates *Vatad Dosas* i.e. person who is not following the rules and regulation of eight fold diet principles. Erratic behavior or activities related to speech, body and mind aggravates the *Vatadi Dosas*.⁴

Specific cause -Lack of physical exercises, day sleep, excess intake of fatty foods, excess drinking of *Varuni* (a kind of wine), injury⁵

Medovaha Srotas Dushti Laxanas-Due to vitiation in *Medavaha srotasa* folloeing symptoms develops, *Astanindittapurusha*, *Prameha* etc. described in detail under *Samameda*⁶ www.wjpr.net Vol 7, Issue 16, 2018. 137 Patley et al. World Journal of Pharmaceutical Research

Medovaha Srotas Viddha laxanas-Injury to *Medovaha srotasa* leads to excessive perspiration, unctuousness or sliminess of body, dryness in *Talu*, marked swelling and severe thirst.⁷

Diseases of *Medovaha srotasa*-*Prameha*, *Medoraga*, *Svitra*, *Jvara*, *Visamajvara*, *Medodhatugata* *Jvara*, *Kushtha*, *Vatarakta*, *Masurika*, *Shotha*, *Slipada*, *Udara roga*.

Measurement of obesity

It is very easy to label a person as an obese, because in most of the cases it can

be detected by visual inspection. However numbers of factors are needed to be considered to arrive at the conclusion, it can be assessed in several ways which are mentioned as follows: Weight and Height ratio.

1. Measurement of skin-fold thickness
2. BMI
3. Circumference ratio (Waist/Hip ratio)
4. Density – Immersion – Plethysmograph
5. Potassium isotops
6. Conductivity
7. Bio-electrical impedance
8. Fat soluble gas
9. Ultra sound
10. Computed tomography etc.⁸

Complications of obesity-

1. Type II diabetes Mellitus,
2. Hypertension,
3. Stroke,
4. Hyperlipideamia,
5. Coronary Heart Disease,
6. Cancers like Post Menopausal Breast Cancer, endometrial Cancer, Ovarian Cancer, Gall Bladder cancer and Colonic Cancer
7. Gall Stones
8. Arthritis of Hip, Knee and Food
9. Varicose veins
10. Breathlessness
11. Infertility
12. Hirsutism

- 13. Stress Incontinence and Abdominal Hernias
- 14. Psychological Depression
- 15. Social-Reduced Employment Prospects

Table no. 01

BMI(kg/m ²)	CLASSIFICATION
<18.5	Underweight
18.5 – 24.9	Normal weight
25.0 – 29.9	Overweight
30.0 – 34.9	class I obesity
35.0 – 39.9	class II obesity
≥ 40.0	class III obesity

OBSERVATION AND DISSCUSSION

Obesity increases the likelihood of various diseases, particularly heart disease, type 2diabetes, breathing difficulties during sleep, certain types of cancer, and osteoarthritis⁶. Obesity is most commonly caused by combination ofexcessive dietary calories, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness. Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism is limited; on average obese people have a greater energy expenditure than their thin

counterparts due to the energy required to maintain an increased body mass.

CONCLUSION

It increases morbidity and mortality indifferent disease association both among child and adults and in both sexes. However strict diet control in relation to height and weight of the individual age, physical activity, less intake of chunk and high calorie food and increased consumption of vegetables, antioxidants, polyunsaturated fat will decrease the incidence of obesity. A social movement involving all strata of people like People representatives, government and private health organizations, mass media, teachers, Imams could play a vital role to curb this menace.

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