



**PREVENTION AND MANAGEMENT OF LIFE STYLE DISORDER
WITH SPECIAL REFERENCE TO *STHOULYA* (OBESITY)**

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ABSTRACT

Changes in life style including physical inactivity, unwholesome dietary habit, polluted environment and tobacco chewing develop a number of diseases known as Life style disorders. These diseases are mainly Obesity, Diabetes, Heart disease, Osteoarthritis, Cancer, Chronic renal failure, Depression and Metabolic disorders etc.

Obesity is one of them which are going to be an epidemic now a day and extended across the world, so this particular disease needs an assistance of Ayurvedic view of prevention and management. This article reviews the Lifestyle changing factors related to Obesity (*Sthoulya*) and suggests a little but meaningful regimen beneficial in the prevention and management of Obesity to incorporate into daily practice.

Keywords:- Life Style disorder, *Sthoulya*, Obesity

INTRODUCTION

Life style disorders are the diseases associated with the changes in diet, environment and the way a person and a group of persons lives their life. With these changes a number of diseases may develop in the body. These diseases have been dubbed as “**Life style disorder**”. The most common life style disease includes obesity, diabetes (DM), heart disease, osteoarthritis, cancer (CA), chronic renal failure (CRF), depression and metabolic disorders etc.

The changes in diet and life style are the most common causes of life style disorders. Smoking, drug abuse, excessive intake of alcohol and lack of physical exercise can increase the chance of Life style disease. In the era of fast life and the era of fashion people consume junk food, Red meat, Vegetable oils, Alcoholic beverages, Dairy products, Sweet food along with this people also adopt sedentary type of life style may increase the incidence of Obesity (*Sthoulya*).

Overweight and Obesity are the 5th leading risk factor of death worldwide. Incidence of **Quantifying Obesity with body mass index**³

Class	BMI (kg/m ²)	Risk of Obesity comorbidities
Overweight	25-30	mildly increased
Obese	>30	mildly increased
Class – 1	30 - 35	moderate
Class – 2	35 – 40	Severe
Class – 3	> 40	very severe

In Ayurveda there are many drugs, medical preparations, *Yoga, Pranayama, Kapalbhathi, Pathyapathya* are described which is having

obesity is doubled since 1980. In 2008 more than 1.4 billion adults are 20 years and more whereas overweight of those 200 million man and 300 million women were obese. In 2012 more than 40 million children under 5 years of age were overweight. Overweight and obesity are rising in low and middle income country. Approximately 30 million overweight children are residing in developing and 10 million in developed countries. As obesity is an important risk factor for several chronic and non-communicable diseases. The adverse effect of obesity in population leads to Hypertension, Hyperlipidaemia, Diabetes, and Coronary artery disease¹. Changed/faulty life style, Dietary habit and lack of exercise increase the chance to develop obesity.

Obesity is a clinical condition in which there is an excessive amount of fat deposited over the body. The Framingham study demonstrated that 20% excess over desirable weight should be considered obesity as this excess weight impart a health risk.²

very good result in prevention and management of Obesity.

AIMS AND OBJECTIVES

1. To assess the role of Ayurvedic preparations in obesity.
2. To assess the role of *Ahara, Vihara, Yoga, Pranayam* and *Kapalbhati* in the prevention and management of Obesity.

MATERIAL AND METHOD

Several Ayurvedic classics, Research papers and thesis are available on obesity were searched and referred along with internet to bring about the article in present form. The classical literature in Ayurveda and modern medicine on these clinical condition are

These are as follows⁴:-

1. *Atideergha*– (extremely tall)
2. *Atilaghu* _ (extremely short)
3. *Atiloma* – (extremely hairy)
4. *Aloma* - (no hair at all)

Atisthula is one among the eight censurable persons. The person is called extremely obese when the condition is excessive increase of Fats and muscles in the body

Eight *Doshas*(defects) of *Sthoulya* (Extremely obese).⁵

1. Shortening of life span
2. Hampered rapid movement
3. Difficulty in sexual act
4. Debility
5. Foul smell over the body
6. Heavy perspiration
7. Feeling of too much hunger
8. Feeling of excessive thirst

Aetiological factors of *sthoulya* (obesity) as per acharyacharak

Samprapti (pathogenesis) of *sthoulya*.⁶

Consumption of various *nidana* (aetiological factors) such *asatiguru, atisheeta, atisnigdha* and *madhurakaphavardhakahara* along with

studied at fundamental level and presented in this article.

AYURVEDIC VIEW

As the sign and symptoms of obesity are very much similar to sign and symptoms of *Sthoulya* in Ayurveda so the disease obesity can be correlated with *Sthoulya*. Acharya Charak has very clearly described *Sthoulya* in *Sutra Sthana* chapter 21 in the context of *Ashtouninditiya Purush*. There are eight types of persons which are censurable described by Acharya Charak.

5. *Atikrishna* – (extremely black)
6. *Atigour* - (extremely fair)
7. *Atikrish* - (extremely thin)
8. *Atisthula*– (extremely obese)

characterized by pendulous abdomen, breast and buttock and suffering from deficient metabolism and energy.

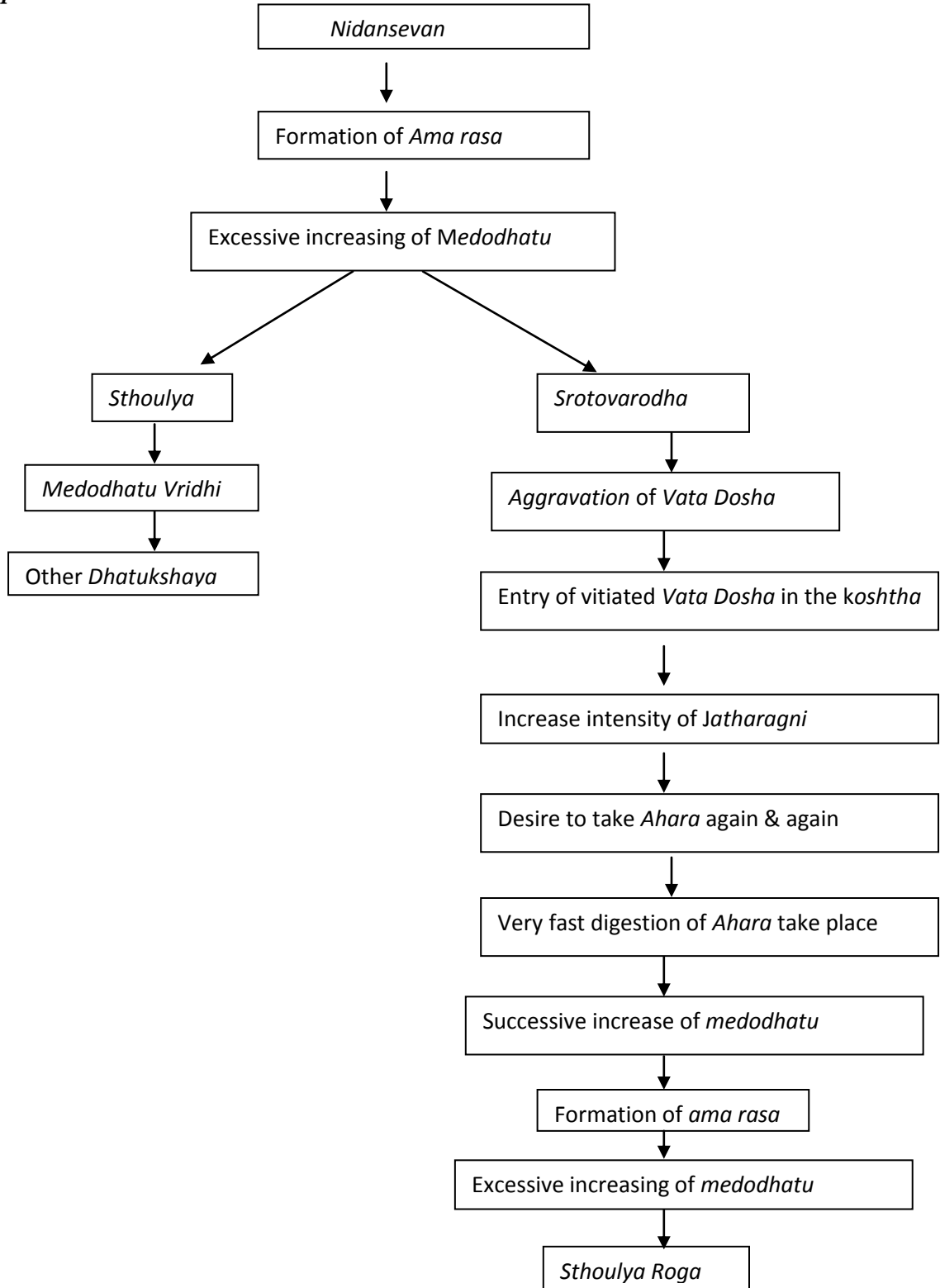
1. Excessive intake of food
2. Excessive intake of food containing *Guru, Madhura, Sheeta* and *Snigdha Guna*.
3. Lack of exercise
4. Lack of sexual intercourse
5. Day sleep (*Divaaswapna*)
6. Evermore happiness
7. Lack of sorrow
8. Obese properties of parents

lack of exercise and sedentary life style resulting into excessive nourishment of *medodhatu* only and other *dhatu* after

medodhatu get deprived of nourishment thus deposition of medodhatu take place in the

body as a result of that sthoulyaroga (obesity) develops

Sampraptichakra :-



SYMPTOMS OF STHOULYA (OBESITY)⁷:-

1. *Atitrishna* (excessive thirst)
2. *Sramajanyashwas*(dyspnoea on exertion)
3. *Atinidra* (excessive sleep)
4. *Karsyadourbalyata* (weakness in performing duties)
5. *Jadyata* (sluggishness)
6. *Alpayu* (short life span)
7. *Alpabala* (decreased strength)
8. *Utsahahaani*(loss of zeal)
9. *Shariradourgandhata*(foul smell over the body)
10. *Gadgadatva* (hoarseness of voice)
11. *Kshudhavridhi* (excessive hunger)
12. *Atisweda* (excessive perspiration)

TREATMENT OF STHOULYA (OBESITY)⁸:-

As far as the treatment of sthoulya as per ayurveda is concerned is as follows :-

Rasa bhasma – *Paradabhasma, Trimurti rasa, Vadvagni rasa*

Churna – *Triphalachurna, vachachurna, pushkarmulachurna.*

Vati- *Bhedanivati, kutakivati, Arogyavardhanivati.*

Kwath/Ashava- *Mustadikwath, phaltrikadikwath, Agnimukhkwath, Lohasava.*

Guggulu-*Navakaguggulu, Medoharaguggulu, Amrita guggulu.*

Kshara yoga- *Yavakshara, Apamargakshara, Erandakshara.*

Single drugs -*Guggulu, Vasa, Haritaki, Gomutra, Shunthi, Patala, Amalaki, Apamarga, Guduchi.*

Pathya- Apathya⁹:-

PREVENTION IN STHOULYA (OBESITY)⁸:-

SthoulyaRoga can be prevented by the use of preventive measure as per ayurveda as such :-

1. Nidanparivarjana
2. Use of wholesome diet
3. Regular exercise
4. Engage with chintana and dhyana
5. Use of yoga and pranayama
6. Use of different type of asana such as suryanamaskar, mayurasana, and shirshasana etc.
7. Use of different *Rasayana* such as *Guggulu Rasayana, Louha Rasayana, Amalaki Rasayana,* etc.

Pathya Ahara:-*Puranashalichawal, munga, yava, chana, Bajra, makka, masoora, parwala, shahjan, Takra, Amalaki.*

Apathya Ahara :-

* *Navina Shalidhanya, Chawal, Alu, Dugdha, kheera, Dahi, Masha, Anda, Guda* etc.

* Intake of water just after taking food.

* *Dravya* containing *Tikta* and *kashaya rasa*.

Pathyavihara:-*Chinta, Ratrijagran, Langhan karma, Walking, use of sunlight and vyayama* etc.

Apathyavihara:- Use of cold water, daysleep and use of comfortable beds always.

DISCUSSION

The incidence of *Sthoulya* (obesity) is increasing all over the world due to unwholesome dietary pattern, sluggishness, and lack of physical exercise. As per Ayurveda, management of a disease mainly comprises of replenishment of decrease

body tissue by foods and conduct responsible for increasing them and decrease of enhanced body tissues by those responsible for it. In case of Obesity there is excessive enhancement of medodhatu in the body, so there is need to decrease the same responsible for the disease. Wholesome diets, physical exercise, Yoga, Pranayam, Asana, and Kapalbhathi etc are very much capable of decreasing vitiated *Medodhatu*. In addition to these, Ayurvedic medicine play a significant role in accelerating the normalcy of the tissue by virtue of the ingredients contained within with *Medodhatu* decreasing *Rasa, Guna, Veerya* and *Vipaka*.

CONCLUSION

It is assume that we need to re-evaluate the entire life style if we want to prevent and manage obesity. We have to develop awareness among the people about the *Ahara, Vihara, Dincharaya, Ritucharaya* and *Yoga* which is described in the text of Ayurveda. Only after that we can prevent and manage the obesity successfully. In addition to *Ahara* and *Vihara* for the prevention and management of obesity Ayurvedic treatment is the safest and affordable system of medicine for everyone.

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