

**Review on management of *Sthoulya* with special reference to obesity****Kalpesh R. Indore¹, Neena Damle²****PG Scholar*¹, Assistant Professor²**

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Corresponding Author: email-id: indorekalpesh555.ki@gmail.com Mob. no.7666214433*ABSTRACT:**

Obesity is an abnormal accumulation of body fat, usually 20% or more over an individual's ideal body weight. In Ayurveda Obesity is described as '*Medoroga*' or '*Sthoulya Roga*'. Continuous indulgence in high fat food, fried items, etc., along with sedentary life-style leads to excess accumulation of body fat which gets deposited in the numerous body channels. Appropriate Ayurvedic internal medicines along with Shodhan procedures are used to achieve the best results, without any side effects. *Vaman, Virechan, Basti, Udvardan* according to vitiation of *Dosha* these *shodhan* procedures gives effective results. *Pathya Apathya* (Diet management) & Life style modifications play an important role in the management of Obesity. This article gives a Review of on management of *sthoulya* with special reference to obesity.

Keywords:

Sthoulya, Obesity, Ayurvedic management, Vaman, Virechan, Basti, Udvardan, Pathya-Apathya

INTRODUCTION

- Absence of physical activity, sleeping during day, ingestion of

more quantity food which is fatty and sweet cause's obesity.

- It has become a major challenge and need for the health authorities across the globe to create awareness for the control of obesity. Obesity may become reason for various other diseases such as thyroid problems. Obesity is result of imbalance of physical, mental and emotional energies.
- *Sthoulya* is *santarpanotha vikara*, though commonly referred as *meda-mansa pradosaja vikara*, so basic line of treatment must lead to *laghuta* of body. *Vata, kapha, meda and agni* being the basic pathogenic entities for the manifestation of *sthoulya*.
- *Panchakarma* therapy of Ayurveda is the best treatment in many chronic diseases and also for *sthoulya*.
- *Panchakarma* presents a unique approach of ayurveda with specially designed five procedures.

AIM

Review on Management of *Sthoulya* with special reference to Obesity.



OBJECTIVES

1. To give description of *Sthoulya* with special reference to Obesity.
2. To explain role of *Shodhan procedures* in *Sthoulya* as per Ayurvedic texts.
3. To mention the importance of *Pathya-Apathya* in management of *Sthoulya*.

REVIEW OF LITERATURE

In Ayurveda, *Sthula purusha* as one of the *nindita purusha*. Charaka has explained the as *sama mamsa, sama pramana, sama samhanana* and having *Dridha Indriyas sthula* person is not having such Regarding this explanation is available in ayurvedic classics.

In Ayurveda, various treatment modalities are available in terms of obesity.

PATHYA-APATHYA

- Even though, there are dozens of treatments modalities to in the management of obesity but using single *Pathya* (congenial diet) and *Apathya* plays a major role.
- Food which have properties of *Kapha Medahara* (hypolipidemic) e.g. horsegram, greengram, barley and kokum.
- Combination of these in diet plan may be more helpful in management of obesity.
- **Langhan chikitsa**-If *Sthoulya* caused due to *Adhyashan, Atyaanshan* then *langhan, laghu aahar, alpa-aahar* should be taken.
- **VIHAR**: Obesity as a result of life style. Lack of exercise, No physical movement, driving cars and other vehicles, sitting and watching TV, movies, working on computers, Consuming cold food from fridge all the time. Do not sleep for more than 6 to 7 hours.



- **YOGA**: Yogasanas or yoga poses like Paschimotannasana, Saral Hasta Bhujangasana, Sarwanganasana, Hal asana, Dhanurasana, Veerasana, T rikonasana, Ardha Matsyendrasana, etc. Along with Yogasanas Sun salutation is very effective for obesity reduction, also Pranayama, cleansing processes like agnisar, uddiyan bandha etc helps

VAMAN KARMA

वमनं तु सर्वोपक्रमेभ्यः श्लेष्मणि प्रधानतमं मन्यन्ते भिषजः|| Ch.Su.20/19

- **Vaman Karma** is specifically indicated to cure *Kapha* related diseases and disorders like obesity.
- In *Ayurveda*, *Sthoulya* comes under *Santarpanjanya, Medo-Pradoshaja* and *Kapha Pradhana Vyadhi* where *Apatarpana* is the line of treatment

VIRECHAN KARMA

- **Virechana** is beneficial for *Sthoulya* w.s.r. to overweight.
- **Virechana** is one of the *shodhana procedures*, which expels morbid *doshas* and helps to maintain health of an individual,
- **Virechana** helps to initiate the weight loss mechanism in the body. **Virechana** being an appropriate *Shodhan* procedure is not only specific for the elimination of vitiated *Pitta Dosha* but also helps in the elimination of vitiated *Kapha* and *Vata* where it is also indicated in *Sthoulya*

- Virechana helps to check the future complications in the healthy obese as well as in the obese.

BASTI KARMA

तत्र स्नेहादीनां कर्मणां बस्तिकर्म

प्रधानतममाहुराचार्याः ।

'कस्मात्?

अनेककर्मकरत्वाद्बस्तेः; इह खलु बस्तिर्नानाविधद्रव्यसंयोगाद्दोषाणां

संशोधनसंशमनसङ्ग्रहणानि करोति, क्षीणशुक्रं वाजीकरोति, कृशं बृंहयति,

स्थूलं कर्शयति, चक्षुः प्रीणयति,

वलीपलितमपहन्ति, वयः स्थापयति ॥३॥

शरीरोपचयं वर्णं बलमारोग्यमायुषः ।

कुरुते परिवृद्धिं च बस्तिः सम्यगुपासितः ॥४॥

Su.Chi.35/1-2

- *Basti Karma* is considered as *Chikitsa aardha* among all therapy. *Basti* has a vast field of therapeutic action. It is believed to detoxify the body. *Basti* nourishes the body from tip of hairs to nail of toe.
- *Lekhan basti*, the name is self explanatory hence *lekhan* property reduces med and simultaneously pacifies *Vata dosha* by affecting its main seat i.e *Pakvashaya*.
- Due to *Laghu*, *Ushna* and *Tikshna* properties of *Basti Dravya*, obstruction of channels may be broken down thus the morbid material from all over the body will expelled out breaking the pathogenesis of obesity.

UDVARTAN

उद्वर्तनं वातहरं कफमेदोविलापनम् ॥५१॥
स्थिरीकरणमङ्गानां त्वक्प्रसादकरं परम् ॥५२॥
Su.Chi.24/51-52

- *Rookshana* is one such treatment modality which is indicated in *Abhishyandi Roga* and in diseases involving major *Marma* and *Doshas*
- *Udvartana* is the procedure of massaging the powder of herbs in direction opposite to the orientation of hair on body.
- This process is explained in ancient text of Ayurveda like *Asthang Hridayam* by *Vagbhatacharya*, *Sushrut Samhita*, *Charak Samhita* by *Charakacharya*.
- Dry powder of herbs is used hence it is known as *Ruksha Udvartana*. *Udvartana* opens the circulatory channels, facilitates the metabolic activity and improves the complexion of skin.

Daurgandhyam Hanti- eliminates the bad body odour due to excessive sweating. ***Twakprasadakara***- promotes the excellence of skin.

SHAMAN CHIKTS:

- According to *Acharya Charaka* administration of *guru and apatarpaka dravyas*, which possess the additional properties of *Vataghna*, *Kaphahara* and *Medonashaka*, are considered as an ideal for *Sanshaman therapy*.
- Formulations useful in *Sthaulya* are *Dashang Gugul*, *Arogyavardhini*, *Chandraprabha*, *Amrutadi guggul etc*.
- *Vidang*, *Sunthi*, *Yavakshar*, *Yav*, *Aam alki* in *churna* form should be prescribed with honey.

DISCUSSION:

- Overweight and obesity can be compared with *sthaulya*. Which is one of the *Santarpanotha vyadhi* and line of treatment for it is *apatarpana* and *langhana*, which

can be done by *shodhana and shamana*.

- Hence an effort has to be made to set an Ayurvedic standard diet plan in the management of obesity.

CONCLUSION:

- It is important to avoid aggravating factors like stress and include compatible diet and exercises in addition to the drugs.
- *Ayurveda* uses various dosage forms and treatment modalities in different disease conditions like *Shodhan and Shaman* therapies etc. with suitable dietary and lifestyle modifications, which have been found very effective in controlling obesity.

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