



Role of *swasthavritta* in preventing lifestyle disorders with reference to obesity.

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ABSTRACT: life style disorders are defined as the disorders linked with the way of people live their life. this is commonly caused by alcohol, drugs and smoking as well as lack of physical activity and unhealthy eating. Diseases that mostly have an effect on our lifestyle are the heart disease, stroke, obesity and type 2 diabetes mellitus. overweight and obesity are the fifth leading risk of global death, worldwide obesity has more than doubled since 1980. In 2014, more than 1.9 million adult, 18 yrs. and older, were overweight, of these over 600 million men and women were obese. Due to faulty lifestyle and diet pattern the incidence of obesity is increasing day by day all over the world. according to *Ayurveda* obesity also known as *sthoulya* or *medoroga*. according to *Ayurveda* obesity can lead to many life style disorders. *Ayurveda* has a great

importance to reduce risk of lifestyle disorders. There are so many concepts which will reduce the risk of life style disorders. Acc. To *swasthavritta* there are so many *pathya aahar kalpna*, various type of *aasanas* and *yoga* described thus, above factors has wonderful preventive and curative effect on obesity.

KEYWORDS: obesity, food habits, lifestyle changes.

INTRODUCTION: life style disorders mean the way in person lives. Today the incidence of obesity is increasing at an alarming rate due to change in life style, faulty diet patterns and decrease interest in the exercise. (1)

Overweight and obesity are fifth leading risk of global death, worldwide, obesity has more than doubled since 1980. In 2014 more than 1.9 billion adults, 18 yr.

and older, were overweight of these over 600 million men and women were obese. In 2014, more than 41 million children under 5 years of age were overweight and obese once considered a high-income country problem, overweight and obesity are now rising in low- and middle-income countries. Particularly urban setting close to 30 million overweight children are living in developing and 10 million in developed countries.

At least 34 million adults die each year as result of being obese or overweight. In addition, 44% of diabetes burden, 23% of ischemic heart disease burden and 7 to 41 % of certain cancer attributable to overweight and obesity. According to survey phase 2 of non-communicable diseases was carried out in the year 2007-08. In some state of Andhra Pradesh, Madhya Pradesh, Maharashtra, tamilnadu, Mizoram, Kerala, the survey shows high prevalence of overweight in all age except in 15-24 years group. Over weight prevalence was higher more in female than in males, low prevalence rate was recorded among lower level of education and whose occupation related to agriculture or manual work (2)

As obesity is key risk factor in natural history of chronic and non-communicable disease, the typical time sequence of emergence of chronic diseases following the increased prevalence of obesity is

important in public health planning. The first adverse effects of obesity to emerge in population in transition are hypertension, glucose intolerance, chronic heart disease, hyperlipidaemia, diabetes mellitus, also renal failure begins to emerge several years later.

In classical text book of Ayurveda, obesity is described as *sthoulya* or *medoroga*. According to Ayurveda continuous increasing of *medhodhatu* all over body called obesity. (3). Ayurvedic textbook describes various measure like *dincharya*, diet plan, various type of yoga and *aasanas* towards prevention of life style disorders like obesity.

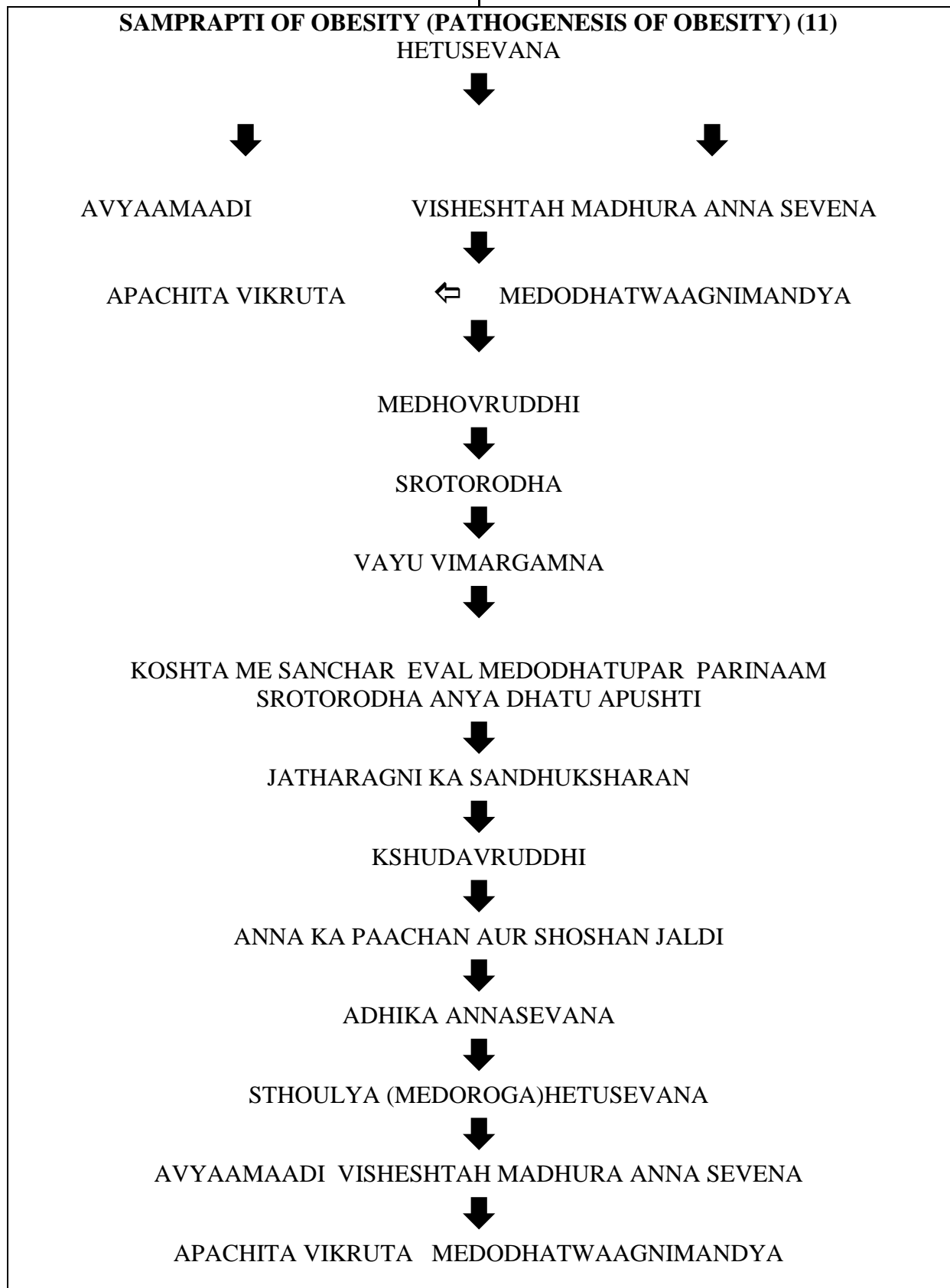
ETIOLOGY OF OBESITY (HETU): -

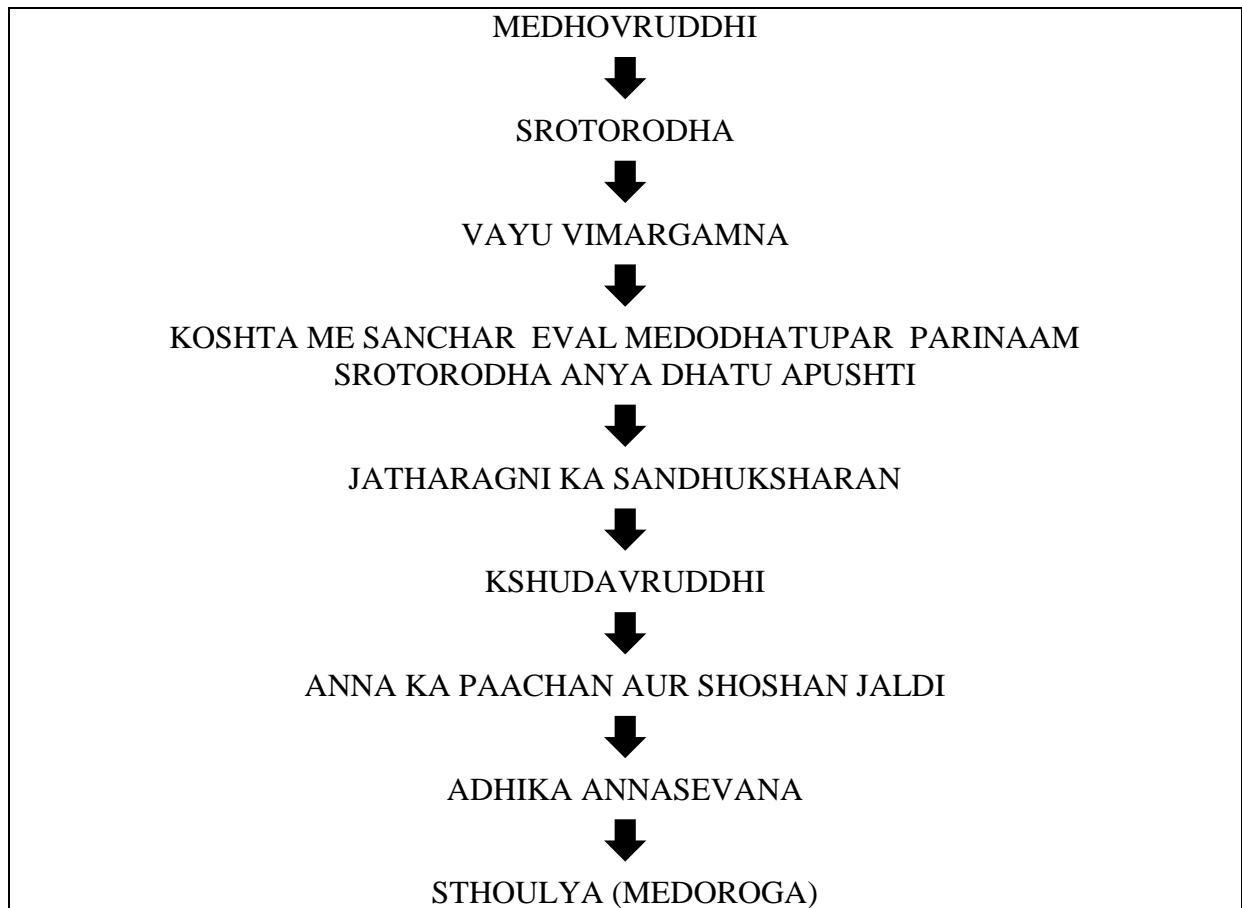
Diet related –

1. Excess intake of *guru*(heavy), *madhura*(sweet), *sheeta*(cold), *snigdha*(unctuous) etc food product (4)
2. Intake of excessive food (5)
3. *Pisthaana* seven (6)
4. *Adhyasan* (7)
5. Excess use of *Mahesh dugdh* (buffalo milk), *ghrita*(ghee) (8)

Life style related-(9)

1. *avyamad* (lack of exercise)
2. *avyayad* (lack of sexual intercourse)
3. *diwaswapa* (daytime sleeping)
4. *achintya* (sedentary habits)
5. *sukhkaraka aasana*





AIM: - Role of *swasthavritta* in preventing lifestyle disorders with special reference to obesity.

OBJECTIVE: -1) to explain the different type of *pathyaapathya kalpna, aasanas*.

2) to recommend remedial *swasthavritta* measure.

MATERIALS AND METHOD: -

Ayurvedic grnhas and samhitas

Modern text

Online data and journal

Pathyapathya kalpna

According to *Aacharya charaka*, he stated different type of aahar *pathyapathya kalpna* as follow for obesity

1)list of *pathya aaharas* found in obesity (12). 2) list of *apathya aaharas* found in obesity. (13)

| VARGA | AHARDRAVYA |
|-------------------|---|
| <i>Annavarga</i> | <i>Yava</i> <i>Shastika shali</i> <i>Puran shali</i> <i>Chanaka</i> <i>Kulath</i> |
| <i>Jalvarga</i> | <i>Panchkolasava</i> <i>Madhu</i> <i>Shunthi siddh jala</i> <i>Shrutsheetta jala</i> |
| <i>Madyavarga</i> | <i>Purana sidhu</i> |

| | |
|--------------------|--------------------------------|
| <i>Kandavarga</i> | <i>Sunthi</i> <i>Lahsun</i> |
| <i>Ksheervarga</i> | <i>Takra</i> |
| <i>Mamsavarga</i> | <i>Jangalmasa</i> |
| <i>Mutravaraga</i> | <i>Gomutra</i> |

| VARGA | AHARDRVYA |
|--------------------|--|
| <i>Annavarga</i> | <i>Navanna</i> <i>Masha</i> <i>Taila</i> |
| <i>Jalavarga</i> | <i>Sheet jala</i> <i>Dushit jala</i> |
| <i>Kandavarga</i> | <i>Aluka</i> |
| <i>Ksheervarga</i> | <i>Dadhi</i> |
| <i>Madhyavarga</i> | <i>Nutana Madhya</i> |
| <i>Mamsavarga</i> | <i>Anup masa sevana</i> |

Above two coloum of *Ahardrvya* describes *pathya* table and *apthya* table. *pathya aahardrvyas improves agni* with help of *pachak pitta*, which help to digestion the food as well as *aamrasa* due to this it acts orderly on *rasdhatu*, *raktadhatu* with the help of *dhatu poshan nyaa* and it acts upto *medodhatu* and increases the *pachan* of *meda* hence helps to decrease overweight. Dravya possessing *laghu*, *ruksha*, *tikshna* are considered as *pathya dravyas*. And dravyas possessing *guru*, *snigdha*, *ati drava*, *picchila* and *abhishayandi* guna are considered as *apathya* for *sthoulya*.

2. LIFESTYLE CHANGES

Yoga (14)

Yoga has important role in preventing *sthoulya*. Yoga affects the internal organ, body, mind which secrets the proper kind hormones which are necessary for proer body building and mental health.various yoga techniques can be practised very effectively to reduce the weight Aasanas which provide stability and strength to the body and many benefits like

Yoga reduces weight by various type of bending of body which helps to reduce fat by streatching the muscles of abdomen, thigh, hip area by forward bending,backward bending , twisting .

The second main thing is that asanas improves the functioning of internal organs like strengthnig to lung,heart, kidneys excretory and reproductive organs. When they act on internal organs like intestine, the agni get pradipted and helps to reduce weight.

List of asanas for the disease of *sthoulya*

| Asanas | Benefits |
|---------------|---|
| Suryanamaskar | It hormonizes the prana throughout the body thus revitalizes the whole body and reduces the whole-body fat. |
| Chakrasana | Reduces the abdominal fat and |

| | |
|-----------------------------------|--|
| | help slimming whole bod |
| Dhanurasana | It helps to alleviate constipation dyspepsis, sluggishness of liver, diabetes and excess fat. |
| Bhujanagasana | It is very good for obesity. it reduces tummy fat, gives tones up abdomen, it vitalizes the endocrine in abdomen, strengthens the forearm, elbows and wrist. |
| Mayurasana, padmasana | Reduces fat in waist region and improves liver function. |
| Ardhakatichakrasana, Padashastana | Reduces abdominal fat and abdominal muscles get strengthened and toned up |

DISCUSSION –

Lifestyle plays important role in the development of obesity. obesity is defined as the accumulation of fat all over the body. in Ayurveda the sthoulya purusha is described in asthonindit purusha. in swathavritta ahar and vihar are the most important things to control obesity. in todyas era these is not possible to give sometime to health due to their job priorities or busy live schedule. Improper diet and lack of exercise, sedentary habits

lead to obesity. There are so many daily routines which may increases the obesity like sitting work, indoor activities, daytime sleeping, intake of oily foods, fats, sugar refined carbohydrates are getting added to obesity risk. hence to control and prevent obesity dietary and lifestyle plans should be made in accordance with day to day requirement of an individual. following of pathya kalapna and daily practice of yoga, asanas will reduce the chance of obesity. The prolong use of above kalpanas and exercise regimen will not only generate the person free from obesity but also protect the lifelong.

CONCLUSION: -

Obesity is a non-communicable disease is largely preventable. By adopting swasthavritta measures of pathyapathya, asanas and yoga we can manage the healthy lifestyle and prevent the complication due to obesity

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