

Concept Of Sthoulya- A Review Article

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Abstract-

Ayurveda is an alternative medicine system with historical roots in the Indian subcontinent. In Ayurveda *Acharyas* explained about the *swasthya rakshana* and *vyadhi prashamana*. For the *Swasthya rakshana*, following of *Dincharya* and *Aahar vidhi visheshayatan* is most important factor. *Sthoulya* is an abnormal and excess accumulation of *medodhatu*. A current world health study claims that obesity is included among the top ten selected risk to health. Frequent and excess intake of food which increase the *kapha* and *Medodhatu*, sedentary life style, lack of mental and physical exercise are the most common etiological factor. The *Bijadosha* (heredity component) besides *Aharatmaka*, *Viharatmaka* and *Manasa* factors in cause of *Medorog*. They are mostly exogenous types, but endogenous type of cause has been described by *Acharya Sushruta* and *Vagbhata*. Alleviation of *vata*, *pitta* and *kapha* along with depletion of *medodhatu* by increasing *medodhatvagni* is the main aim of treatment of *medoroga*. In Ayurveda some herbal drugs, classical preparations, *panchakarma* procedures and *adravya chikitsa* are mentioned in the management of *Sthoulya*. By adopting the simple life style and healthy food habits (*pathya-apathya*) anyone can enjoy the life optimally without having lifestyle diseases.

KEYWORDS: *Sthoulya*, *Medodhatu*, *Bijadosha*, *Adravya chikitsa*.

Introduction- The prevalence of *Sthoulya* (obesity) is increasing worldwide in all age groups. According to *Ayurvedic Samhitas* *Sthoulya* is a *Santarpanjanya Vyadhi* which is described in *Astonindatiya Adhyaya* in *Sutrasthana* of *Charaka Samhita* in detail. In *Sthoulya* disease mainly *Medovaha Srotas* is affected due to which there is overgrowth of *Medodhatu* and this process eventually manifests as Obesity disease. The prevalence of *Sthoulya* (obesity) is increasing worldwide in all age groups. According to *Ayurvedic Samhitas*, *Sthoulya* is a *Santarpanjanya Vyadhi* which is described in *Astonindatiya Adhyaya* in *Sutrasthana* of *Charaka Samhita* in detail. In *Sthoulya* disease mainly *Medovaha srotas* is affected due to which there is overgrowth of *Medodhatu* and this process eventually manifests as Obesity disease.

The over obese has eight defects[3]

आयुषो हासो (Shorting of life span)

जवोपरोधः (Deranged movement)

कृच्छ्रव्यवायता (Difficulty in sexual inter course)

दौर्बल्यं (General debility)

दौर्गन्ध्यं (Foul smell from the body)

स्वेदाबाधः (Excessive sweating)

क्षुदतिमात्रं (Excessive hunger)

पिपासातियोगश्चेति (Excessive thirst)

Causes[3,4]

गुरुमधुरशीतस्निग्धोपयोगादव्यायामादव्यवायाद्दिवास्वप्नादर्पनित्यत्वाद्- चिन्तनाद्वीर्जस्वभावाच्चोपजायते I (Ch. Su.21/4)

अव्यायामदिवास्वप्नश्लेष्मलाहारसेविनः । मधुरोऽन्नरसः प्रायः स्नेहान्मेहो विवर्द्धयेत् I (Yogratnakar 40/1 , Bh.39/1)

Acc. to *Brihatrayi* and *Laghutrayi*

Pathophysiology of obesity (*Sthoulya*)

मेदसाऽऽवृत्तमार्गत्वाद्वायुः कोष्ठे विशेषतः । चरन् संधुक्षयत्यग्निमाहारं शोषयत्यपि ॥५॥

तस्मात् स शीघ्रं जरयत्याहारं चातिकाङ्क्षति । विकारांश्चाश्नुतेघोरान् कांश्चित्कालव्यतिक्रमात् ॥६॥

एतावुपद्भवकरौ विशेषादग्निमारुतौ । एतौ हि दहतः स्थूलं वनदावो वनं यथा ॥७॥

मेदस्यतीव्रं संवृद्धं सहसैवानिलादयः । विकारान्दारुणान् कृत्वा नाशयन्त्याशु जीवितम् ॥८॥ (Ch.Su.21/5,6,7,8)

Due to excessive accumulation of *Meda* in the body *Vata* gets obstruction to its normal movement as a result *Vata* is specially confined to *Kostha* leading to stimulation of digestive power and absorption of the food. Digestion of consumed food become very fast due to enhanced *Agni* that's person eats more and more amount of food. In case of delay in taking food, he is afflicted with some serious disorders because it *digest* the *Dhatus*. The *Agni* and *Vata* are the two most troublesome and complicating and *burns* the obese individual like the forest fire burning forest. In the event of excessive increase of fat, *Vata* etc which may lead to development of severe disorders and destroy the life of an individual instantaneously.

Complications

According to Yogratnakar

Prameha

Hidroga (can be correlated with *Kaphaj Hridroga*)

Atisar

Arsha

Shleepada

Apachi

Kamala

Symptoms

मेदोमांसातिवृद्धत्वाच्चलस्फिगुदरस्तनः । अथोपचयोत्साहो नरोऽतिस्थूल उच्यते ॥९॥ (Ch.Su.21/9, Yogratnakar 40/9)

Due to increase in fat and flesh, the person buttocks, abdomen and breasts keep on shaking. The body does not grow properly. He does not have proper enthusiasm and should be considered as a symptom of obesity.

Chikitsa Siddhant

Chikitsa[5]

1. *Sansodhana Chikitsa* 2. *Samshaman Chikitsa*

Sansodhan Chikitsa

1. *Vaman* 2. *Virachan* 3. *Niruha Basti* 4. *Karshan Nasya*

Sanshaman Chikitsa

Rasa/Bhasma/Pisti

Vati

Churna

Kwatha/Aasav-Arista

Guggulu Yoga

Ekal drugs

Gugglu, Vacha, Haritki, Gomutra, Amlaki, Shunthi, Patola, Guduchi,

Kshara Yoga - Yava Kshara, Apamarga Kshara, Eranda Kshara

Sattu Yoga - Vyosadhya Sattu, Trayushadhya Sattu

Vihar (Yoga Asana)

Halasana, Mayurasana, Shirshasana, Naukasana, Pranayama, and Meditation, Suryanamaskar, Pawanmuktasana.

Exercise

It is very useful to treat Obesity. Extra calories should be burnt with exercise.

Mode of action of *Triphaldi Tail Abhyanga* in *Sthoulya*[7]

Acharya Dalhana has explained in detail about the absorption of *Sneha* used in *Abhyanga* procedure. According to that the oil used in *Abhyanga* reaches the different *Dhatus* one by one like *Ksheera Dhadhi Naya* and *Kadar Kulya Naya* if it applied for the sufficient time.

Triphala Tail Abhyanga Guna - Due to *Ushna* and *Teekshna Guna* of *Dravya Kapha Meda Vilayana Abhyanga* effect

Due to *Veerya* of *Dravya* - Enters in to *Romakupa* Open the *Mukha* of *Siras Paka* of *Kapha* and *Meda Dhatu*

Evacuation of *Vikrutha Dosha* and *Dushya* ↓ *Nirharana* of *Vikrutha Vata, Kapha* and *Aapya Dhatu* along with *Meda Shareera Laghavata*

Mode of action of *Triphala Churna Udhvartana* in *Sthoulya*

Udhvartana with *Triphala Churna Bhrajaka Pitta* in *Twacha* Absorbs *Triphala Paka Vilinata* of *Kapha Dosha* and *Meda* occur *Triphala* because of *Ruksha Gunatmaka* Absorbs *Prithakatwa Mala* through sweat By *Udhvartana* -

Remove Undesirable *Meda* from *Sphik, Udara, Vaksha*.

Pathya Ahara in *Sthoulya*[8]

Modern Aspects

What Is Obesity or Overweight

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health BMI is a simple index of weight for height that is commonly used to classify overweight and obese in adults. It is defined as a person's weight in kilogram divided by the square of his height in meters (kg/m).

Adults

Children Aged Between 5-19 Year

Body Mass Index (BMI)[1]

The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended Globally, there has been;

Changing in dietary and physical activity pattern are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, urban planning, environment, food processing, education.

Conclusion-At the end it can be concluded that *Sthoulya* is *Santarpanjanya Vyadhi* and is a *Kashtasadhya Vyadhi* which can be correlated with Obesity in present era and caused by improper lifestyle and food habits. Ayurveda is the Science of Life which explains how longevity and health can be maintained by *Ahaar* and *Vihaar*. In Ayurveda several measures are given by which we can reduce the risk of *Sthoulya* or Obesity by the help of *Ahaar*, *Vihaar* and *Aushadha*. A study has shown that how *Triphaladi Tail* and *Triphaladi Churna* act on *Samprapti* of *Sthoulya* and breaks it to reduce the *Meda* which is the main cause of obesity. *Nidan Parivarjan* is the main treatment firstly we should apply. *Kapha Pradhana Prakriti* persons are more prone to *Sthoulya*. *Kapha*, *Meda* and *Vata* Dosha are the main *Dosha* and *Dushya* responsible for *Sthoulya* manifestation. *Sansodhan* and *Sanshaman Chikitsa* should be given in patients of *Sthoulya*.

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