



AYURVEDIC APPROACH TO *SANTARPANAJANYA VYADHI* W.S.R. TO *STHAULYA*

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ABSTRACT:

Now days, due to modernization and urbanization, peoples move towards the comfort and sedentary lifestyles, they are particularly much prone for getting life style disorders. According Ayurveda, these lifestyle disorders can be correlated with *Santarpanajanya Vyadhi* caused mainly due to vitiation of *Kaphadosha* and *Medodhatu* in terms of their *vrudhi*. *Sthaulya* is one among them. Modern science has their limitation in lifestyle disorders and their treatments are cost effective. Ayurveda applies with its unique fundamental principles; we can get excellent result in these diseases. With these references from the different *Samhita*, texts and commentaries, the result could be drawn this way that *Pancakarma* e.g. *Vamana*, *Virechana* and *Raktamokshana*; *Udvartana*; *Ruksha*, *Guru*, *Atarpana ahara vihara sevan* e.g. *Yava*, *Ratri jagarana* etc are beneficial in preventing and treating the *Santarpanajanya Vyadhi* in account of their *Shodhana* and *Lekhana karma* which are helping in elimination of Excess *Kapha* and *Meda* and also be helpful in management of *Sthaulya*. Here this study is concluded to state that these above-mentioned measures are intensely elaborate in the *Samhita* following *Santarpanajanya Vyadhi* as well as *Sthaulya*. And we can prevent as well as treat these kinds of lifestyle diseases with Ayurveda.

Keywords: *Santarpanajanya Vyadhi*, *Sthaulya*, Obesity

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INTRODUCTION:

Now days, due to modernization and urbanization, peoples move towards the more comfort and sedentary lifestyles, they are particularly much prone for getting life style disorders. According *Ayurveda*, these lifestyle disorders can be correlated with *Santarpanajanya Vyadhi* which is caused mainly due to vitiation of *Kaphadosha* and *Medodhatu* in terms of their *vridhhi*. *Sthaulya* is one among them. Modern science has their limitation to manage the lifestyle disorders and their treatments are cost effective. *Ayurveda* with its unique fundamental principles, we can get excellent result in these diseases.

AIM & OBJECTIVE:

1. To conceptualize the knowledge regarding *Santarpanajanya Vyadhi*
2. To elaborate the *Ayurvedic* and modern approach towards the *Sthaulya*
3. To expand the knowledge regarding *Pathyapathya* in *Santarpanajanya Vyadhi*

MATERIAL AND METHODS:

This study is based on the literature review. Material has been collected from Ayurvedic texts e.g. *Charaka samhita*, *Sushruta samhita*, *Ashtanga hrudaya*, *Madhava Nidana*, *Bhavaprakasha* with different commentaries, Research articles, Modern texts and National research databases.

Santarpanajanya Vyadhi:

“*Santarpana- Santarpayati Santarpanam aacharati*”^[1]

The substance which gives satisfaction and provides nourishment is called as *Santarpana*. When this is taken in an excess amount, it will

result in manifesting the *Santarpanajanya Vyadhi* (Diseases originated from over nourishment).

As per *Ayurveda*, following are *Nidanas* of *Santarpanajanya Vyadhi*:

- Over nourishment with
- ✓ *Snigdha* (unctuous),
- ✓ *Guru* (Heavy),
- ✓ *Madhura* (sweet),
- ✓ *Pichchhila*(slimy),
- ✓ *Navanna* (newly harvested grains),
- ✓ *Nava Madhya* (fresh wine),
- ✓ *Anupa mamsa* (meat of domestic animals),
- ✓ *Varija mamsa* (meat of aquatic animals),
- ✓ *Gorasa* (cow's milk and preparations),
- ✓ *Gaudika anna* (food preparation made of Jaggery),
- ✓ *Pishtanna* (flour preparations),
- *Cheshtadveshi*(averse of physical activity),
- *Divasvapna* (sleep during daytime),
- *Sukha shaiyasana* (keeps lying on the bed or sitting at ease all the time)

As per *Ayurveda*, following are the *Santarpanajanya Vyadhi*:

- *Prameha* (Diabetes),
- *Pramehapidika* (carbuncles),
- *Kotha* (urticaria),
- *Kanḍu* (itching),
- *Pandu* (anaemia),
- *Jvara* (fever),
- *Kushtha* (skin disease),
- *Amapradoshaja vikara*(diseases due to Ama),
- *Mutrakrichchha* (difficulty in micturation),
- *Arochaka* (loss of appetite),
- *Tandra* (drowsiness),

- *Klaibya* (infertility),
- ***Atisthauilya* (excessive obesity),**
- *Alasya* (laziness),
- *Gurugatrata* (heaviness of body),
- *Indriyasrotasam lepa*
- *Buddhermoha* (confusion),
- *Pramilaka* (continous thinking),
- *Shopha* (swelling)

***Sthaulya*:**

In *Ayurveda*, *Sthaulya* and *Atisthauilya* has been described in various *Samhitas*, *Sangraha Granthas* etc. *Acharya Charaka* has described *Atisthauilya*

among the eight despicable personalities *Ashta nindita purusha* ^[2], *Santarpanajanya roga* ^[3] and *Madhurarasaatisevanjanya roga* ^[4].

Acharya Sushruta described *Sthaulya* and *Medovridhi* in *Sutrasthanaadhyaya 15th 'Doshadhatu-mala kshaya-vridhi-vijnaniyam adhyaya'*.

As per *Acharya Sushruta* there are three types of *Purusha sharira* – (1) *Sthula*, (2) *Krusha* and (3) *Madhya*, and he also mentioned that their *shariras* depend on the *Rasa dhatu*. In other words, it can be said that if *Rasadhatu* is *Asamyaka*, the person will suffer either by *Sthaulya* or *Karshaya*. ^[5]

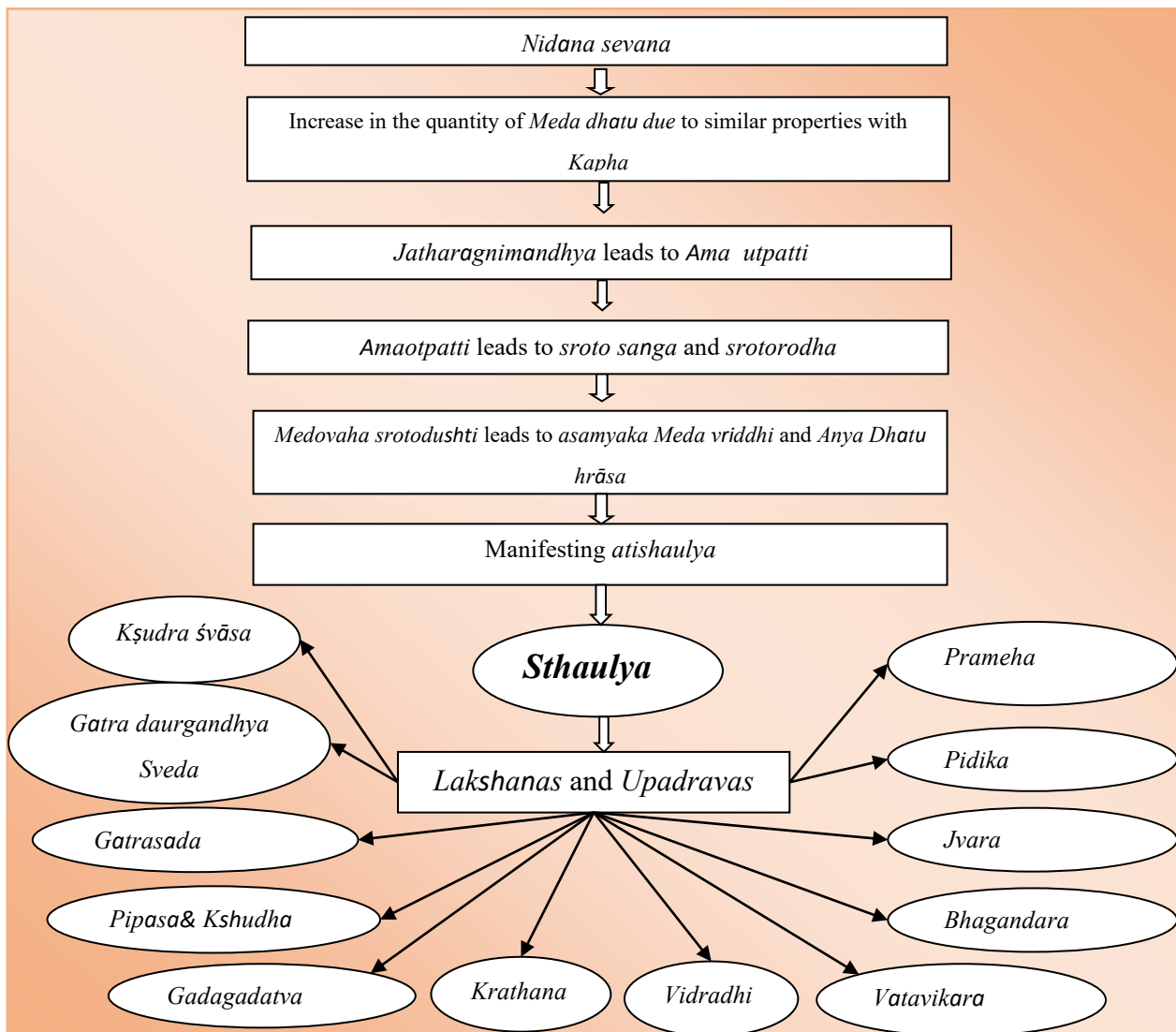


Fig. No. 01. Shows Samprapti, Lakshanas and Upadrava of *Sthaulya* ^[6]

RESULT:

Chikitsa of Santarpana Janya Vyadhi^[7]

- *Ullekhana* (*Vamana*- emesis)
- *Virecana* (Purgation)
- *Raktamokshana* (Blood letting)
- *Vyayama* (Physical exercise)
- *Upavasa* (Fasting)
- *Dhumapana* (medicated smoking)
- *Svedana*(fomentation)
- *Ruksha Ahara* (intake of dry food)
- Use of *Churna –Pradeha* indicated for *Kotha* and *Kandu* (application of powder and ointment of body)
- Intake of *Abhayaprasha* with *Madhu*

Table no 01.Pathya in Santarpana JanyaVyadhiandSthaulya^{[8], [9]}

Medohara (Sthaulyahara) Dravya			
1.	<i>Nitya Vyayama</i> (Ca.Su.23/25)	25	<i>Triphaladi kvatha</i> (Ca.Su.23/25)
2.	<i>Shilajatu</i> -(Su.Su.15/37)	26	<i>Madhvasava</i> - Su.Su.45/188)
3.	<i>Guggulu</i> - (Su.Su.15/37)	27	<i>Mutra</i> (<i>Karma</i> - <i>Medohara</i>) (Su.Su.45/217)
4.	<i>Gomutra</i> - (Su.Su.15/37)	28	<i>Arushkara Phala</i> - (Su.Su.46/196)
5.	<i>Triphala</i> - (Su.Su.15/37)	29	<i>Tuvaraka Phala</i> - (Su.Su.46/196)
6	<i>Loharaja</i> - (Su.Su.15/37)	30	<i>Karpura</i> - (Su.Su.46/203)
7	<i>Rasanjana</i> - (Su.Su.15/37)	31	<i>Gutika lavana</i> - (Su.Su.46/320)
8	<i>Madhu</i> - (Su.Su.15/37)	32	<i>Pakima kshara</i> – (Su.Su.46/323)
9	<i>Yava</i> -(Su.Su.15/37)(Su.Su.46/42)	33	<i>Tamra</i> – (Su.Su.46/327)
10	<i>Mudga</i> - (Su.Su.15/37)	34	<i>Kansya</i> - (Su.Su.46/328)
11	<i>Koradhusa</i> - (Su.Su.15/37)	35	<i>Trapu</i> - (Su.Su.46/329)
12	<i>Shyamaka</i> - (Su.Su.15/37)	36	<i>Sisa</i> - (Su.Su.46/329)
13	<i>Uddalaka</i> - (Su.Su.15/37)	37	<i>Mukta, vidruma, vajrendra, vaidurya sphaatika</i> – (Su.Su.46/330)
14	<i>Takra</i> (Su.Su.45/84)	38	<i>Patola yusha</i> - (Su.Su.46/371)
15	<i>Tilataila</i> Su.Su.45/113)	39	<i>Nimba yusha</i> - (Su.Su.46/371)
16	<i>Sarshapa taila</i> (Su.Su.45/117)	40	<i>Mulaka yusha</i> – (Su.Su.46/372)
17	<i>Tuvaraka taila</i> (Su.Su.45/122)	41	<i>Kulattha yusha</i> – (Su.Su.46/372)

18	<i>Bhallataka taila</i> -(Su.Su.45/122)	42	<i>Dadima Amalaka yusha</i> (Su.Su.46/374)
19	<i>Yavatikta taila</i> – (Su.Su.45/125)	43	<i>Dhana- ulumba-</i> (Su.Su.46/410)
20	<i>Madhu</i> (Su.Su..45/132)	44	<i>Anupana- Madhudaka</i> – (Su.Su.46/428)
21	<i>Purāṇna madhu</i> –(Su.Su.45/140)	45	<i>Trayushanadi Mantha</i> (Ca.Su.23/25)
22	<i>Madhvika</i> – (Su.Su.45/174)	46	<i>Kushthadi Churna</i> (Ca.Su.23/25)
23	<i>Shitarasika</i> – (Su.Su.45/185)	47	<i>Apatarpana aushadha</i> (Ca.Su.23/25)
24	<i>Mustadi Kashaya</i> (Ca.Su.23/25)	48	<i>Vyoshadi Mantha</i> (Ca.Su.23/25)

DISCUSSION:

In the present era, people are blind to money-earning and luxurious lifestyles. And not care for or even focus on what they eat and how they live. In this way, they indulge in unhealthy food with a sedentary lifestyle which results in lifestyle disorders. These types of conditions resemble with *Santarpanajanya Vyadhi*. When people do not balance energy consumption and energy expenditure, they will get disorders associated with over nutrition (*Santarpana Janya Vyadhi*). *Sthaulya* is one and very common among these disorders.

"*Sthula paribrihane*" ^[10]. *Sthaulya* is nothing but over-nourishment of the body in an account of *Medovridhhi due to Santarpana* (Over nourishment).

As per *Acharya Sushruta*, *Sthaulya* has manifested due to improper formation of *Meda dhatu*. *Nidanas* are *Santarpaniya*, *Medovriddhikara*, *Bṛhāṇiya* and *Pushtikara* in nature. Overindulgence in them causes *Medovridhhi* and results in the manifestation of *Sthaulya*. *Acharaya Sushruta* believes that *Angimandya* and *Amotaptti* are the primary cause of the *Sthaulya*. *Acharaya Charaka* also believed– *Ati Matrashana* ^[11] (eating in excess

quantities) is supreme in cause excess *Ama*. And *Ama* leads to *Sroto sanga* and *Srotorodha* result in *Sthaulya*.

Most of the elements enlisted above (Table No.01) are *Medoghna* and *Lekhāṇiya* by nature, which can help to reduce excess fat and lipids from the body and help in preventing *Santarpaniya* roga and *Sthaulya*, and consequences. Patient of *Sthaulya* should change their routine diet by adding following substitute, which can help in prevention and management of *Sthaulya*: *Yava*, *Mudga*, *Koradhusa*, *Shyamaka*, *Uddalaka*, *Takra*, *Madhu*, *Triphala*, *Tilataila*, *Gomutra* etc. Wheat could be replaced by *Yava* (Barley); Rice could be replaced by *Koradhusa* (Kodo millet), *Shyamaka* (Barnyard millet) and *Uddalaka* (Foxtail millet); milk or cold drink can alter with *Takra*, Groundnut or routine oil can replace by *Tilataila*. *Madhudaka* can be added as *anupana* in routine diet. *Triphala* and *Gomutra* are cost effective medicine, patient of *Sthaulya* should take it as *Rasayana* in the daily basis. .

Obesity is caused by a sedentary lifestyle, lack of physical activity, irregular diet, sleep pattern and stress. ^[12]*Acharya Sushruta* advocated *Vyayama* (exercise) to maintain equilibrium of *Doshas* for

healthy living. He promoted *Vyayama* to minimize the consequences of *Sthaulya* and *Prameha*. *Acharya Sushruta* mentioned that there are 2 types of *Pramehi*- 1. *Sahaja* and 2. *Apathyanimmitaja*. *Apathyanimmitaja Pramehi* is also recognized as *Sthula Pramehi* its simply mean that unhealthy food habit in terms of fat enhancer food will cause person fat as well as diabetic too. Modern science also accepts that Obesity increases the risk of type 2 Diabetes Mellitus, Cardiovascular disease, Cancer, and Premature death^[13]. *Acharya Charaka* stated that *Satmyacheshtha* (wholesome diet and regime) is best to adopt *sevyā* (habits). *Pancakarma* e.g. *Vamana*, *Virechana* and *Raktamokshana*; *Udvartana*; *Ruksha*, *Guru*, *Atarpana ahara sevan* e.g. *Ratri jagarana*, *Vyayama vihara sevan* etc are beneficial in preventing and treating the *Santarpanajanya Vyadhi* in account of their *Shodhana* and *Lekhana karma* which are helping in elimination of excess *Kapha* and *Meda* and also be helpful in management of *Sthaulya*.

In *Sutrasthanaadhyaya* 24th, *Acharya Sushruta* quoted one statement '*Aprirakshanakruta akalaja*'- if we do not care for us in terms of taking *Samyaka Ahara Vihara* etc we will get *Akalaja* (unexpected) diseases. ^[14] So one should take into consideration it to prevent *Akalaja* disease. As a consequence of *Sthaulya*, numbers of *Akalaja* diseases are enter prematurely in the body including death.

CONCLUSION:

Here this study is concluded to state that these above-mentioned measures are intensely

elaborate in the *samhita* which might be helpful in *Santarpanajanya Vyadhi* as well as *Sthaulya*. And we can prevent as well as treat these kinds of lifestyle diseases with fundamental principles of *Ayurveda*.

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