



MANAGEMENT OF LIFE STYLE DISORDER: *STHAULYA* (OBESITY) THROUGH *PATHYA-APATHYA* (DIET AND BEHAVIOURAL RESTRICTIONS) AND *EKAL DRAVYA* (SINGLE HERB)

TRIPTI TYAGI^{1*} SAKSHI SHARMA² RAJESH SHARMA³

^{1*} PG Scholar 3rd Year Dravyaguna Department, Ayurveda and Unani Tibbia College, Karol Bagh, New Delhi

² Senior Research Officer (Ayu), Ayurveda Central Research Institute West Punjabi Bagh, New Delhi

³ Associate Professor (Ayu), H.O.D, Dravyaguna Department, Ayurvedic and Unani Tibbia College and Hospital, Karol Bagh, New Delhi

Corresponding Email id: tripti.tyagi05@gmail.com Access this article online: www.jahm.co.in

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ABSTRACT:

Sthaulya (obesity) is highly concerned disorder in today era. *Sthaulya* is not a single disease but a group of multiple disorder with associated symptoms. In *Sushruta Samhita* it has been declared that *Karshya* is far better than *Sthaulya*. Several drugs are available for *Karshya* in comparison to *Sthaulya*. In *Sthaulya* mainly *Kapha dosha* and *medo dhatu dushti* are involved. In *Charaka Samhita Sutrasthana*, from eight *ashtanindita purusha Sthaulya- karshya* are one of them and etiopathogenesis and complications are detailed there with cardinal signs. In terms of management here are going to explain the importance of *pathya- apathya aahar-vihar* along with single drugs which directly involved in balancing *dosha* and dissolution of *meda dhatu*. *Sthaulya* *pathya* mainly of *Katu-tikta-kshaya rasa pradhna*, and *Katu Vipaka* which have just opposite properties of *Kapha* and *meda dhatu*, so helps in management of *Sthaulya*.

Key words: *Sthaulya*. *Kapha dosha*, *Medo dhatu*, *Pathya-apathya*

INTRODUCTION

According to *Sushruta*, when *tridosha*, *panchmahabhuta*, *saptdhatu*, *agni* and *mala* are in equilibrium, *mann*, *atma indriyana* all are in pleased state then a person is 'healthy' [1]. In *Charaka Samhita* it had been depicted that '*sam mans pramansthu*' which means appreciated individual is who has equal proportionate of *manas dhatu* and equally distributed in each part of body. Eight types of '*Ashtanindinya purusha*' are declared in which *ati-sthula* and *ati-krisha* are studied in detailed [2]. Out of these *atisthula* and *atikrisha* are very much reprehensible and *madayama sharir purusha* is appreciated. Excessive consumption of *Kaphavardhaka* (Guru, Sheet, *Singdha* aahar i.e heavy, cold, oily food) and lack of exercise along sedentary life style result in excessive building up of *Meda dhatu* and one of the main reason of *Sthaulya*. *Ahara rasa* is mainly responsible for *sthula* and *Krisha* [3]. *Sthaulya* is classified as *Medoroga* in *Ayurveda Texts* -A disease of *Meda Dhatu* [4] i.e Adipose tissue and fat as unwanted and undesirable bulking constitution in body. *Acharya Charaka* classified this problem under *Santarpanajanita Vyadhi* occurring due to excess diet as compared to their physical activity [5].

MATERIAL & METHODS

Pathya-apathya along with single drug for management of *Sthaulya* has been gathered from various classical textual along with its etiopathogenesis.

Nidana (Etiology) of Sthaulya [6]

Kaphavardhaka ahara, *adhyasan* (eating in state of indigestion), *avayayam* (lack of exercise), *divasapna* (day sleeping). Due to all this food is not digested properly which lead to excessive *madhura amarasa* production. The *amarasa* is excessive *singdha* due to which production of *medodhatu* occurs and result into *Sthaulya*.

Pratyatam Lakshna [7] (Cardinal sign)

A person due to excessive increased *meda* and *mans* (fat and flesh) in hip region, abdomen and breast are disfigured by pendulous movement. The person has continued weight gaining tendency and lack of enthusiasm termed as *Sthula* and condition of *Sthula* is termed as *Sthaulya*.

Samprapti [8] (Pathogenesis) of Sthaulya

According to *Acharaya Sushruta*, *Sthaulya* (obesity) and *Karshya* (malnutrition) depends upon the quality and quantity of *Ahararasa*. *Ahararasa* plays a major role for increasing *Meda dhatu* in *Sthaulya*, taking meals that increases *kapha*, avoid physical exercise, day time sleep leads to undigested *ahara rasa* circulating in the body, due to excessive sneha

which ultimately produces fat which causes *medoroga*.

Rupa^[9] (Symptoms)

The symptomatology of *Sthaulya* is evaluated by *Acharyas* in scientific manner. According to *Charaka* these cardinal symptoms or eight disabilities of *Sthaulya* mentioned as below-

Table no 1 : Rupa of *Sthaulya*

Rupa of <i>Sthaulya</i> (Obesity)		
S.no	Symptoms	Correlated Symptoms
1	<i>Ayusohrasa</i>	Diminution of lifespan
2	<i>Javoparodha</i>	Lack of enthusiasm
3	<i>Kriccha Vyavaya</i>	Difficulty in sexual act
4	<i>Daurbalya</i>	Debility
5	<i>Daugandhya</i>	Foul smelling of body
6	<i>Svedabadha</i>	Distressful sweating
7	<i>Kshudhatimatrata</i>	Excessive hunger
8	<i>Pipasa atiyoga</i>	Excessive thirst

Complications of *Sthaulya*^[10] (Obesity)

Madhav Nidana has elaborated the symptoms of this disease as *kshudra swas, Trishna, moha swapan, sadan, sweda, daurgandhya, alpa prana, alpa matithun*.

Obese/Overweight

Weight, height, and waist circumference are three key anthropometric measurements to

assess the obesity. The BMI calculated as an estimate of body fat and related risk of disease. Assessment of overweight and obesity is commonly done by using body mass index (BMI); BMI (Body Mass Index) = Actual weight in kg/ (Height in meter)^[11].

Classification of BMI in normal, overweight and obese^[12]

Table no 2: Classification of BMI in normal, overweight and obese

BMI in normal, overweight and obese individuals			
S.no	Individual Classification	BMI Range	Risk factor
1	Normal Range	18.50-24.99	Normal
2	Overweight	≥25.00	Increased
3	Obese	≥30.00	
a)	Obese Class -1	30.00-34.99	High

b)	Obese Class -2	35.00-39.99	Very High
c)	Obese Class -3	≥40.00	Extremely high

Management of *Sthaulya*^[13,14,15,16,17]

Management of *Sthaulya* can be achieved through *guru* and *aptarpana aahar* like madhu which is guru that can pacifies *agni* but also

dissolve *meda dhatu* via its *aptarpana property*. The food material and drugs which alleviates *vata, kapha* and *meda dhatu* act as *pathya-apathya* in *Sthaulya*.

Table no 3 : Pathya herbal drug

<i>Pathya herbal drug</i>	Charaka Samhita	Sushruta Samhita	Astanga Hridaya	Bhaishjya Ratnavali
<i>Giloy (Tinospora cordifolia)</i>	✓		✓	
<i>Nagarmotha (Cyperus rotundus)</i>	✓		✓	
<i>Triphala (Haritaki, Amalaki, Vibhitaka)</i>	✓	✓	✓	✓
<i>Brihat panchmoola (bilwa, shyonaka, ghambhari, agnimanta, patala)</i>			✓	
<i>Trikatu (Sunthi, marich, pippali)</i>			✓	✓
<i>Vidanga (Eclipta ribes)</i>	✓		✓	
<i>Sunthi (Zingiber officinalis)</i>	✓		✓	
<i>Sudha Shilajeet</i>		✓		✓
<i>Sudha guggulu</i>		✓		✓
<i>Loha Bhasma</i>	✓	✓	✓	✓
<i>Rasanjana</i>		✓	✓	
<i>Chotti elachi (Elettaria cardamomum)</i>				✓
<i>Amla (Euphorbia officinalis) and yava churna</i>	✓			
<i>Bilwadipanchmoola churna with madhu</i>	✓			

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<i>Shilajeet with agnimantha rasa</i>	✓		✓	
<i>Priyangu (Callicarpa macrophylla)</i>	✓			✓

Table no 4 : Pathya Dhanya Dravya

Pathya Dhanya Dravya	Charaka Samhita	Sushruta Samhita	Astanga Hridaya	Bhaishjya Ratnavali
<i>Yava</i> (Barley); <i>Hordeum vulgare</i>	✓	✓	✓	✓
<i>Jai</i> (oat); (<i>Avena sativa</i>)			✓	
<i>Jurna</i> (Jowar); <i>Sorghum vulgare</i>	✓		✓	
<i>Yavaka</i> (Type of Yava)	✓			
<i>Mudga</i> (<i>Vigna radiata</i>)	✓	✓	✓	✓
<i>Kultha</i> (<i>Macrotyloma uniflorum</i>)	✓			✓
<i>Udalaka</i> (Kutu); Buckwheat		✓		✓
<i>Shyamaka</i> (<i>Panicum frumentaceum</i>)	✓	✓		✓
<i>Arhar</i> (<i>Cajanus cajan</i>)	✓			✓
<i>Chana</i> (<i>Cicer arietinum</i>)				✓
<i>Masur</i> (<i>Lens culinaris</i>)				✓
<i>Chakramudga</i> ; <i>Mot</i> (<i>Vigna aconitifolia</i>)	✓			✓
<i>Prasantika</i> (<i>gaveduka</i>); (<i>Coxi lacryma-jobi</i>)	✓			
<i>Kodo</i> ; cow grass (<i>Paspalum scrobiculatum</i>)	✓			✓
<i>Neevar</i> (wild long rice)	✓			✓
<i>Sama</i> (barnyard millet)	✓		✓	✓

Table no 5 : Pathya drav dravya

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<i>Pathya drav dravya</i>	Charaka Samhita	Sushruta Samhita	Astanga Hridaya	Bhaishjya Ratnavali
<i>Madhu</i> (Honey)	✓	✓	✓	✓
<i>Takra</i> (Whey)	✓		✓	✓
<i>Kshara</i> (alkali)	✓		✓	
<i>Mastu</i> (watery part of curd)			✓	
<i>Arishta</i> (fermented preparation)			✓	
<i>Madhya</i> (alcohol)				✓
<i>Maduraka</i> (Honey with water)	✓			
<i>Sarsapa Taila</i> (Mustard oil)				✓
<i>Tila taila</i> (<i>Sesamum indicum</i> oil)			✓	✓
<i>Takarishtha</i> (<i>arista</i> with <i>takra</i>)	✓			

Table 6 : *Pathya Vihar*

<i>Pathya Vihar</i>	Charaka Samhita	Sushruta Samhita	Astanga Hridaya	Bhaishjya Ratnavali
<i>Chinta</i> (worry)		✓		✓
<i>Kshrama</i> (physical activity)				✓
<i>Ratrijagaran</i> (awakening in night)	✓		✓	✓
<i>Methun</i> (sexual indulgence)	✓			✓
<i>Ubatan</i> (unction)	✓			✓
<i>Langhan</i> (fasting)				✓
<i>Sodhana</i> (purification)			✓	✓
<i>Dhup sevan</i> (sun)				✓

exposure)				
<i>Aswa aarohan</i> (Horse riding)				✓
<i>Aptarpana</i> (deprivation)				✓
<i>Agaru lepa</i> (coating of <i>Aquilaria</i> <i>agallocha</i>)				✓
<i>Ushna Jala</i> (lukewarm water)				✓
<i>Parakabhajan vari</i> <i>panam</i> (water before meal)				✓

Apathya Aahar-vihar in Sthaulya ^[18]

Sheetal sananam (Bath with cold water), *Rasayan ousadhi sevan* (excessive supplementary drugs), *Naveen shali /shuka dhanya* (new cereals /pulses), *Sukhaasana* (comfortable bed), *Dugadh and ikshu vikara* (milk and sugarcane products), *Masha* (urad), *Snehan kriya* (excessive oleation), *Matshya mans* (sea food), *Divya sayan* (day sleeping except in summer), *Puspa mala* (garland of Flowers), *Chandan, Itra* (lepa with Chandan, soothing drugs), *Madhura aahar* (excessive sweet food) *Bhojan paschayat panam* (liquid after meal).

DISCUSSION

Sthaulya word as derived from 'Sthula' where all body parts are disproportionate and excessive deposition of adipose tissue has

occurred which results in pendulated body parts during movement and with associated symptoms. Several single herbal drugs, cereals, pulses, liquids and *pathya-apathya* etc are collected from various textual and documented here in this article. *Pathya-apathya ahara -vihar* form the basis of treatment and reversing the etiopathogenesis of *Sthaulya*. *Sthaulya* is basically life style disorder with associated symptoms and can be managed with various forms of drugs which pacifies *Kapha dosha* and resolve the *meda dhatu* and prevents *ama rasa* production.

Diet and exercise along with counselling for a lifestyle alteration help a subject to lose 7% of body weight ^[19]. It is also evident from research study that Millets (*trin dhanya*) like *Kodo*; cow grass (*Paspalum scrobiculatum*),

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Shyamaka (*Panicum frumentaceum*), *Sama* (Barnyard millet) have a significant role in reduction of weight. They are good sources of polyphenols, flavonoids and other phytochemicals that have anti-inflammatory and weight reduction effects. Taking these millets for 4 weeks, there is significant weight loss has been detected^[20]. In obesity rather than maintenance of weight and mere measurement loss one should constantly support and encourage patients to make changes in their diet quality and physical activities, it is quit evident from research study^[21].

CONCLUSION

Present article is declaring that *Sthaulya* is a life style disorder primarily as evident from its pathogenesis and etiology, however it may be due *beej dosha* (genetic) also. Life style disorder like *Sthaulya* management can be done by changing our dietary habits and physical exercise. *Sthaulya* can be better managed via following *Pathya aahar* and calorie exhausting physical activities (*Pathya Vihar*). Successful researches has been done on diet, physical activities, and counselling for encouraging to change them accordingly. Millets are one of the future dietary regimen(*pathya aahar*) to combat *Sthaulya*.

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