



ISSN 2456-3110

Vol 6 · Issue 4

July-Aug 2021

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Dietary intervention in *Sthoulya* (obesity)

Sowmya MN<sup>1</sup>, Sankangoud Patil<sup>2</sup>, Nanjamanni N<sup>3</sup>

<sup>1</sup>Reader, Dept. of PG studies in Swasthavritta, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

<sup>2</sup>Reader, Dept. of PG studies in Swasthavritta, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

<sup>3</sup>Senior Lecturer, Dept. of Periodontics, Mathrushri Ramabai Ambedkar Dental College and Hospital, Bangalore, Karnataka, India.

## ABSTRACT

*Sthoulya* (Obesity) is the most prevalent form of malnutrition. As a chronic disease, prevalent in both developed and developing countries and affecting children as well as adults, it is one of the most significant contributors to ill health. Ayurveda which is not only a science of medicine but a way of life. It advocating prevention of disease as its primary aim and following holistic approach in dealing with diseases. Acharya Charaka has described *Sthoulya* under *Asta Ninditha Purusha* (Eight undesirable constitution) based on their ugly appearance, victims to public abuse and unmanageable health condition. In *Sthoulya* there is excessive increase in *Mamsa* (flesh) and *Meda* (fat) *Dhatu* with pendulous movement of buttock, abdomen and breast, strength is rendered disproportionate with physical growth. *Sthoulya* is one among *Kapha Pradhana Vyadhi* (predominant disease) involving *Kapha* and *Medas* as main *Dosa* and *Dusya* in the *Samprapthi* (pathogenesis). *Sthoulya* is root cause for many killer diseases like Diabetes, Hypertension and heart diseases. To manage *Sthoulya* there is a need for proper dietary planning. Dietary foods having the property of *Guru* (heavy) and *Atarpana* (non-nourishing) must be followed like *Yava* (Barley), *Mudga* (Green gram), *Kulatta* (Horse gram), *Adhaki* (pigeon pea). Hence here an effort is made to manage *Sthoulya* through Ayurvedic diet.

**Key words:** *Sthoulya*, *Ninditha Purusha*, Ayurvedic diet

## INTRODUCTION

Obesity may be defined as an abnormal growth of the adipose tissue due to an enlargement of fat cell size (hypertrophic obesity) or an increase in fat cell number (hyper plastic obesity) or combination of both. Obesity is often expressed in terms of body mass index (BMI).<sup>[1]</sup> In Ayurveda, *Acharyas* considered *Sthoulya* as one among *Ninditha Purusha* (undesirable

constitution). As it troubles health states of the person. *Sthoulya* is caused by over eating, excessive intake of *Guru*, *Madhura*, *Sheetha*, *Snigdha Ahara*, lack of physical activities, abstinent from sexual intercourse, day sleep, uninterrupted cheerfulness, lack of mental exercise and hereditary.<sup>[2]</sup>

Due to these *Nidanas* all the *Srotas* in the body that continuously supply nutrition are blocked by *Medas* so further *Dhatu*s are not formed properly result in *Vridhi* of *Vata Dosha* inside the Kosta stimulates *Jataragni* to digest and absorb the consumed food at a faster rate. Due to this there is excessive accumulation fat and musculature in Buttocks, abdominal wall and breast are enlarged a lot results in unequal distribution of fat in the body, the person is called *Sthula* (obese).

*Acharya Bhavamishra* has explained about signs and symptoms of *Sthoulya* are mild dyspnea, thirst, drowsiness, excess sleep, moaning due to overweight, excess appetite, offensive smell from the body,

### Address for correspondence:

Dr. Sowmya MN

Reader, Department of PG studies in Swasthavritta, JSS Ayurveda Medical College and Hospital, Mysuru, Karnataka, India.

E-mail: somsnanjangud@gmail.com

Submission Date: 12/07/2021

Accepted Date: 05/08/2021

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka  
Ayurveda Organization, Vijayapur,  
Karnataka (Regd) under the license CC-  
by-NC-SA

incapability to work and incapability to participate in sexual intercourse, *Medas* is situated in all the living organism in the abdominal wall and that is why they also suffer from enlarged central part of the body. In central obesity or android obesity risk towards serious diseases are more when compared to fat distributed more evenly and peripheral parts of the body i.e., gynoid obesity.<sup>[3]</sup>

*Acharya Charaka* described about *Astha Dosas* of *Sthoulya* they are decreased lifespan, slow in movement, difficult to indulge in sexual intercourse, they are weak, emits bad smell, have much sweating, hunger and thirst.<sup>[4]</sup>

*Sthoulya* person may suffers from skin diseases, necrosis, fistula-in-ano, fever, diarrhea, diabetes, hemorrhoids, filariasis, lipomas, jaundice and growth of microorganisms due to the offensive odour of sweat and *Medas*.<sup>[5]</sup>

In order to overcome the condition of obesity and to restore healthy states one must correct their dietary pattern. The dietary foods having qualities like *Guru* (Heavy) and *Atarpana* (non nourishing) must be used.

The food and drinks that alleviate *Vata* and *Kapha Dosa*, *Meda Dhatu*. Administer *Yava* (barley), *Jurnahva* (jower), *Kodrava* (kodo millet), *Mudga* (green gram), *Kulatta* (horsegram), *Adaki* (pigeon pea), *Patola* (snake gourd), *Amalaki* (Indian gooseberry), *Madhudaka* (honey water), *Purana Shali* (old rice),<sup>[6]</sup> *Yava Shyamaka Bhojana* mixed with *Chavya*, *Jeeraka*, *Vyosha*, *Hingu*, *Souvarchala Lavana*,: *Mastu*(supernant watery portion of curd), *Saktu* (powder of barley). *Ushana Anna Manda* (supernatant liquid portion of cooked rice) are necessary.<sup>[7]</sup>

## DISCUSSION

*Sthoulya* is one of the life disorders needs a proper care of diet and lifestyle modification to avoid complications. Adopting healthy diet helps a lot to manage *Sthoulya* through *Pathya Ahara*. In order to control increased *Vata* and *Agni* the *Guru Ahara* (heavy food) is necessary and to reduce the *Meda Dhatu* and *Kapha Dosh* *Atarpana Ahara* (Non Nourishing food) is necessary.<sup>[8]</sup> *Madhudaka* means

honey mixed with water, when it administered by its scraping action it reduces the excess of fat in the body.<sup>[9]</sup> *Yava* is strength promoting because it clarifies obstruction to channels by its action, as it is cold in potency and is sweet to taste accompanying astringent taste it alleviates *Kapha* and *Yava* preparation like *Yava Manta*, *Yava Saktu* ( Powder of roasted *Yava*), *Yava Rotika* etc. helps to cures adiposity.<sup>[10]</sup> *Jurnahva* (jower) is sweet and astringent taste, it reduces *Kapha* and moisture inside the body thus it helps in reducing body bulk when consumed as roti.<sup>[11]</sup> *Kodrava* (kodo millet) is *Grahi* (absorbent) and pacifies *Kapha*, *Mudga* (green gram) consumption pacifies *Kapha Dosh* when used as *Mudga Yusha*.<sup>[12]</sup> (*Kulatta* (horse gram) is having astringent taste, pungent in post digestive effect and alleviates *Sthoulya* when used as *Kullatta Yusha*.<sup>[13]</sup>

*Patola* (snake gourd) *Shaka* (vegetable) used to alleviate *Sthoulya* when consumed in *Sabji* by its *Kapha* alleviating property and pungent *Vipaka* (post digestive effect).<sup>[14]</sup> (*Amalaki* - Indian gooseberry) destroys *Sthoulya* by mitigating *Vata Dosh* by its *Amla Rasa* (sour taste) and *Kapha Dosh* by its *Ruksha* and *Kashaya Rasa*.<sup>[15]</sup>

## CONCLUSION

*Sthoulya* is one among lifestyle disorder it can be effectively managed through proper diet intake. Ayurveda an ancient medical science gives importance for *Aahara* as it considers it as three *Upastamba* (sub pillars) of life. In *Sthoulya* by administering *Ahara* having *Guru* and *Atarpana* type of food helps reduce bulk of adipose tissue in the body. Thus, dietary management helps to prevent complications aroused out of it.

## REFERENCES

1. Park K. Park's textbook of preventive and social medicine. Jabalpur, Banarsidas Bhanot. ed 22<sup>nd</sup>; pg no 367.
2. Sharma RK, Dash Bhagawan. Charaka Samhita. Chaukhamba Sanskrit Series Office, Varanasi. Vol I, Chapter 21, verse3-4, pg no 375.
3. Sitaram Bulusu. Bhavaprakasa of Bhavamisra. Varanasi, Chaukhamba Orientalia. vol II, reprint ed 2017: chap 39, verse 3-9, pg no 436-437.

4. Sharma RK, Dash Bhagawan. Charaka Samhita. Chaukhamba Sanskrit Series Office, Varanasi. Vol I, Chapter 21, verse 3-4, pg no 375.
5. Sitaram Bulusu. Bhavaprakasa of Bhavamisra. Varanasi, Chaukhamba Orientalia. vol II, reprint ed 2017: chap 39, verse 10, pg no 436-437.
6. Sharma RK, Dash Bhagawan. Charaka Samhita. Chaukhamba Sanskrit Series Office, Varanasi. Vol I, Chapter 21, verse 20-28, pg no 379.
7. Sitaram Bulusu. Bhavaprakasa of Bhavamisra. Varanasi, Chaukhamba Orientalia. vol II, reprint ed 2017: chap 39, verse 11-14, pg no 437.
8. Gopalani Ajay, Sarmandal Bhushan. Obesity. The Arya Vaidya Sala, Kottakal, Kerala. ed 1<sup>st</sup>; 2007, pg no 115.
9. Sitaram Bulusu. Bhavaprakasa of Bhavamisra. Chaukhamba Orientalia, Varanasi. vol 1, reprint ed 2018 verse 2, 5: pg no 550.
10. Sharma RK, Dash Bhagawan. Charaka Samhita. Chaukhamba Sanskrit Series Office, Varanasi. Vol 1, Chapter 27, verse 19-20, pg no 496.
11. Sharma Priyavrat, Sharma Guruprasad. Kaiyyadeva Nighantu Pathyaapathya Vibhodaka. Chaukhambaha Orientalia, Varanasi. Reprint ed 2017, Dhanya Varga, verse 105-107 pg no 320.
12. Sharma Priyavrat, Sharma Guruprasad. Kaiyyadeva Nighantu Pathyaapathya Vibhodaka. Chaukhambaha Orientalia, Varanasi. Reprint ed 2017, Dhanya Varga, verse 80, 38, pg 441, 431.
13. Sharma Priyavrat, Sharma Guruprasad. Kaiyyadeva Nighantu Pathyaapathya Vibhodaka. Chaukhambaha Orientalia, Varanasi. Reprint ed 2017, Dhanya Varga, verse 61-62, pg 437.
14. Sharma RK, Dash Bhagawan. Charaka Samhita. Vol I, Chaukhamba Sanskrit Series Office, Varanasi. Chapter 27, verse 96,98, pg no 511.
15. Sharma Priyavrat, Sharma Guruprasad. Kaiyyadeva Nighantu Pathyaapathya Vibhodaka. Chaukhambaha Orientalia, Varanasi. Reprint ed 2017, verse 237, 240 pg no 47.

**How to cite this article:** Sowmya MN, Sankangoud Patil, Nanjammanni N. Dietary intervention in Sthoulya (obesity). J Ayurveda Integr Med Sci 2021;4:252-254.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*