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# Ayurveda management of *Sthoulya Roga* (Obesity)

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## ABSTRACT

Lifestyle disorders are occurring commonly in India as well as the whole world. Due to altered lifestyle, inappropriate food habits, lack of adequate exercise and psychological stress had led to frequent occurrence of *Sthoulya Roga*. It has various complications like hypertension, diabetes mellitus, cerebrovascular accident, osteoarthritis, dyslipidemia, respiratory distress, depression, ischemic heart disease, peripheral vascular disease, and cancer. So, an effective Ayurveda management has to be developed for *Sthoulya Roga*. Even an endocrine disease Hypothyroidism can also lead to obesity. Obese patients are often depressed and like have the chance of developing malignancy. Medicines like *Thryushanadi Loha*, *Shilajatu Capsules*, *Amritadi Guggulu*, *Navaka Guggulu*, *Medohara Guggulu*, *Vyayama*, *Rooksha Udvartana*, and *Langhana* or *Karshana Chikitsa* have a better result in the management of obesity. This paper highlights about the Ayurveda management of *Sthoulya Roga* (obesity).

**Key words:** *Sthoulya Roga*, *Langhana*, *Ayurveda*, *Tryushanadi Louha*.

## INTRODUCTION

Non communicable disorders are on the rise in modern India. Lifestyle disorders, endocrine disorders, psychosomatic diseases, metabolic disorders and degenerative disorders comprise a group of non-communicable diseases.<sup>[1,2]</sup> Diabetes mellitus, obesity, hypertension, osteoarthritis, Ischemic heart disease, and Hypothyroidism are few examples for the same. Ayurveda medicine have a better role in the management of *Sthoulya Roga*. *Vyadhi Pratyhanika Aushadhi Prayoga*, hypolipidaemic drugs, *Karshana Chikitsa*, *Panchkarma* therapy, diet therapy, *Pathya*

*Apathya Prayoga*, and *Yogasanas* and *Pranayama* are advised during the Ayurveda management of *Sthoulya Roga*.<sup>[3,4]</sup>

Formulations used in the management of *Sthoulya Roga*;

1. *Tryushanadi Louha*
2. *Shilajatu Capsules*
3. *Vidangadi Loha*
4. *Navaka Guggulu*
5. *Medohara Guggulu*
6. *Amritadi Guggulu*
7. *Triphala Tablets*
8. *Shatsakara Choorna*
9. *Abhayarishta*
10. *Dantyarishta*
11. *Shilajatwadi Loha*
12. *Triphala Kwatha*
13. *Lashuna Capsules*
14. *Virechana Yogas*

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15. Vamana Karaka Yogas

16. Rooksha Udwartana

17. Yogaraja Guggulu

18. Ashwakanchuki Rasa

Actions of drugs which are commonly given in Sthoulya Roga Chikitsa.<sup>[5,6]</sup>

1. Langhana

2. Dipana

3. Ama Pachana

4. Medohara

5. Karshana

6. Hypocholesteremic

7. Increasing BMR

8. Virechana

9. Dhatu Kshaya Karaka

10. Vamana Karaka

11. Rooksha

12. Lekhana

13. Rasayana

14. Swedana

15. Increasing Thyroid activity

16. Exercise

#### **Langhana**

1. Vamana

2. Virechana

3. Rooksa Udwartana

4. Rakta Mokshana

5. Asthapana Basti

6. Kshara Basti

#### **Deepana**

1. Guggulu Kalpas

2. Bhallataka Vati

3. Chitrakadi Vati

#### **Ama Pachaka**

1. Trikatu Choorna

2. Chitrakadi Vati

3. Pancha Kolasava

4. Lashuna Capsules

#### **Medohara**

1. Lashuna Capsules

2. Amrita Guggulu

3. Navaka Guggulu

4. Tryushanadi Louha

#### **Kaphahara**

1. Vamana

2. Virechana

3. Guggulu Kalpas

4. Pancha Kolasava

#### **Hypocholesteremics**

1. Medohara Guggulu

2. Amritadi Guggulu

3. Lashuna Capsules

4. Lashuna Loha Rasayana

#### **Increasing BMR**

1. Chitrakasava

2. Lashuna Capsules

3. Medohara Guggulu

4. Bhallataka Vati

#### **Virechana**

1. Triphala Choorna

2. Katuki Kwatha

3. Trivrit Leha

4. Draksha Kalka

5. Ashwakanchuki Rasa

**Vamana Karaka**

1. Madanaphala Pippali Choorna
2. Yashtimadhu Phanta
3. Panama in excess

**Rookshana**

1. Shleshmataka<sup>[7]</sup>
2. Amlavetasa Choorna
3. Trikatu Choorna
4. Guggulu Kalpas<sup>[8]</sup>

**Lekhana**

1. Medohara Guggulu
2. Navaka Guggulu
3. Loha Bhasma
4. Punarnavadi Mandoora

**Rasayana<sup>[9]</sup>**

1. Lashuna Loha Rasayana
2. Shilajatu Loha Rasayana
3. Triphala Kwatha

**Dhatu Kshaya Karaka**

1. Vyayama
2. Rooksha Udwartana
3. Shodhana Therapy

**Karshana**

1. Vamana
2. Virechana
3. Kashaya Basti
4. Guggulu Kalpas

**Increasing Thyroid activity**

1. Guggulu Kalpas
2. Bhallataka Vati
3. Chitrakasava

**Exercise**

1. Moderate exercise
2. Vyayama
3. Yogasanas

**Type of obesity**

1. Normal weight obese
2. Metabolically obese normal weight
3. Metabolically healthy obese
4. Metabolically unhealthy obese

**Complications of obesity**

1. Stroke
2. Osteoarthritis
3. Diabetes mellitus
4. Depression
5. Exertional dyspnea
6. Hypoventilation
7. Malignancy
8. Cholidocholithiasis
9. Itching
10. Infertility
11. Ischemic heart disease
12. Congestive cardiac failure
13. Skin diseases
14. Hypertension

**DISCUSSION**

*Sthoulya Roga* is an *Atisantarpanajanya Roga*. In this disease mainly *Dhatwagni* is affected and *Kapha Dosha* and *Medodhatu* are involved. In *Samhitas* 8 *Mahadoshas* have been explained for this disease.

1. *Ayusho Hrasa* (Decreased lifespan)
2. *Javoparodha* (Slow actions)
3. *Krichchra Vyavayata* (Decreased libido)
4. *Dourbalya* (Weakness)

5. *Dourgandhya* (Bad odor)
6. *Ati Sweda* (Excessive sweating)
7. *Ati Kshudha* (Increased hunger)
8. *Ati Pipasa* (Excessive thirst)

Ayurveda medicine has a better role in the management of *Sthoulya Roga*. It acts by reducing the body weight either by increasing the BMR of by increasing the *Karshana* of *Dhatu*s like *Rasa* and *Meda* in the body. Duration of treatment is prolonged in *Sthoulya Roga Chikitsa*.<sup>[10]</sup>

#### Pathyas

1. Moderate exercise
2. Low calorie diet
3. High Fiber diet
4. Low fat diet
5. Non nourishing diet
6. Wild grains - *Kudhanyas*

#### Apathyas

1. Fat containing food
2. Nourishing diet
3. Lack of exercise
4. Sedentary lifestyle
5. *Harsha Nityatva*

#### CONCLUSION

Ayurveda medicine has a better role in the management of *Sthoulya Roga*. Prolonged treatment is necessary in *Sthoulya Roga*. There are least adverse

drug reactions even after prolonged period treatment in this disease. *Rooksha Udwartana* and *Shodhana* therapy are effective in the management of this disease.

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