An inclination of Prakriti towards Obesity - An Observational Study

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ABSTRACT

Sthaulya described as notorious disorder is mentioned by Acharya Charaka in Ashtauninditia Purusha. Acharya Charaka and Vagbhatta mentioned that Karshya (thin) is better than Sthaulya Vyadhi, however involvement of Vata and Pitta, cannot be neglected. Kapha Dosha is associated mainly due to its Ashrayashrayi Sambandha to Meda. In this study, we have tried to evaluate the interrelationship between Prakriti and Sthaulyta. More prevalence of Sthaulya in patients having Kapha predominant Prakriti pointed towards involvement of Kapha Dosha in pathophysiology of Sthaulya. Study also shows that people of urban areas are more obese than that of rural areas, because of unsystematic diet, junk food, lack of exercise, disturbed life style etc. Individual with Kaphaj Constitution have smoothness of organs and joints, clarity of complexion, firmness, compactness, and stability of the body.

Key words: Sthaulya, Ashtauninditia, Kapha, Karshya, Srotas, Medsara.

INTRODUCTION

It was postulated that if treatment was given on Mool (root) of a Srotas of a particular Dhatu given medicines act directly on the disease. Medsara what is the important of Prakriti in handling of Obesity is a big question, whose answer is in front of us, but has never been observed from research point of view.¹ It is a possibility that people who belong to Kaphaj Prakriti are happier in their skin and energy with well performing Agni. When they are observed and contrast to that Pitta and Vata Pradhah people and specially Pitta (Vata has high chances of leaness) more morbidity and low Agni when they fall into Obese category. The idea was to filter them out based on how much there troubled with their conditions and how many of them feel all the symptoms of Meda Dushti or Sthaulya Dushhi. The conclusion was drawn that Pitta Pradhan students were in more morbid state than any other Prakriti and the Kaphaj obese were very happy in their skin, feeling happy, energetic with very less symptoms of Sthaulya Dushhi.

PRAKRITI

The word Prakriti is made up of Pra + Kruti. Pra means the beginning, commencement or source of origin and Kruti means to form or original form or original sources.

Prakriti is built up of genetic and acquired traits. The genetic traits depend upon Shukra and Shonita.² Prakriti is of 7 different types: (1) Vataj Prakriti (2) Pittaj Prakriti (3) Kaphaj Prakriti (4) Vataj Pittaj (5) Pittaj Kaphaja (6) Kaphaj Vataja (7) Sam Prakriti.
Obesity

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 (hyperplastic obesity) or a combination of both.[3]

For practical purposes and among both children and adults, Body Mass Index (BMI) is now widely used to assess Obesity (Guillaume.M.1999)

Proposed Samprapti

Hetu

Vitiation of Dhatu, Dosha and Meda

Meda obstructed Srotas (Margavarodha)

More vitiation of Vata Dosha

Sustained release of Vayu

Appetite increase

Disproportion of intake and output of energy

Obesity[4]

Vata in pathogenesis of Obesity

Etiological factors vitiate Vat causing disturbed transportation of Vayu which resulted uneasiness, restless, disturbed mood and irregular appetite leading to primary symptoms of Obesity.

Pitta in pathogenesis of Obesity

Vitiation of Pitta due to the etiological factors resulted hunger and also disturbed eating habits. Pitta affects eating sense and increase tendency to eat noxious food such as sugar, coffee, fat, oil, and meat which increases weight and flabbiness.

Kaph in pathogenesis of Obesity

Vitiated Kaph slow down metabolic process, enhance weight gain tendency, disturbed hormonal regulation, causes fat deposition, decreases digestive fire therefore vitiated Kaph may be considered responsible for Obesity.

AIM AND OBJECTIVES

1. To understand relationship between Obesity and Prakriti.
2. To understand sobriety in morbidity in individual Prakriti.

MATERIALS AND METHODS

▪ An observational proforma had been prepared based on Ayurveda. we have surveyed around 800 students of 5 different schools and filtered out 200 students who fell into Obese category.

▪ A questionnaire including BMI, Prakriti assessment (AyuRythm and Prakriti chart), symptoms of Obesity as mentioned in Samhitas.[5]

BMI Categories

The following table shows the standard weight status categories associated with BMI ranges for adults.[6]

<table>
<thead>
<tr>
<th>BMI Categories</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5-24.9</td>
<td>Healthy</td>
</tr>
<tr>
<td>25-29.9</td>
<td>Overweight</td>
</tr>
</tbody>
</table>
30 and above  Obese

Inclusion and exclusion criteria for the study

Inclusion Criteria
1. Age - 30-35 years
2. BMI - 30-35 Kg/m²
3. Stable body weight for at least 3 months before study.

Exclusion Criteria
1. Patients with any amount of smoking or using any form of tobacco or any other type of addiction.
2. Patients with history of stroke or Chronic liver disease.
3. Any history of alcohol consumption.
4. Pregnancy, lactation.

**Observation**

During the health checkup camp in 5 different schools and 2 Post graduate teaching Institutes, we came across 800 students out of which 500 students fell into healthy overweight category, out of which 200 cases with help of BMI card fell into obese category. Among which we found 120 patients fell into Kaphaj Prakriti, 60 patients fell into Pittaj Prakriti, 5 patients fell into Vataj Prakriti and rest of all were Sam Prakriti.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Prakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayushohrasa (Diminution of life span)</td>
<td>Pittaj</td>
</tr>
<tr>
<td>Daurbalya (General debility)</td>
<td>Pittaj</td>
</tr>
<tr>
<td>Excessive thirst</td>
<td>Pittaj</td>
</tr>
<tr>
<td>Kriccha Vyavaya (Difficulty in sexual act)</td>
<td>Kaphaj</td>
</tr>
<tr>
<td>Javoparadha (Lack of enthusiasm)</td>
<td>Kaphaj</td>
</tr>
<tr>
<td>Daurgandhya (Foul smelling of body)</td>
<td>Pittaj</td>
</tr>
<tr>
<td>Swedabadha (Distressful sweating)</td>
<td>Pittaj</td>
</tr>
<tr>
<td>Kshudhatimatra (Excessive hunger)</td>
<td>Pittaj</td>
</tr>
</tbody>
</table>

**Discussion**

Obesity is the most menacing lifestyle disorder in Ayurveda, and it is equated to Sthoulya. Concept of Prakriti can be applied for manifestation and prognosis of diseases. Vata, Pitta and Kapha Dosha dominant Prakriti were analysed according to characteristics found in subjects.

**Conclusion**

Through this article, we have tried to evaluate the interrelationship between Prakriti and Sthoulya. Individual with Kaphaj constitution have smoothness of organs and joints, clarity of complexion, firmness, compactness, and stability of the body.

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