



ISSN 2456-3110

Vol 8 · Issue 8

August 2023

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

An inclination of *Prakriti* towards Obesity - An Observational Study

Jagriti Singh¹, Manohar Ram², Shweta Mishra³, Manish Mishra⁴

¹Post Graduate Scholar, Department of Samhita Evum Siddhanta, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

²Associate Professor, Department of Samhita Evum Siddhanta, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

^{3,4}Assistant Professor, Department of Kayachikitsa, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

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 *Sthaulya*. 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 Pradhan* people and specially *Pitta* (*Vata* has high chances of leanness) more morbidity and low *Agni* when they fall into Obese category. The idea was to filter them out based on how much they troubled with their conditions and how many of them feel all the symptoms of *Meda Dushti* or *Sthaulya Dushti*. 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 Dushti*.

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*.

Address for correspondence:

Dr. Jagriti Singh

Post Graduate Scholar, Department of Samhita Evum Siddhanta, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

E-mail: sjagriti97@gmail.com

Submission Date: 14/06/2023 Accepted Date: 23/07/2023

Access this article online

Quick Response Code



Website: www.jaims.in

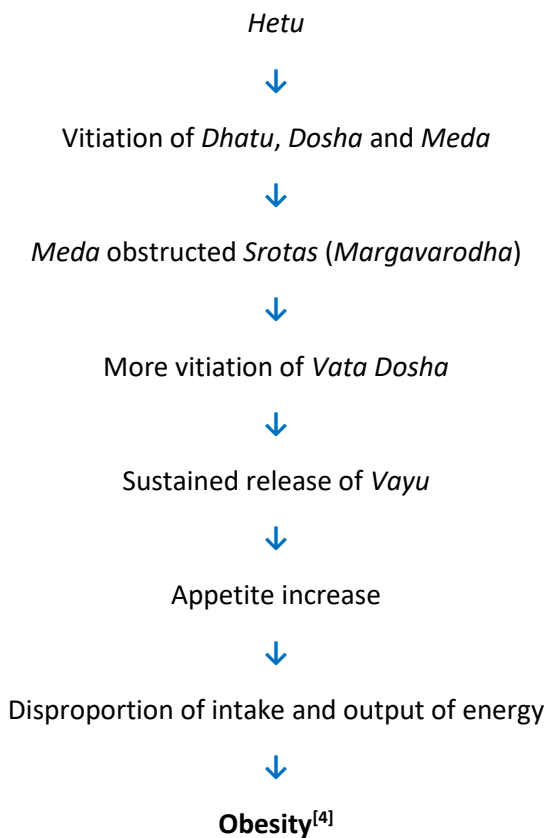
DOI: 10.21760/jaims.8.8.7

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



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

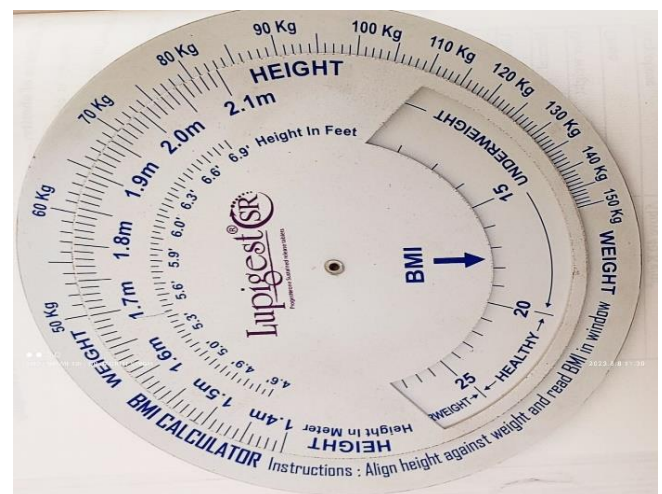
1. To understand relationship between Obesity and Prakriti.
2. To understand sobriety in morbidity in individual Prakriti.

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]



| | |
|------------|-------------|
| Below 18.5 | Underweight |
| 18.5-24.9 | Healthy |
| 25-29.9 | Overweight |

| | |
|--------------|-------|
| 30 and above | Obese |
|--------------|-------|

| | |
|---------------------------------|--------|
| Pipasatiyoga (Excessive thirst) | Pittaj |
|---------------------------------|--------|

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 school, we came across 3 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*.

| Symptoms | No. of cases |
|---|--------------|
| <i>Ayushohrasa</i> (Diminution of life span) | 25 |
| <i>Javoparodha</i> (Lack of enthusiasm) | 40 |
| <i>Kriccha Vyavaya</i> (Difficulty in sexual act) | 20 |
| <i>Daurbalya</i> (General debility) | 80 |
| <i>Daugandhya</i> (Foul smelling of body) | 10 |
| <i>Swedabadha</i> (Distressful sweating) | 15 |
| <i>Kshudhatimatra</i> (Excessive hunger) | 11 |
| <i>Pipasatiyoga</i> (Excessive thirst) | 8 |

| Symptoms | Prakriti |
|---|---------------|
| <i>Ayushohrasa</i> (Diminution of life span) | <i>Pittaj</i> |
| <i>Daurbalya</i> (General debility) | <i>Pittaj</i> |
| Excessive thirst | <i>Pittaj</i> |
| <i>Kriccha Vyavaya</i> (Difficulty in sexual act) | <i>Kaphaj</i> |
| <i>Javoparodha</i> (Lack of enthusiasm) | <i>Kaphaj</i> |
| <i>Daugandhya</i> (Foul smelling of body) | <i>Pittaj</i> |
| <i>Swedabadha</i> (Distressful sweating) | <i>Pittaj</i> |
| <i>Kshudhatimatra</i> (Excessive hunger) | <i>Pittaj</i> |

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.

REFERENCES

1. K.R. Srikantha Murthy, Sharangdhara Samhita Purvakhand Reprint Edition-2017 Chaukambha Orientalia Varanasi, Page No-107 (Sh. Pu 7/65).
2. K.R. Srikanth Murthy, Susruta Samhita Vol-1, Reprint Edition-2017, Chaukambha Orientalia Varanasi, Page No-78 (Su. Sha.4/36).
3. Hedge Gajanana, Kumar Prajwal, Bhat Priya. Sthoulya and its prevention in Ayurved". Journal of Biological and Scientific Opinion. Volume 2

4. Priyavat Sharma, Charaka Samhita Vol-1 first Edition 2014 Chaukambha Oreintalia Varanasi, Page No-145 (Ch. Su. 21/5-6)
5. @ayurthym.com.
6. Google Search, [http/www. WHO Obesity and overweight html.](http://www.WHO.Obesity.and.overweight.html)

How to cite this article: Jagriti Singh, Manohar Ram, Shweta Mishra, Manish Mishra. An inclination of Prakriti towards Obesity - An Observational Study. J Ayurveda Integr Med Sci 2023;08:49-52.
<http://dx.doi.org/10.21760/jaims.8.8.7>

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

Copyright © 2023 The Author(s); Published by Maharshi Charaka Ayurveda Organization, Vijayapur (Regd). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<https://creativecommons.org/licenses/by-nc-sa/4.0>), which permits unrestricted use, distribution, and perform the work and make derivative works based on it only for non-commercial purposes, provided the original work is properly cited.