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# Concept of *Sthoulya* in Ayurveda and its management with *Pathya Apathya*

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## ABSTRACT

According to WHO - 39% of adults aged 18 year and over were overweight in 2016 and 13% were obese. Over 340 million Children and adolescent aged 5-19 were overweight or obese in 2016. 39 million children under the age of 5-19 were overweight or obese in 2020.<sup>[1]</sup> The prevalence of *Sthoulya* (obesity) is increasing worldwide in all age groups. *Sthoulya* is a burgeoning global problem due to change in life style, Faulty diet pattern and decrease interest in the Exercise which lead to Hypertension, Diabetes mellites, Atherosclerosis and other non-communicable disease. *Ayurveda* is the science of life according to *Ayurveda Samhitas* *Sthoulya* is a *Santarpanjanya Vyadhi* which is described in *Astonindatiya Adhyaya* in *Sutrasthana* of *Charak Samhita* in detail. In *Sthoulya* disease mainly *Medo Vaha Srotas* is affected due to which their overgrowth of *Medodhatu* and this process eventually manifests as *Sthoulya*. In *Ayurveda* several measures are given by which we can reduce the risk of *Sthoulya* by the help *Ahaar Vihaar* and *Aushadha*. A study has shown that how *Triphala Tail* and *Triphala Churna* act on *Samprapti* of *Sthoulya* and breaks it to reduce the *Meda* which is the main cause of *Sthoulya*.

**Key words:** *Sthoulya*, *Santarpanjanya Vyadhi*, *Astonindatiya Adhyaya*, *Medovaha Srotas*, *Medodhatu*, *Triphala Churna*, *Triphala Tail*.

## INTRODUCTION

The prevalence of *Sthoulya* (obesity) is increasing worldwide in all age groups. According to *Ayurvedic Samhitas* *Sthoulya* is a *Santarpanjanya Vyadhi* which is described in *Astonindatiya Adhyaya* in *Sutrasthana* of *Charaka Samhita* in detail. In *Sthoulya* disease mainly

*Medovaha Srotas* is affected due to which there is overgrowth of *Medodhatu* and this process eventually manifests as Obesity disease. The prevalence of *Sthoulya* (obesity) is increasing worldwide in all age groups. According to *Ayurvedic Samhitas*, *Sthoulya* is a *Santarpanjanya Vyadhi* which is described in *Astonindatiya Adhyaya* in *Sutrasthana* of *Charaka Samhita* in detail. In *Sthoulya* disease mainly *Medovaha srotas* is affected due to which there is overgrowth of *Medodhatu* and this process eventually manifests as Obesity disease.

**The over obese has eight defects<sup>[3]</sup>**

आयुषो हासो (Shorting of life span)

जवोपरोधः (Deranged movement)

कृच्छ्रव्यवायता (Difficulty in sexual inter course)

दौर्बल्यं (General debility)

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दौर्गन्ध्यं (Foul smell from the body)

स्वेदाबाधः (Excessive sweating)

क्षुदतिमात्रं (Excessive hunger)

पिपासातियोगश्चेति (Excessive thirst)

### Causes<sup>[3,4]</sup>

गुरुमधुरशीतस्निग्धोपयोगादव्यायामादव्यवायाद्विवास्वप्नाद्धर्पनि  
त्यत्वाद- चिन्तनाद्वीर्जस्वभावाच्चोपजायते । (Ch. Su.21/4)

अव्यायामदिवास्वप्नक्षेष्मलाहारसेविनः । मधुरोऽन्नरसः प्रायः  
स्नेहान्मेहो विवर्द्धयेत् । (Yogratnakar 40/1, Bh.39/1)

### Acc. to Brihatrayi and Laghutrayi

- Intake of heavy, sweet, cold and fatty diet
- Lack of physical exercise
- Abstinence from sexual intercourse
- Indulgence in day sleeping
- Exhalation or excessive cheerfulness
- Lack of mental work
- Genetic defect or hereditary one

### Pathophysiology of obesity (Sthoulya)

मेदसाऽऽवृत्तमार्गत्वाद्वायुः कोष्ठे विशेषतः । चरन्  
संधुक्षयत्यग्निमाहारं शोषयत्यपि ॥५॥

तस्मात् स शीघ्रं जरयत्याहारं चातिकाङ्क्षति ।

विकारांश्चाश्रुतेघोरान् कांश्चित्कालव्यतिक्रमात् ॥६॥

एतावुपद्रवकरौ विशेषादग्निमारुतौ । एतौ हि दहतः स्थूलं  
वनदावो वनं यथा ॥७॥

मेदस्यतीव संवृद्धे सहसैवानिलादयः । विकारान्दारुणान् कृत्वा  
नाशयन्त्याशु जीवितम् ॥८॥ (Ch.Su.21/5,6,7,8)

Due to excessive accumulation of *Meda* in the body *Vata* gets obstruction to its normal movement as a result *Vata* is specially confined to *Kostha* leading to stimulation of digestive power and absorption of the food. Digestion of consumed food become very fast due to enhanced *Agni* that's person eats more and more amount of food. In case of delay in taking food,

he is afflicted with some serious disorders because it digest the *Dhatus*. The *Agni* and *Vata* are the two most troublesome and complicating and burns the obese individual like the forest fire burning forest. In the event of excessive increase of fat, *Vata* etc which may lead to development of severe disorders and destroy the life of an individual instantaneously.

### Complication

#### According to Yogratnakar

*Prameha*

*Hridroga* (can be correlated with *Kaphaj Hridroga*)

*Atisar*

*Arsha*

*Shleepada*

*Apachi*

*Kamala*

### Symptoms

मेदोमांसातिवृद्धत्वाच्चलस्फिगुदरस्तनः । अयथोपचयोत्साहो  
नरोऽतिस्थूल उच्यते ॥९॥ (Ch.Su.21/9, Yogratnakar 40/9)

Due to increase in fat and flesh, the person buttocks, abdomen and breasts keep on shaking. The body does not grow properly. He does not have proper enthusiasm and should be considered as a symptom of obesity.

### Chikitsa Siddhant

- *Nidan parivarjan*
- गुरु चातर्पणं चेष्टं स्थूलानां कर्शनं प्रति । (Ch.Su.21/20)
- Very obese people should be given *Guru & Aptarpan* diet to make them *Krishna*.
- क्षौद्रेण त्रिफलाक्वाथः पीतो मेदोहरः स्मृतः । शीतीभूतं  
तथोष्णाम्बु मेदोहृत्क्षौद्रसंयुतम् (Yogratnakar 40/12)<sup>[9]</sup>
- Food and drinks alleviating *Vata* and reducing *Kapha* and *Fat*, *Hot* and *sharp Enema*, use of *Guduchi*, *Devdaru*, *Musta*, *Triphala*, *Takrarishta*, Honey is recommended for removing the over Obesity.

- Use of *Vidanga*, *Shunthi*, *Yavakshara*, and Ash powder of black Iron mixed with Honey, Powder of *Barley*, *Amla* juice mixed with Honey.
- Use of *Bilvadi Panchmula* mixed with honey and *Shilajatu* along with the juice of *Agnimantha* is recommended.
- Physical and mental exercise.
- Use of urinary laxatives.
- *Abhyanga* and *Udvardana* with *Triphaladi Tail* and *Triphala Churna*.

**Chikitsa<sup>[5]</sup>**

1. *Sansodhana Chikitsa*
2. *Samshaman Chikitsa*

**Sansodhan Chikitsa**

1. *Vaman*
2. *Virachan*
3. *Niruha Basti*
4. *Karshan Nasya*

**Sanshaman Chikitsa**

**Rasa/Bhasma/Pisti**

- *Parad Bhasma* - 125-250 mg (*Anupan - Madhu*)
- *Trimurti Rasa* - 125-250 mg (*Anupan - Madhu*)

**Vati**

- *Arogyavardhini Vati* - 250-500 mg (*Anupan Madhu/hot water*)

**Churna**

- *Triphala Churna* - 3-6 gm (*Anupan - Madhu/hot water*)
- *Vacha Churna* - 3-6 gm
- *Vidangadi Churna* - 3-6 gm
- *Phaltrikaadi Churna* – 3-6 gm

**Kwatha/Aasav-Arista**

- *Musthaadi Kwath* - 10-20 ml (*Anupan - water*)
- *Phalatrikadi Kwath*

- *Agnimanthaadi Kwath*
- *Lohasava*

**Guggulu Yoga**

- *Medohar Gugglu*
- *Trayodashanga Gugglu*

**Ekal drugs**

*Gugglu, Vacha, Haritki, Gomutra, Amlaki, Shunthi, Patola, Guduchi,*

**Kshara Yoga** - *Yava Kshara, Apamarga Kshara, Eranda Kshara*

**Sattu Yoga** - *Vyosahdhya Sattu, Trayushadhya Sattu*

**Vihar (Yoga Asana)**

*Halasana, Mayurasan, Shirshasana, Naukasana, Pranayama, and Meditation, Suryanamaskar, Pawanmuktasana.*

**Exercise**

It is very useful to treat Obesity. Extra calories should be burnt with exercise.

**Mode of action of Triphaldi Tail Abhyanga in Sthoulya<sup>[7]</sup>**

*Acharya Dalhana* has explained in detail about the absorption of *Sneha* used in *Abhyanga* procedure. According to that the oil used in *Abhyanga* reaches the different *Dhatus* one by one like *Ksheera Dhadhi Naya* and *Kadar Kulya Naya* if it applied for the sufficient time.

*Triphala Tail Abhyanga*



*Guna - Due to Ushna and Teekshna Guna of Dravya*



*Kapha Meda Vilayana*



*Abhyanga effect*



*Due to Veerya of Dravya - Enters in to Romakupa*



Open the Mukha of Siras



Paka of Kapha and Meda Dhatu



Evacuation of Vikrutha Dosha and Dushya



Nirharana of Vikrutha Vata, Kapha and Aapya Dhatu along with Meda



Shareera Laghavata

### Mode of action of Triphala Churna Udhvartana in Sthoulya

Udhvartana with Triphala Churna



Bhrajaka Pitta in Twacha Absorbs Triphala



Paka Vilinata of Kapha Dosha and Meda occur



Triphala because of Ruksha Gunatmaka



Absorbs Prithakatwa Mala through sweat

By Udhvartana - Remove Undesirable Meda from Spik, Udara, Vaksha.

- Udhvartana is the best Bahir Parimarjana Chikitsa for Madhyama Sthoulya.
- According to Charaka it has been attributed to Bhibhatsahara and
- Dourghandyahara, which are the commonest stigmas of Sthoulya person.

### Pathya Ahara in Sthoulya<sup>[8]</sup>

- Anna Varga - Purana Shali, Rakta Shali, Shasthika Shali, Yava, Chanaka.
- Jalavarga - Shruta Sheeta Jal, Panchkola Shruta Jal, Sunthi Siddha Jal.
- Madyavarga - Purana Sidhu.
- Mutravarga - Gomutra.

- Kandavarga - Lasuna, Sunthi, Ardraka.
- Ksheeravarga - Takra
- Shakavarga - Patola, Karavellaka, Shigru, Nimbpatra.
- Mamsavarga - Jangalmamsa.

### Apathya Ahara in Sthoulya<sup>[8]</sup>

- Anna Varga - Navanna, Masha.
- Jalavarga - Dusita Jala, Sheet Jala.
- Madyavarga - Nutana Madya.
- Ksheeravarga - Dadhi, Ksheera.
- Mamsavarga - Anupamamsa

### Modern Aspects

#### What Is Obesity or Overweight

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health BMI is a simple index of weight for height that is commonly used to classify overweight and obese in adults. It is defined as a person's weight in kilogram divided by the square of his height in meters (kg/m).

#### Adults

- Overweight is a BMI greater than equal to 25
- Obesity is a BMI greater than or equal to 30

#### Children Aged Between 5-19 Year

- Overweight is BMI for age greater than 1 standard deviation above the WHO growth reference.
- Obesity is greater than 2 standard deviations above the WHO growth reference.

#### Body Mass Index (BMI)<sup>[1]</sup>

#### Acc.to WHO

$$BMI = \frac{Weight (kg)}{\{Height (m)\}^2}$$

#### What Cause Obesity and Over Weight

The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended Globally, there has been;

- An increased intake of energy dense foods that are high in fat and sugar
- An increase in physical inactivity due to increasingly sedentary nature of many forms of work, and increasing urbanization

Changing in dietary and physical activity pattern are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, urban planning, environment, food processing, education.

#### What are the symptoms of Obesity?<sup>[2]</sup>

- Excess body fat, particularly around the waist.
- Shortness of breath.
- Sweating more than usual.
- Skin problems from moisture accumulating in the folds.
- Inability to perform simple physical tasks you could easily perform before weight gain.

#### Complications

- Type 2 diabetes mellitus
- Hypertension
- Coronary heart disease
- Breathlessness
- Hirsutism
- Infertility
- Psychological depression
- Varicose veins

#### How can Overweight and Obesity be reduced

- Limit energy intake from total fats and sugars.
- Increase consumption of fruit and vegetable, as well as legumes, whole grains and nuts.
- Engage in regular physical activity.
- The food industry can play a significant role in promoting healthy diets by;
- Reduced the fat, sugar and salt content of processed food.

- Ensuring that healthy and nutritious choices are available and affordable to all consumers.
- Restricting marketing of foods high in sugar, salt and fat, especially those foods aimed at children and teenagers

#### Some Useful Tips

- Maintain a regular daily routine. Wake up before 6.00am
- Exercise at morning at least 40min/day
- Eat light nourishing breakfast - cooked apple, toast, cooked barley,
- Boil water with fresh ginger and drink frequently throughout the day
- Do not sleep during day
- Avoid eating late at night
- Eat only after digestion of previous food
- Eat only when you are hungry. Find out correct quantity for you
- Take a walk after meal

#### CONCLUSION

At the end it can be concluded that *Sthoulya* is *Santarpanjanya Vyadhi* and is a *Kashtasadhya Vyadhi* which can be correlated with Obesity in present era and caused by improper lifestyle and food habits. *Ayurveda* is the Science of Life which explains how longevity and health can be maintained by *Ahaar* and *Vihaar*. In *Ayurveda* several measures are given by which we can reduce the risk of *Sthoulya* or Obesity by the help of *Ahaar*, *Vihaar* and *Aushadha*. A study has shown that how *Triphaladi Tail* and *Triphaladi Churna* act on *Samprapti* of *Sthoulya* and breaks it to reduce the *Meda* which is the main cause of obesity. *Nidan Parivarjan* is the main treatment firstly we should apply. *Kapha Pradhana Prakriti* persons are more prone to *Sthoulya*. *Kapha*, *Meda* and *Vata Dosha* are the main *Dosha* and *Dushya* responsible for *Sthoulya* manifestation. *Sansodhan* and *Sanshaman Chikitsa* should be given in patients of *Sthoulya*.

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