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Etiopathological and Survey Study of *Sthaulya Roga* w.s.r. to Hypothyroidism : A Questionnaire Based Survey

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ABSTRACT

Obesity is one of the primary lifestyle disorders which leads to risk the various cardiovascular disease. In Ayurveda obesity has been described by the term *Sthaulya Roga*. In modern era hypothyroidism is associated with obesity. In India, prevalence of hypothyroidism in obese individual is 11.6%. Here in this survey study, questionnaire based on *Nidana* (etiology), *Roopa* (symptoms) of *Sthaulya Roga* according to Ayurveda and questionnaire based on symptoms of hypothyroidism has been made to bring out the relation between *Sthaulya Roga* and hypothyroidism which has been calculated by percentage. The method of study, result analysis, discussion and observation of the survey study has been presented. Such study will help to treat hypothyroidism based obesity by Ayurvedic therapy.

Key words: *Sthaulya, Medoroga, Hypothyroidism, Obesity*

INTRODUCTION

The principal objective of Ayurveda is “*Swasthasya Swasthya Rakshanam Aturasya Vikar Prashamanam Cha*”^[1] i.e., to maintain the health of healthy individual and to pacify the disease. *Acharya* Charak has described *Atisthaulya* in *Sutra Sthana* chapter 21. Definition given by *Acharya* Charak is *Medomansa Ativridhatvaat Chalsphik Udarastana Ayathoupchaye Utsaho Narootisthul Uchyate*.^[2] *Acharya* has defined the *Sthaulya* irrespective of body weight. The modern

science has given the BMI criteria to categories the obesity as per severity. *Sthaulya* is among the life style disorder which contribute to ill health and serious public health problem of this 21st century. It has been seen that obesity and hypothyroidism are the disease of metabolism disturbance. About 11.6% obesity is associated with hypothyroidism.^[3] Both the diseases are interrelated, as their sign and symptoms are almost same. Almost all the *Acharyas* of Ayurveda classics has described about *Sthaulya Roga* by the name *Medovikar, Medoroga* etc. *Sthaulya* is *Medovahasrotodushtijanya Vikara*^[4] where there is increase in *Medodhatu* (fat cells) occurs in abnormal form in this era, both the disease *Sthaulya* and hypothyroidism is seen in every age group. This survey study was conducted in 100 patients of obesity and hypothyroidism which leads to better understanding of these disease and to access the etiology, symptoms of *Sthaulya* in hypothyroidism.

OBJECTIVE

1. To study the Ayurvedic and modern concept of *Sthaulya Roga* and hypothyroidism.

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- To access the Ayurvedic and modern etiopathology and symptoms of *Sthaulya Roga* and hypothyroidism on the basis of questionnaire based survey study.
- Result analysis of obtained data in percent.

METHODOLOGY OF STUDY

Material

Theoretical study - Ayurveda books, modern books, journals, magazines and thesis published on concept related to this subject were reviewed.

Survey study - a special research survey sheet was prepared on the basis of classical and modern etiology and symptoms of obesity and hypothyroidism. For this, 100 patients aged 18-60 years had been taken from OPD and IPD of Shri Khudadad Dungaji Government Ayurveda College and Hospital, Raipur (C.G) and also from various other institutes.

Method

Type of study - Questionnaire based observational survey study.

Sample size - 100 patients.

Inclusion Criteria - subject who are willing to participate in this study, age group of 18-60, BMI>25, TSH>4.1μIU/L.

Exclusion Criteria - subject who are not willing to participate, age below 18yrs & above 60 yrs, pregnant women, person with poor prognosis.

Assessment Criteria

Subjective criteria^[5,6] - *Meda-Mans Dhatu Vriddhi, Udarparsharv Vriddhi, Javoparodha, Daurbalyata, Kriccha Vyavayata, Kshudra Swasa, Aspashta Vaani, Gatrasaad, Moha, Utsaha Haani, Toda, Shrama*, Tiredness, muscle cramp, coldness, hair loss, constipation, infertility, menstrual irregularity.

Objective Criteria^[7] - Free T3= Normal or less, Free T4= less, TSH=Increase (>4.1 mIU/L), BMI> 25.

Statistical analysis

In this part of study all the information gathered through theoretical and survey study was analysed and result was calculated in percentage.

Procedure of data collection

By interrogating with the patients in which a special survey sheet has been prepared under which the following points have been kept in mind:-

- General information about the patient includes patient name, age, gender, religion, address, residence, socio-economic status, marital status, education, occupation, addiction etc.
- For the etiopathological study of *Sthaulya Roga* and study of hypothyroidism as per modern view, a survey sheet had been prepared by formulating the etiology and symptoms described in various text in the form of simple questionnaire.

RESULTS AND DISCUSSION

On reviewing the various concept of *Sthaulya Roga* it has been found that this disease was seen since the *Vedic* period specially in *Yajurveda* and *Atharv-Veda* by the name *Bala, Vasaya, Upchit Roga, Pivani, Medani, Medasa*. *Sthaulya* is a *Medovahasrotodushtijanya Vikara* in which *Medodhatu* get increased in vitiated form. Most of the symptoms of *Sthaulya* and hypothyroidism relates to each other, since both these diseases are due to low metabolism.

Discussion on general information of the patients

On age, among 100 patients, almost all the age group are affected. This must be due to hereditary, ill-disciplined life style and food habit in all age group.

On gender, maximum 82% of the female are affected.

On religion, 94% patients are Hindu. This is due to predominance of Hindu religion in survey area.

On residence, 82% of the patients are from urban area. This is due to the area of survey is in urban area.

On occupation, 57% of the patients are housewife. Technology has reduced so much physical activities among housewives, along with that *Adhyasan, Atya-Asana, Diwaswapna* are also common among housewives.

On education, 81% are higher education patients. This is due to long sitting at one place, stress of study and job, and undesirable food habit.

On marital status, 69% patients are married. Because patient taken in this study are between 18-60 age group and in this age group marriage is the common social ritual.

On socio-economic status, 93% are middle class group as they are more prone to sedentary lifestyle.

On diet, 58% patients were following mixed diet (veg+non-veg). Milk, cheese, butter, maida, meat, egg, etc. foods are the cause of obesity.

Bowel habit, 59% patients were having irregular bowel habit. It may be due to irregular diet habit and decreased physical activity.

On Sharirik Prakriti, 44% were *Pitta-Kaphaj Prakriti* patients were found. Person who takes diet as per his own prakriti are more prone to develop disease.

On Mansik Prakriti, 50% were *Tamsik Manas Prakriti*, it is due to bad food habit, sedentary life style.

On Aharashakti, 73% patient were with *Madhyam Aharshakti*. This may be due to high consumption power but low digestive power.

On Vyayama Shakti, 68% patients were found with *Avar Vyayam Shakti*. This is because heavy body, weakness, breathfulness and sluggish body.

On BMI, out of 100 patients 81% patients were under BMI 25-29.9, 12% under BMI 30-34.9 and 3% patients were having >40 BMI.

On TSH, 82% patients were under TSH 4.2-14.2 μ IU/ml, 7% under TSH 14.3-24.3 μ IU/ml and 11% under TSH >24.3 μ IU/ml.

Discussion on the result of 26 questionnaire

- 91% of patients were found to feel tired all the time.
- Maximum 85% of patients were found to have hair fall more than normal.
- Maximum 50% of patients were found who did not feel much cold.
- Max. 41% of those with complaint of constipation were received.
- Highest number of patients always confused was 49%.
- Max. number of patients found were 42% with no swelling in face and eyes.
- The max. number of patients found were 64% who did not feel like eating anything else, after having a meal.
- Max. 48% of patients were found to be consuming heavy food like urad, chivda etc.
- Max. 56% of the patients were found to be consuming more sweets.
- 42% of the patients were found to be the one who did not consume food that contains meat, jaggary and sugar.
- Max. 45% of the patients were found to be consuming high fat diet like butter, ghee.
- 95% of the patients were found to have gained weight in the last few days.
- Max. 57% of patients were found with irregular menstrual cycle.
- Max. 62% patients were found to be not doing exercise.
- Max. 62% of patients were found to be sleeping during the day.
- The highest number of patients found to be sometimes happy was 45%
- Max. 43% of the patients were found to be suffering from mental issues like anxiety, grief etc. sometimes.
- Max. 76% of patient's parents were not found to be obese previously.
- Max. 88% patient's parents were found to have no thyroid problem in the family.
- Max. 72% of the patients were found to be working for long hours by sitting.
- Max. 53% patients were found with no difficulty in breathing.
- Pain or fatigue in body parts was found in max. 91% of the patients.
- Highest number of patients found were 57% with unclear speech.

24. Max. 82% of patients were found with weakness or disinterest in any work.
25. Max. 61% of patients were found with memory issues.
26. Max. number of patients found were 44% who occasionally used oil massage.

CONCLUSION

The survey study thus conducted concludes that in the present context, the knowledge of the classical etiology and symptoms of *Sthaulya Roga* was found in the patients of hypothyroidism. And the etiology, prodromal symptoms, symptoms and remedies of *Sthaulya* and hypothyroidism disease, which are described in the ancient Ayurvedic texts, are also found in the present context i.e., almost all the patients selected for the survey were found to be using most of the etiologies for *Sthaulya* and hypothyroidism disease and most of the classical symptoms of *Sthaulya* and hypothyroidism disease were found in them, hence it proves that all the Ayurvedic (classical) etiologies and symptoms of *Sthaulya* disease are proved to be practical in hypothyroidism disease at present.

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