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Ahara as Pathya and Apathya in Sthoulya (Obesity)

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ABSTRACT

Background: Ayurveda gives prime importance to *Agni, Prakriti, Ahara* (food), *Vihara* (life style) in maintaining health. In present Era everyone is in mental and physical stress due to their life style, undisciplined daily regimen, dietic rules and regulation, which may result many lifestyle disorders. *Sthoulya* is one of the life style disorder and common growing health problem of the whole world. *Sthoulya* is result of heredity, environment and unbalanced food. It is not possible to change heredity, difficult to change environment, but relatively easy to change food habits and life style. **Aim and Objectives:** List out the *Pathya Ahara* for *Sthoulya* and List out the *Apathya Ahara* for *Sthoulya*. **Discusion:** *Acharya Charaka* has stressed upon the use of *Guru* and *Apatarpana* drug as special regimen for *Sthoulya*. The therapeutic measures without *Pathya* can be considered as incomplete treatment procedure. **Conclusion:** *Pathya* and *Apathya* are most essential to maintain the health of the healthy person and restore the health in diseased person. Hence, the present article review on *Ahara as Pathya and Apathya in Sthoulya*.

Key words: *Sthoulya, Ahara, Pathya, Apathya*.

INTRODUCTION

Acharya Charaka has described *Sthoulya* is one among the *Astounindita*^[1] and *Santharpanjanita Roga*.^[2] *Kapha, Vata, Medha* are responsible factor for *Sthoulya*.^[3] *Pathya* recommended in *Sthoulya* are *Purana Shaali, Shashtik Shaali, Takra*.^[4] *Apathya* recommended in *Sthoulya* are *Masha, Dadhi, and Taila*.^[5] *Ahara* plays very important role, especially in the diseases like *Sthoulya*, *Acharyas* has listed numerous *Pathya* and *Apathya* for *Sthoulya*.

Sthoulya is condition where there will be

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Ayatopachyan of *Shareera* associated with abnormal increase of *Medha Dhatu*. *Sthoulya* is defined as excessive and abnormal increase of *Medhadhatu* along with *Mamsadhatu* resulting pendulous appearance of *Chala, Sphika, Udara* and *Sthana*.^[7] Junk foods, alcohol and sedentary life styles are leading us to silent destruction of body.

In Ayurveda *Ahara* is consider as *Prana*, *Ahara* plays important role in our life,^[8] *Chikitsa* of *Vyadhi* needs *Bheshaja, Ahara, and Vihara*. *Pathya* is one which is good. *Pathya* and *Apathya* is essential for proper management of disease and maintains of health. *Pathya* refers to *Ahara* and *Vihara*, which cause the pacification of the disease.^[9] *Apathya* refers to the *Ahara* and *Vihara*, which causes complication and aggravate the disease.^[10] *Ahara* has the ability to promote health as well as to control the disease. The benefit of *Ahara* is health, strength, longevity and energy are achieved only when the food is consumed by the person according to its *Swabhava, Samyoga, Samskara, Matra, Desha* and *Kala*.^[11]

AIMS AND OBJECTIVES

Ayurveda emphasizes that the successful treatment of any disease not only depends upon the proper

medication but also proper diet and proper lifestyle is equally important.

List of Pathya Ahara found in the disease Sthoulya^[12]

Varga	Ahara Dravya	English Name
Anna Varga	Purana Shali	Old variety of rice
	Rakta shali	Red variety of rice
	Shasthika Shali	Rice harvested in 60 days
	Yava	Barley
	Chanaka	Chickpea
	Kulatha	Horse gram
Jala Varga	Shruta Sheeta Jala	Luke warm water
	Panchkolashruta Jala	Water with Panchakola
	Shunti Siddha Jala	Ginger water
	Madhu	Honey
Madya Varga	Purana Sidhu	Old wine
Mutra Varga	Gumutra	Cow's urine
Kanda Varga	Lasuna	Garlic
	Adraka	Wet Ginger
Ksheer Varga	Takra	Butter Milk
Shaka Varga	Patola	Battle Gourd
	Karvellaka	Bitter Gourd
	Shigru	Drumstick
	Nimba Patra	Neem Leaves
Mamsa Varga	Jangala Mamsa	Forest Meet

List of Apathya Ahara found in the disease Sthoulya^[13]

Varga	Ahara Dravya	English Name
Anna Varga	Navanna	New variety of rice
	Masha	Black Gram
Jala Varga	Tail	Oil
	Dushista Jala	Polluted Water
	Sheet Jala	Cold Water
Madya Varga	Nutana Madhya	New Wine
Kanda Varga	Aluka	Potato
Ksheer Varga	Dadhi	Curd
	Ksheera (Apakva)	Un Boiled Milk
Mamsa Varga	Anupa Mamsa	

Ahara having Guru, Snigdha, Atidrava, Pichila and Abhishayandi Guna are considered as Apathya for Sthoulya.

Knowledge of Pathya and Apathya are essential for proper treatment of disease and maintainance of health.

For better understanding, Pathya and Apathya for the patients so as reduce the severity of the disease.

1. The person must understand details regarding disease.
2. The diet which aggravate Kapha, like dairy product, Oily and fried food stuff should avoid.
3. Its better to avoid excessive intake of water after consumption of food.

DISCUSSION

Sthoulya as descried in Ayurveda is compared with Obesity. The main cause of obesity is excessive intake of calories and less physical activity. In Ayurveda Sthoulya is consider under Astouninditiya Purusha.

Today in present era, each and every person irrespective of sex, are moving to earn the pleasure, which has let them under stress, strain, tension and they have knowingly or unknowingly neglected the concept of Pathya in their day today life and suffering from driedful disease like Sthoulya and its complication.

In Ayurveda, *Ahara* plays very important role, especially in the disease like *Sthoulya*. Considering the pathological factors, the *Acharyas* has listed numerous *Pathya* and *Apathya* for *Sthoulya*. *Acharya Charaka* has stressed upon the use of *Guru* and *Apatarpana* drug as a special regimen for *Sthoulya Chikitsa*. Commentators like *Chakrapani*, *Gangadahara* had mentioned that *Sthokbhajana* or *Alpabhajana* are the best *Karshana*. They have also given importance for *Laghu* and *Ruksha Ahara Sevana*.

CONCLUSION

Pathya Ahara is most essential to maintain the healthy of healthy person and restore the health in diseased person. If person follow *Pathya* there is no need of medicine and if person doesn't follow the *Pathya* then also there is no use of medicine, as medicine becomes inactive without *Pathya*. The therapeutic measure without *Pathya* can be considered as incomplete treatment procedure. It has to be strictly recommended as a major component of the management of disease. By its nature *Pathya* and *Apathya Ahara* can become *Ayatana* for both health and sickness. Hence following appropriate *Pathya* and avoiding *Apathya* leads to better health in case of *Sthoulya*.

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