



Review Article

A REVIEW ON *STHAULYA* (OBESITY) AND ITS MANAGEMENT THROUGH AYURVEDA

Ankita^{1*}, Shikha Chaudhary², Gunjan Sabarwal¹, Shivakumar S. Harti³, Medha Kulkarni⁴

¹PG Scholar, ³Associate Professor, ⁴Professor, Department of Swasthivritta, All India Institute of Ayurveda, Newdelhi.

²PG Scholar, Department of Kayachikitsa, All India Institute of Ayurveda, Newdelhi, India.

ABSTRACT

Although man has developed sophisticated machines, medical equipment and potent medicines, in spite of all these upgrade, he is lacking proper health. In a quest to achieve more of worldly pleasures and luxury, people are adopting a faulty lifestyle and the disease-causing risk factors and stress in their life are on increase mode. This is the fundamental reason being surge of lifestyle disorders these days. Where obesity is main and root cause of many other lifestyle disorder. A detail description of obesity by name of *Sthaulya* found in *Ayurvedic* literature but the material is Scatter and different opinion by different Acharya were there. Ayurveda manage the disorder in a holistic approach with Diet, Lifestyle, medication and *Sodhanakarma*. So, in present study detail review of *Sthaulya* with the aim to enlighten the different treatment approaches for the management of *Sthaulya* (Obesity).

KEYWORDS: *Sthaulya*, *Sodhanakarma*, Obesity, Lifestyle disorder, Management of *Sthaulya*.

INTRODUCTION

According to W.H.O overweight and obesity are the fifth leading risk for Global death. Worldwide obesity has nearly doubled since 1980. Obesity not only reduces the life span of an individual but also leads to life threatening complications, like stroke and Ischemic heart diseases, diabetes mellitus, Hypertension, reproductive disorders etc.

In Ayurveda *Sthaulya* is considered as *Santarpanjanya Vyadhi* due to excessive accumulation of *Meda* in the body and included under most unwanted distinctive features under eight undesirable constitutions of the body. Acharya Charaka had given the appropriate and precise definition of *Sthaulya*.

Obesity is the blessing of the modern age of machines and materialism. The industrialization, stress during work, dietary habits, lack of exercise, changing lifestyles and environment result into obesity. Obesity can no longer regarded as simply as cosmetic problem affecting certain individuals but must be considered as epidemic requiring effective measures for its prevention and management.

Many research work and detailed description of the disease can be found in the contemporary science but to date, medicine has not discovered a definitive treatment for Obesity and due to this the use of alternative therapies is on the rise.

AIMS AND OBJECTIVES

- To analyze the *Nidana Panchak* of *Sthaulya*
- To analyze the diet and lifestyle modifications helpful for the management of *Sthaulya*.
- To analyze the drugs and various *Panchkarma* therapies useful for the management of *Sthaulya*.

MATERIALS AND METHODS

Available classical literature was searched.

OBSERVATIONS

Etiology

The term *Atisthaulya* has been used in Brihatiriyi, Bhela Samihita and Kashyapa Samhita.

1. *Sthoola* means the substances, which do excessive growth of the body (Amarkoshananartha Varga 204)

2. The heaviness of body is called *Sthaulya*. (Vachaspatyam 6/5358)

3. According to Kautilya, the word & quot; *Sthulata* & quot; means largeness or bigness or bulkiness or stoutness of body. (Kautilyapatal 1/190).

Acharya Charak mentioned that a person in whom excessive and abnormal increase of *Medodhatu* along with *Mamsadhatu* is found which results Intependulous appearance of buttocks, belly and breasts and whose increase bulk is not matched by a corresponding increase in energy is called *Atisthula Purusha*^[1].

**Nidan Panchaka of Sthaulya
Nidan**

Table 1: Aharatmaka Nidan^[2-7]

No.	Aharatmaka Nidan	Ch.	Su.	A.H	A.S.	Y.R.	B.P.	M.N.
1	Atisampurnata	+	+	+	-	-	-	-
2	Adhyashana	-	+	-	-	-	-	-
3	Guru Ahara Sevana	+	-	-	+	-	-	-
4	Madhur Ahara Sevana	+	-	+	-	-	+	+
5	Shita Ahara Sevana	+	-	-	-	-	-	-
6	Snigdha Ahara Sevana	+	-	+	+	-	+	+
7	Navanna Sevana	+	-	-	-	-	-	-
8	Nava Madhya Sevana	+	-	-	-	-	-	-
9	Gramya Mamsarasa Sevana	+	-	-	-	-	-	-
10	Audaka Mamsarasa Sevana	+	-	-	-	-	-	-
11	Mamsa Sevana	+	-	+	-	-	-	-
12	Dadhi Sevana	+	-	-	-	-	-	-
13	Sarpi Sevana	+	-	+	-	-	-	-
14	Payas Vikara Sevana	+	-	+	-	-	-	-
15	Ikshu Sevana	+	-	-	-	-	-	-
16	Shali Sevana	+	-	-	-	-	-	-
17	Masha Sevana	+	-	-	-	-	-	-
18	Godhuma Sevana	+	-	-	-	-	-	-
19	Ikshuras Vikara Sevana	+	-	-	-	-	-	-
20	Shleshmala Ahara Sevana	-	+	+	+	+	+	+
21	BhojanottaraJalapana	-	-	-	+	+	+	-

Table 2: Summary of Aaharaja Nidan

1	Rasa	Madhura Pradhana
2	Guna	Guru, Shita, Snigdha, Abhishyandi
3	Virya	Sheeta
4	Vipaka	Madhura
5	Dosha	Kapha Vridhdhikara
6	Panchabhautika composition	Prithvi+ Jala Dominant
7	Karma	Brimhana, Stambhana, Dhatu - Mala Vardhaka, Balya, Vrishya Medhya, Rasayana

Table 3: Viharatmaka Nidan^[8-13]

No.	Viharatmaka Nidan	Ch.	Su.	A.H.	A.S.	Y.R.	B.P.	M.N.
1	Avyayama	+	-	-	-	+	+	+
2	Avyavaya	+	-	-	-	-	-	-
3	Divaswapa	+	-	-	-	+	+	+
4	Atinidra	+	-	+	+	-	-	-
5	Asana Sukha	+	-	+	+	-	-	-
6	Atisnanasevana	+	-	+	+	-	-	-
7	Gandhamalyanu Sevana	+	-	-	-	-	-	-
8	Bhojanottar Nidra	-	-	-	-	+	+	-

Table 4: Manasika Nidan^[14-19]

No.	Nidan	Ch.	Su.	A.H.	A.S.	Y.R.	B.P.	M.N.
1	Harsh-nityatvat	+	-	+	-	-	-	-
2	Achinta	+	-	-	-	-	-	-
3	Manaso Nivriti	+	-	+	-	-	-	-
4	Saukhyena	-	-	+	-	-	-	-
5	Priyadarsana	+	-	-	-	-	-	-

Table 5: Others Nidan^[20-25]

No.	Nidan	Ch.	Su.	A.H.	A.S.	Y.R.	B.P.	M.N.
1	Amarasa	-	+	-	+	+	+	+
2	Beejadasha Svabhavat	+	-	-	-	-	-	-
3	Tailabhyanga	+	-	+	+	-	-	-
4	Snigdha Udvartana	+	-	-	-	-	-	-
5	Snigdha Madhura Basti Sevana	+	-	-	-	-	-	-

Purvarupa^[26]

Therefore Medovaha Srotodushti Lakshana which is also mentioned as Purvarupa of Prameha can be considered as Purvarupa of Sthaulya.

Rupa

All the symptoms of Sthaulya described by various Acharya are tabulated as below^[27-32]

Table 6: Rupa

No.	Rupa	Ch.	Su.	A.S.	Y.R.	B.P.	M.N.
1	Alpayu	+	+	+	+	+	+
2	Javoparodha	+	-	+	-	-	-
3	Kricchvyavayata	+	+	-	+	+	+
4	Daurbalyam	+	-	+	-	-	-
5	Daugandhyam	+	+	+	+	+	+

6	Swedabadhah	+	+	+	+	+	+
7	Kshudhadhikya	+	+	+	+	+	+
8	Trishadhikya	+	+	+	+	+	+
9	ChalSphika	+	-	+	+	+	+
10	ChalUdara	+	+	+	+	+	+
11	ChalaStana	+	+	+	+	+	+
12	Utsahahani	+	-	+	+	+	+
13	Ayathopchaya	+	-	+	+	+	+
14	Kshudrashwasa	-	+	+	+	+	+
15	Nidradhikya	+	-	+	+	+	+
16	Krathana	-	+	-	+	+	+
17	Gatrasada	-	+	-	+	+	+
18	Gadgadatva	-	+	+	-	-	-
19	Sarvakriyasu Asamarthata	-	+	-	+	+	+
20	Moha	-	-	-	+	+	+
21	UdarVridhhi	-	+	-	+	+	+
21	Parsva Vridhhi	-	+	-	-	-	-
22	Kasa	-	+	-	-	-	-
23	Jadyam	-	-	+	-	-	-

Samprapti Ghataka**Dosha** : Kapha – Kledaka, Pitta – Pachaka, Vata – Samana, Vyana**Dushya** : Rasa, Mansa, Meda**Agni** : Jatharagni, Dhatvagni (Medodhatvagni)**Srotasa** : Rasvaha, Medovaha Srotasa**Srotodushhti:** Sanga**Adhithana:** Vapavahan, Medodharakala**Udbhavasthana:** Amashya**Prasara** : Rasayani**Rogamarga:** Bahya**Vyaktisthana:** Sarvanga, especially Sphika, Udara, Stana**Swabhava** : Chirakaleena**5. Upadrava****Table 7: Updrava** [33-36]

Upadrava	Ch.	Su.	A.H.	A.S.	M.N.	B.P.	Y.R.
Pramehapidika	-	+	-	+	+	+	-
Jwara	-	+	+	+	+	+	+
Bhagandara	-	+	+	+	+	+	+

Vidradhi	-	+	-	+	+	+	-
Vatavikara	-	+	-	-	+	+	-
Kustha	-	-	+	-	-	+	-
Prameha	-	+	+	+	-	+	+
Kasa	-	-	+	-	-	-	-
Visarpa	-	-	-	-	-	+	+
Atisara	-	-	-	-	-	+	+
Arsha	-	-	-	-	-	+	+
Shlipada	-	-	-	-	-	+	+
Apachi	-	-	+	-	-	+	+
Kamala	-	-	-	-	-	+	+
Udararoga	-	-	+	+	-	-	-
Urustambha	-	-	-	+	-	-	-
Sanyas	-	-	+	-	-	-	-
Mitrakriccha	-	-	+	-	-	-	-

Sadhyaadhyata

Sthaulya is a *Kricchrasadhya Vyadhi* and *Sahaja Sthaulya* is considered incurable. Acharya Charak emphasized that the treatment of *Sthaulya* is more difficult than *Karshya*^[37], if an obese person is not duly managed; he is prone to death due to excessive hunger, thirst and complications^[38].

Sthaulya Chikitsa

The first line of management for *Sthaulya* is *Nidan Parivarjana*. *Nitya Langhana* therapy (especially in *Shishir Ritu*) is advised. ^[39]. Types of *Langhana* therapy i.e. *Vamana*, *Virechana* etc. are advised as per *Vyadhibala* and *Dehabala*^[40]. *Langhana* & *Rukshana* are more suitable amongst *Sadavidh Upakramas*. *Langhana*, the line of treatment for *Sthaulya* has been further divided into *Samsodhana* & *Samsamana*^[41].

Samsodhana

Patients with *Adhika Dosha* & *Adhika Bala* should be treated with *Samsodhana* therapy, including *Vamana*, *Virechana*, *Niruha*, *Raktamoksana* & *Sirovirechana*^[42]. *Ruksha*, *Ushna* & *Tikshna Basti*^[43]. *Ruksa Udvartana* is one of *Bahya Shodhana* indicated for *Sthaulya*^[44]. *Snehana Karma* should be avoided in

Sthaulya^[45]; however on exigency usage of *Taila* is recommended^[46].

Shamana

Alleviation *Samana Vayu*, *Pachaka Pitta* & *Kledaka Kapha* along with reduction of *Medo Dhatu* by increasing *Medodhatvagni*. The principles mentioned for the treatment of *Sthaulya* are as follows:-Administration of *Guru* and *Apatarpaka* substances having *Vata*, *Shleshma* and *Medonashaka* properties is considered ideal. Drugs having *Ruksha*, *Ushana*, *Tikshana* properties can be used. In *Ashtanga Samgraha*, usage of *Laghu*, *Ushna*, *Ruksa*, *Tikshna*, *Sara*, *Kathina*, *Visada*, *Khara* & *Sukshma Guna* are suggested for *Sthaulya* possess *Medonashaka*, *Kaphanashaka* & *Sthaulyahara* properties. Acharya Charak has mentioned *Lekhaneeyadashemani*^[47] and various groups of drugs like *Varunadi Gana*, *Salasaradi Gana*, *Rodhradi Gana*, *ArkadiGana*, *Muskadi Gana* etc. are described as *Medonasaka*^[48] in classics.

Aushadha-Sevana Kala in Sthaulya

Pragbhakta (medicine before meals)^[49]. In *Sharangdhara Samhita* it is advised to take *Lekhana* drugs on empty stomach in early morning and before meal^[50].

Pathya - Apathya Ahara, Vihara & Manasa Bhava^[51,52]

Guru and Apatarpana (Kaphahara and Vatahara) Ahara Kalpana are considered Pathya

Varga	Pathya	Apathya
Suka Dhanya (Cereal grain)	Puran Shali, Kodrava, Shyamak, Yava, Priyangu, Laja, Nivara, Koradushaka, Jurna, Prashatika, Kanguni	Godhum Naveen Dhanya (Shali)
Shami Dhanya (Pulses)	Mudga, Rajamasha, Kulatha, Chanaka, Masur, Adhaki, Makusthaka	Masha, Til
Shaka Varga (Vegetables)	Patol, Patrashaka, Shigru, Vrutaka, Katutikta Rasatmak etc. Vastuka, Trapusha, Vartaka, Evaruka, Adraka, Mulaka, Surasa.	Kanda Shaka, Madhura, Rasatmak
Phala Varga (Fruits)	Kapittha, Jambu, Amalki, Ela, Bibhitaki, Haritaki, Maricha, Pippali, Erand Karkati, Ankola, Narang, Bilvaphala	Madhura Phala
Drava Varga	Honey, Takra, Ushnajala, Tila & Sarshapa Tail, Asava, Arishta, Surasava, Jeerna Madhya	Milk Preparations, (Dugdha, Dhadhi, Sarpi) Ikshuvikara
Mamsa Varga	Rohita Matsya	Aanupa, Audaka, Gramya Mamsa Sevana
Vihara	Shrama, Jagarana, Nitya Bhramana, Udvarana, Pragbhajana Jalpana	Diwaswapa, Avyayam, AtiAshana, Sukha Shaiya
Manasa bhava	Chinta, Shoka, Krodha	NityaHarsha, Achintana

CONCLUSION

The management of *Sthaulya* done by reducing the alleviated *Vatadosha* and *Kaphadosha*. Since this is a lifestyle disorder through change in lifestyle (*Ahara -Vihara*) and treatment the symptoms of *Sthaulya* can be reduced to lead a good quality of life.

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***Address for correspondence**

Dr Ankita

PG Scholar,

Department of Swasthvritta,

All India Institute of Ayurveda,

New Delhi, India.

Email: drankita712@gmail.com

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