



PREVENTION OF STHOULYA (OBESITY) WITH AHARA AND VIHARA: A REVIEW

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ABSTRACT

Obesity is the common non communicable disease which is major public problem of 21st century. Obesity increase the other various diseases like type 2 Diabetes mellitus, Heart disease, certain type of cancer, sleep apnoea and osteoarthritis. In 2016 more than 1.9 billion adults aged 18 and older were overweight of which over 650 million were obese. This represents about 39% of adults with overweight and 13% of them obese. Considering the disease burden in India, according to National Family Health Survey 2007 it was estimated that 12.1 % of males and 16% of females were overweight or obese and in Karnataka it was 14% of males and 17.3% of females. Obesity one among lifestyle disorder hence proper ahara, vihara is essential in order to prevent it. In Ayurveda ahara (food) is mentioned as one among the trayaupastambha (three sub pillars of life) which supports the body. So food plays a major role to preventing diseases like obesity. Along with ahara improper vihara (life style) also plays a major role in incidence of obesity. Now a days due to sedentary lifestyle during domestic and occupational activities leading to lifestyle disorders like Obesity. So it is importance to stress on lifestyle modification. Present study highlights on role of diet and lifestyle modification in Obesity.

Keywords: Obesity, Ahara, Diet, Vihara, Lifestyle, Ayurveda.

INTRODUCTION

Ayurveda is the science of life which guided people with various principles of healthy habits throughout the life. It stressed more upon prevention rather than curative to maintain the healthy life. So health can be maintained by following principals. As per Ayurveda Dinacharya (daily regimens), Ritucharya (seasonal regimens), Trayaupastambha (three sub pillars of life), Ahara (food), Vihara (lifestyle) etc will keep a person in healthy condition. Among of them, Ahara and Vihara are essential factor for maintain a healthy life.

Obesity is a medical condition in which excess body fat gets accumulated in the body. It is most commonly caused by a combination of excessive food intake, lack of physical activity and genetic susceptibility.¹Few cases are also caused by endocrine disorders, medications or mental illness.² the chronic nature of this condition makes the food, lifestyle equally important in the management of obesity. Sedentary lifestyle and dietary habits that are associated with urbanization are most important factors for the development of Obesity.

In Ayurveda Obesity can be taken as Sthoulaya, which is derived from the word "sthula" that means a person having excessive growth of body. The state of sthula is known as sthoulya. Over enhancement of meda dhatu in udara sthana (abdomen), leads to sthoulya as per Madhavakar. It is also known as atisthoulya by Acharya Charak and sthoulya by Acharya Madhavakar. It is one among eight types of Nindita purusha (undesirable bodily types)³.

The improper Ahara and Vihara are equally important in causation of this condition. Mostly Ahara is taken into consideration of etiological factor, but vihara also plays an important role. Acharya's has mentioned so many Ahara (food) and Vihara that can be appropriate in case of Sthoulya to prevent

this diseases. Among which some of the Ahara (food) and Vihara (lifestyle) are highlighted in this paper and its mode of action has been mentioned.

NIDANA OF STHOULYA

Nidana of sthoulya can be classified into Aharatmaka nidana, Viharatmaka nidana, Manasa nidana and Bijodoshaja nidana.

Aharaja nidana

Aharajanidana's are adhyasana (eating before digestion of food), atisampurana (over eating),atibrumhana (eating high calories food), excessive consumption of guru ahara (heavy food), madhura ahara (sweet food), snigdha ahara (unctuous food), sheeta ahara (cold food), navanna (usage of fresh gains). Excessive usage of navamaddya (fresh alcoholic preparation), gramyamamasa rasa (domestic animal's meat and soups), payavikara (milk & food prepared by milk), ikshuvikara (sugarcane's preparations), guda vikara (jaggery's preparations), godhuma (wheat), masha(black gram),Bhojanotara jalapana (drinking water after food).⁴⁻⁵

Viharaja nidana

Viharaja nidana's are avyayama (physical inactivity), avyayava (lack of sexual involvement),divaswapna (day sleep), asanasukha (luxurious sitting), bhojanottarasnana (sleeping soon after meal),swapnaprasangat (excessive sleep).

SAMPRAPTI OF STHOULYA

Excessive consumption of guru (heavy to digest), sheeta (cold), snigdha (unctuous), madhura ahara (sweet) along with the viharaja nidana (sedentary lifestyle) result in excessive

nourishment of medas (adipose tissues) while other dhatus are deprived of proper nourishment resulting in Sthoulya. **PATHYA IN STHOULYA**

Proper Ahara and Vihara which is mentioned in our text plays a major role in prevention of Sthoulya.

Table 1: Aharaja pathya ⁶

Ahara varga (categories of food)	Pathya (wholesome)
Shuka dhanya (group of grains with awn)	Yava ,Kodrava ,Purana Shali, Priyangu, Laja
Shami dhannya (group of pulses)	Mudga , Rajamasha, Kulatha, Chanaka, Masura
Shaka varga (group of vegetables)	Patola, Tanduliya Shigru, Vrutaka, Mulaka, Karvellaka, Vartaka
Phala varga (group of fruits)	Kapitha, Jambu, Amlaki, Bibhitaki, Haritaki, Erandakarkati
Drava varga (group of liquids)	Takra ,Madhu, Ushnodaka, Tila Taila, Sarsapa Taila
Mamsa varga (group of meats)	Rohita Matsya
Krittanna varga (group of processed food items)	Mudga Yusha (green gram soup), Mudgamlaka Yusha (green gram soup with amla), Kulatha Yusha (horse gram soup), Laja Manda (liquid portion of gruel of parched grain), Yava Mantha, Yava Peya (thin gruel of barley), Yava Saktu (roasted grain flour of barley), Medohara Rotika, Yava Rotika, Madhudaka (water mixed with honey)

Table 2: Properties of aharaja pathya ⁷⁻⁸

Yava (Barley)	Kashaya madhura rasa, katu vipaka, guru, mrudurookshana lekshana guna, medohara properties
Kodrava (Kodo millet)	Kleda soshana, ruksha (dryness), lekshana properties
Mudga (Green gram)	Ruksha laghu guna, sheeta veerya (coldness), kaphapittahara
Kulatha (Horse gram)	Kashaya rasa, katu vipak, laghu ushna veerya, medohara property
Chanaka (Chick pea)	Madhura kashaya rasa, laghu guna, sheeta veerya, causes rukshata (dryness)
Masura (Red lentils)	Madhura kashaya rasa, sheeta veerya, laghuguna, causes rukshata
Laja (Parched grain)	Ruksha, laghu, kapha medohara property
Vartaku (Brinjal)	Katu tikta rasa, katu vipaka, ushna veerya, medohara
Shigru (Drum stick)	Katu tikta rasa, katu vipaka, usna veerya (hotness), ruksha guna, kaphavatahara, medohara property
Tanduliya (Amaranthus)	Laghuguna, sheeta veerya, causes rukshata, pitta kaphahara
Karvellaka (Bitter gourd)	Tikta rasa, kapha vatahara
Kushmanda (Winter melon)	Madhura rasa (sweet taste), kshara, sarvadoshahara (reduces vata, pitta, kapha)
Patola (Pointed gourd)	Kashaya tikta rasa, sarvadoshahara
Madhu (Honey)	Kashaya pradhana madhura rasa, ruksha guna, lekshana ushna veerya, medahara properties
Takra (Butter milk)	Agnivardhaka, indicated in medoroga
Tila taila (Sesame oil)	Madhura kashaya rasa, ushna veerya
Amlaki (Indian gooseberry)	Lavan varjeeta pancharasa, medorogahara, mainly pittakaphahara but tridoshahara,
Dadima (Pomogranate)	Kaphavatahara
Jambu (Malabar plum)	Madhura, amla, kashaya rasa, ruksha guna, kaphapittahara, lekshana properties
Erandakarkati (Papaya)	Katu tikta rasa, causes rukshata, usna veerya, kaphavatahara properties
Rohita matsya	Vatahara, natipittakara (not aggravated pitta)

Viharaja pathya

Different varieties of physical activities and exercise have been mentioned in terms of Viharaja pathya- Vyayama (exercise), Udvartana (powder massage), srama (fatigue), ratrijagarana, upavasa (fasting).⁹

DISCUSSION

Any disease can be prevented by the nidana parivarjana and it is the first line of treatment also. In sthoulya Aharaja and viharaja and others which are responsible for the causation of the disease should be avoided. Sthoulya results from an energy imbalance and due to lack of physical activity.

Mode of action on ahara ja pathya

Ahara have the properties like vatahara, medahara, lekshana etc. Ati santarpana is one of the main causes for Sthoulya.¹⁰ The dravya which correct the medadhatu agni, they will help in reduces the increased meda dhatu. In sthoulya medadhatu is one of the major causes for samprapti of sthoulya.

Analysis of tikta, katu and kashaya rasa

Analysis of ahara in rasa (taste) clearly indicates that Katu (pungent) rasa is indicated in medoroga and it reduce the kapha, kleda and meda by its laghu, ushna and ruksha (ruksha) guna.¹¹ Tikta (bitter) rasa also has ruksha and laghu guna with kledahara and medososhana property.¹² Kashaya (astringent) rasa balance the pitta and kapha dosha and dries up the kleda and meda because of its laghu and ruksha guna.¹³⁻¹⁴ So tikta, katu, kashaya rasa are indicated in sthoulya.

Mode of action on viharaja pathya

Udvardana: Udvardana (whole body massage with soft powder) having the properties of kaphashamana, meda vilayana. The process of udvardana increases the circulation to the body, which lysis the adipose tissue. Due to friction, the beta -3 receptor which is present in the adipose tissue of the subcutaneous fat are motivated, so the triglyceride will break down into fatty acids. These fatty acids are carried to the liver due to effect of massage, which increases the circulation of the internal organ for the conversion of fatty acid into bile. With the addition of low carbohydrate diet and exercise, fats are utilized for energy production. The re-absorption of bile will be decreased in turn utilizing the lipid, which is circulated through the blood.¹⁵

Vyayama: Vyayama (exercise) is included in Dinacharya for the purpose of staying healthy. It leads to lightness, increase digestive power, meda kshaya (reduces fat), ability to do work. Regular exercise is advised to overcome the obesity because exercise works on fat metabolism. During exercise mobilization of the fatty acid occurs from the adipose tissues is increased and these free fatty acids are transported to the muscle mitochondria for oxidation. Some study shown to improve body composition (eg. through reduced abdominal adiposity and improved weight control) and enhance lipid lipoprotein profiles (eg. reduced triglyceride levels, increased HDL level and decreased LDL levels).¹⁶

CONCLUSION

Obesity is one of the non-communicable disease and lifestyle disorder also. So prevention of obesity by lifestyle changes is

considered being best method. Lifestyle intervention mainly based on dietary modification and increased physical activity. As per Ayurveda Nidana parivarjana is the main line of treatment for all disease, so it is also applicable for Sthoulya also. Ayurveda classics given details description about Ahara and Vihara which are told under the heading of sthoulya and these ahara and vihara are appropriate to prevent the sthoulya.

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