



## AYURVEDIC APPROACH IN THE PREVENTION AND MANAGEMENT OF OBESITY

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### ABSTRACT:

The global burden of diseases is altering from infectious diseases to the non-communicable diseases, and now becoming the chief cause of the death in all over the world. There are many non-communicable diseases among of them obesity ( Sthoulya) are tremendously increasing in our society due to the change in the diet pattern, life style, and environmental conditions. Sedentary habits and lack of exercise are also the main reasons behind the increased incidence of Obesity. Obesity can leads to many diseases like Diabetes, Cardiovascular disease and Arthritis. Obesity reduces the average life span and decreases the quality of life. Hence, prevention of Obesity during its starting stage should be considered a priority for overcome the risk of Diabetes, Cardiovascular, Arthritis and other serious diseases. In text of *Ayurveda*, there are a number of drugs likes *Gugglu*, medicinal preparations, *Pathya Apathya*, *Dinachrya* and diverse techniques of *Yoga* which have wonderful preventive and curative effect on obesity.

**Keywords:** Non communicable disease, *Sthoulya*, Obesity, *Pathya- Apathya*, *Ayurveda*.

**INTRODUCTION:** Due to change in life style, faulty diet pattern and decrease interest in the exercise the incidence of obesity increases day by day in our society.

Overweight and Obesity are the 5th leading risk of global deaths worldwide, Obesity has more then doubled since 1980. In 2008, more than 1.4 billion adults 20 years and older, where overweight of those 200 million man and nearly 300 women where obese. In 2012 more than 40 million children under 5 year of age where overweight one considered a high-income country problem. Overweight and obesity are now rising in low and middle income countries, particularly in ur-

ban setting. Close to 30 million overweight children are leaving in developing and 10 million in developed countries. In 2012, more than 40 million children under 5 years of age were overweight. Close to 30 million overweight children are leaving in developing and 10 million in developed countries.

As obesity is a key risk factor in natural history of other chronic and non communicable disease, the typical time sequence of emergency of chronic disease following the increased prevalence of Obesity is important in public health planning. The first adverse effect of Obesity to emerge in population in transition are hypertension, hyperlipidaemia

and glucose intolerance, while coronary heart disease and the long term complication of Diabetes such as renal failure. [1]Changes in diet pattern, life style and lack of physical exercise has increase the incidence of Obesity in the society. *Ayurveda* is known for serving the society from the past time. Prevention and cure of *Ayurveda* is exactly applicable on the Obesity. In the text of *Ayurveda* there are many drugs, medicine preparation, *Yoga*, *Pathya-Apathya* are described which have good result in the prevention and cure of obesity.

#### AIMS AND OBJECTIVE:

- To assessment the role of *Ayurveda* in Obesity.
- To assessment the *Ayurvedic* literature in useful life style disorder.

- To assessment *Ahara*, *Vihara*, *Dincharya*, *Ritucharya*, *Yoga*, *Rasayana* are described which have good role in prevention & cure of the Obesity.

#### MATERIAL AND METHODS:

Different *Ayurvedic* classical book, research paper and journals were referred to fulfill this part, its comprise of subsection dealing with prevention and management of Obesity in *Ayurveda*.

#### Obesity:

It is a clinical condition in which there is an excessive amount of body fat. The Framingham study demonstrated that 20% excess over desirable weight should be considered obesity as this excess weight imparts a health risk. [2]

#### Quantifying obesity with body mass index [3]

Class	BMI (kg/m <sup>2</sup> )	Risk of obesity comorbidities
Overweight	25-30	Mildly increased
Obese	>30	Mildly increased
Class 1	30-35	Moderate
Class 2	35-45	Severe
Class 3	>40	Very severe

According the symptoms of Obesity it can be correlate with *Sthoulya* in *Ayurveda*. *Achrya Charcka* described *Sthoulya* in eight despicables in *Sutrasthan* chapter-21.

In the context of body, eight persons are despicable such as- overtall, overshoot, overhairy, hairless, overblack, overfair, overobese, overlean. The person is called as over-obese who, due to excessive increase of fats & muscles, has pendulous, abdomen & breasts & suffers from deficient metabolism & energy. [4]

#### Eight defects of over-obese (*Sthoulya*): [4]

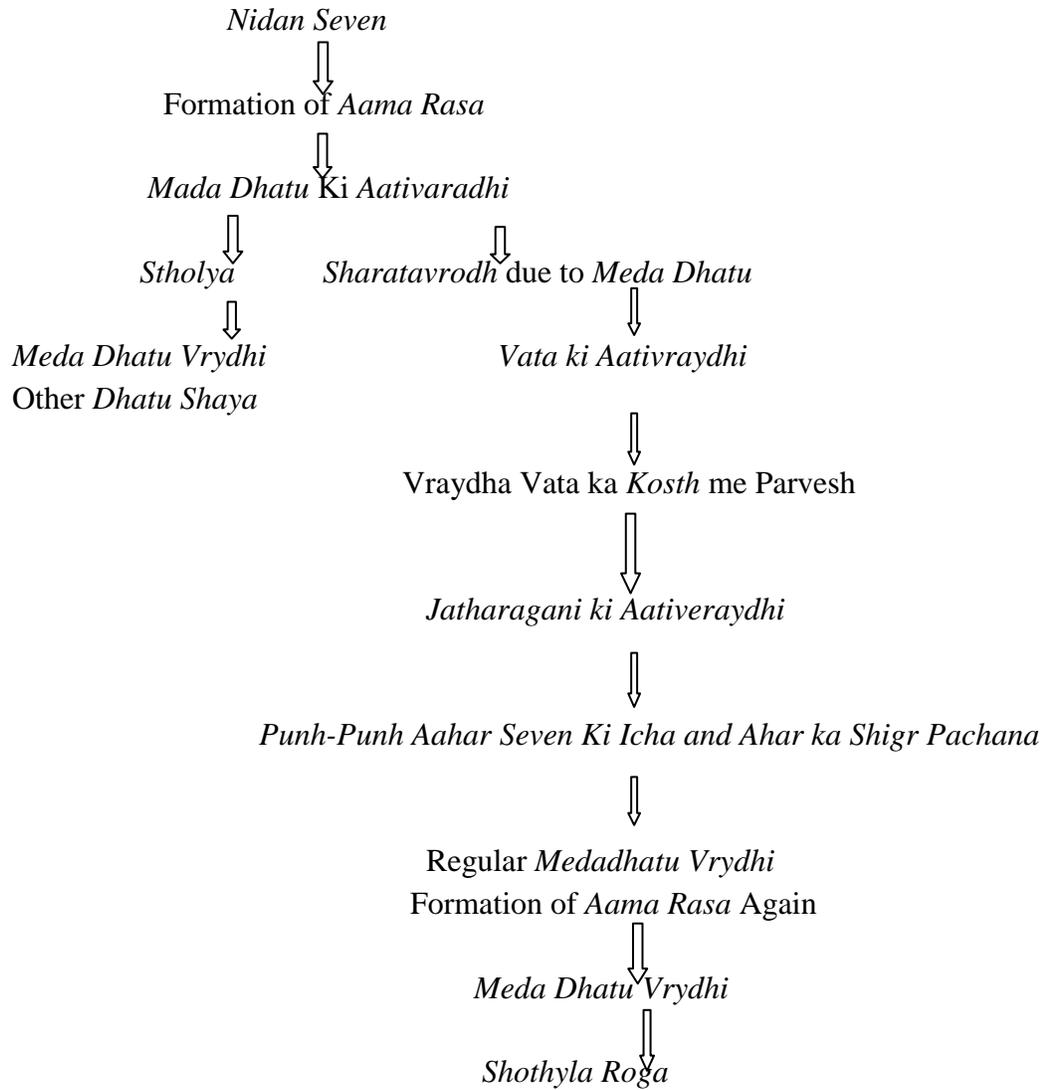
Shortening of life-span  
Hampered movements

Difficulty in sexual intercourse  
Debility  
Foul smell  
Over sweating  
Too much hunger  
Excessive thirst

### Etiology of Obesity (*Sthoulya*)

Diet related	Life style related <sup>[8]</sup>
1. Intake of excessive food. <sup>[5]</sup> 2. Excessive intake of <i>Guru, Madhur, Sheeta, Shanghta Ahar</i> . <sup>[5]</sup> 4. Excessive use of <i>Maahesh Dudh and Ghrita</i> etc. <sup>[6]</sup> 5. <i>Pesthaana seven</i> . <sup>[7]</sup>	1. Lack of exercise. 2. <i>Devasavpan</i> . 3. Excessive sleeping. 4. Excessive happiness 5. <i>Sukhkarak Aasan</i> .

**Pathogenesis of Obesity<sup>[9]</sup>** Consumption of various *Nidan seven* such as *guru, Sheeta, Snigdha, Madhuradi Kaphavardhaka* along with lack of exercise and sedentary life style result in excessive nourishment of *medas* while other bodily element are deprived of nourishment resulting in *Sthoulya*.



### Symptoms Of *Sthoulya* [10]

1. *Ati Trishna* [Excessive thirst]
2. *Sharamjanya Swasa*[Breathlessness on mild exertion]
3. *Aati Nindra* [Excessive sleep]
4. *Karya Dorblyta* [Difficulty to perform heavy work]
5. *Jadyatha* [Stuggishness]
6. *Aalapaayu* [Short life span]
7. *Aalapbala*[Decreased bony strength]
8. *Uathashahani*[Inertness]
9. *Sharir Durgandhta* [Foul odour of the body]
10. *Gadgadtava* [Unclear voice]
11. *Sudha vrydhi* [Excessive hunger]
12. *Ati Shevida*[Excessive Sweating]

### Prevention Of *Sthoulya*<sup>[11]</sup>

We can prevent *Sthoulya* by the preventive measures of the *Ayurveda*.

1. *Nidan parivargana*
2. Use of healthy food
3. Regular excercise
4. *Chintan ,Dhyana* are also effective on obesity.

#### 5. *Rasanya*

- a) *Guggulu Rasanya*
- b) *Loha rasanya*
- c) *Aamalki Rasanya*

#### 6. *Yoga*

- a) *Surya Namashkara*
- b) *Myurasana*
- c) *Shrshrasana*

### Treatment of Obesity As per *Ayurveda*<sup>[11]</sup>

#### *Sanshaman therphy [Chiktsa]*

*Rasa/ Bhasama*

#### *Pathya-Apathya*<sup>[12]</sup>

- a) *Parad Bhasama*
- b) *Trimurti Rasa*
- c) *Vadaraagni Rasa Churna*
- a) *Triphala Churna*
- b) *Vacha Churna*
- c) *Puskharmula Churna Vati*
- a) *Bhidani Vati*
- b) *Kutki Vati*
- c) *Aaroyga vardhani Vati Kwath/Asava*
- a) *Musthadi Kwath*
- b) *Fhlatrikadi Kwath*
- c) *Agnimanth Kwath*
- d) *Lohasava Gugglu Yoga*
- a) *Navak gugglu*
- b) *Madohara Gugglu*
- c) *Amaritadh Gugglu Akal Drugs*
- a) *Gugglu*
- b) *Vasha*
- c) *Haritki*
- d) *Gomutra*
- e) *Shunti*
- f) *Patala*
- g) *Aamalki*
- h) *Apamarga*
- i) *Guduchi Shaara Yoga*
- a) *Yava Shaara*
- b) *Apamarga Shaara*
- c) *Erand Shaara*

<i>Pathya Aahar</i>	<i>Apathye Aahar</i>
<i>Purana shaali-Chawal, Munga, Yuva, Kondo, Chana, Bajara, Maaaka, Masoor, Parwal, Shijan, Takra, Aavala, Katu ,</i>	<i>Gahu, Naye Shali dhanya, Chawal, Aalu, Dudh, Kheer, Dahi, Mash, Anda, Guda, Bhojan k baad Adhik jala pina etc.</i>

<i>Tikta, Kashya Rasa vale dravya, Gugglu, Bhojan k purav Jaal Pina etc.</i>	
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<i>Pathye Vihar-</i>	<i>Apathya Vihar-</i>
<i>Chinta, ratri, jagran, Langhan karna, Paedal chalna, Duph seven, Vyaam karna etc.</i>	<i>Sheetal Jaal se snana karna, Devasayana, Sukhpurvak sada Aaramdyak bister par rehna etc.</i>

**Some ayurvedic studies which shows the effect of Ayurvedic drugs in management of obesity:<sup>[13]</sup>**

1. *Vacha*: The root and rhizomes of acorus calamus, family Acorus, are useful for weight loss and reducing LDL, cholesterol, triglycerides and increased the concentration of HDL. Animal studies, alcoholic or aqueous extracts of calamus roots and rhizomes, support a possible antihyperlipidemic action.
2. *Kutki*: The root of Kutki is the source of Scrophulariaceae, is the active ingredient. *Kutki* improves gallbladder secretions, thus aiding in the digestion & metabolism of fats. In a study of hyperlipaemic mice on a high diet, daily doses of water extract of *Kutki* significantly reduced total cholesterol, triglycerides, & LDL levels after 12 weeks.
3. *Gurmer*: The anti-obesity effects of the leaves of *Gurmar* were investigated in Wister rats fed with high fat diets. The saponins-rich aqueous extract administered to Wister rats, suppressed increases in body weight, organs weight, & plasma lipids. *Gurmer* can be used to treat obesity as well as alter lipid & glucose metabolism.
4. *Palash*: the phytochemical analysis showed that major chemical constituents of Palash were sterols, polyphenols, flavonoids, ascorbic acid and saponins are useful in treatment of obesity., phytosterols have beneficial effect on hyperlipidaemia, and

polyphenols, flavonoids have potentials antioxidant properties.

5. *Mustak*: The tubers of *Mustak* are commonly known as Nut Grass, Cyperine is the active ingredient, working as a hypotensive agent, anti-inflammatory & diuretics, as well as reducing fat in body. It helps clearing the blocked channels. An experimental study was performed on Rats shows *Cyperus Rotundus* stopped weight gain & in vitro, stimulated lipolysis in 3T3F442 adipocytes.

**DISCUSSION:** The incidence of Obesity is increasing all over the world due to faulty diet pattern, lack of physical exercise. Obesity is the very common risk factor for the cardiovascular disease and Diabetic Balance diet plan and life style can play a good role in the prevention and cure of Obesity. In the text of *Ayurveda Pathya Aahar-Vihara*, various types of *Yoga, Rasayana, Dincharya, Ritucharya, Rarticharaya* are described which have good role in the prevention and managements of Obesity. Different ayurvedic studies has been showed that drugs have effective role in obesity. If someone adopt the diet pattern, life style according to the *Ayurveda* it can be helpful in the decrease the incidence of Obesity. In text of *Ayurveda* there are number of drugs, formulation like *vati, churana* etc are described which have very effective result on the Obesity as mentioned above in details.

**CONCLUSION:** It seems that we need to reassess entire lifestyle if we want to prevent and manage obesity. In *Ayurveda Ahara, Vihara, Dincharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the obesity. The prevention and management of obesity can be done successfully in *Ayurveda*. Moreover *Ayurvedic* treatments are safe & affordable by everyone.

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