ABSTRACT

Obesity is the public health problem among society. Obesity leads to so many different systemic diseases. It causes major co-morbidity and other diseases like diabetes, cardiovascular system disease, cancer, loss of libido, osteoporosis, joint pain, inability to perform the work can leads to morbidity and mortality. Obesity is measured on the basis of BMI. Obesity is homologous to sthaulya in contemporary science by sign and symptoms. Sthaulya is basically medoj and mansajhatudushti. Sthaulya is managed by Nidanparivarjana, ahar, vihar and aushadhi. sthaulya is managed by katu, Tikta, Kashaya rasa predominantly, ushnaviraahar andkapha, meda, shamakaushadhi. Rukshan karma and langhan are antagonistic activity to the Sthaulya. Regular uses of pathya like yava, jai, masoor, moong, kulthi, tuwar pulse, parwal, amalaki and honey with luke warm water. Viharincluding vigil, copulation, exercise and mental exercise leads to relief and lightness in sthaulya.

KEYWORD: Sthaulya, obesity, Nidanparivarjana, ahar, vihar.

INTRODUCTION

Obesity is a condition in which the body growth intranverse is more in reference to longitudinal. Every human has less physical work capacity. Obesity is very highly prominent in sitting posture position and less physical efficient work in this group mostly. Business people, land lord, officers are suffering. Obesity is measured in Body mass index (BMI).
According to WHO report that approximately 2.3 billion people are overweight up to the 2015. And more than 700 million are obese.

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. It is defined by body mass index (BMI) and further evaluated in terms of fat distribution via the waist–hip ratio and total cardiovascular risk factors. In our classics in the context of the body Acharya Charak described eight persons are despicable, among them obese person (sthaulyata) is the one.

**How we can say obese**

Obesity defined as BMI greater than 27 kg/m². But now a day Obesity is defined as BMI ≥ 25 kg/m². Overweight 25-29.9 kg/m², Obesity (class-1) 30-34.9 kg/m², Obesity (class-2) 35-39.9 kg/m², Obesity (class-3) > 40 kg/m². In our classics, Acharya Charak says, the person is called as obese who due to increase of fat and muscles, has pendulous buttock, abdomen and starts showing pendulous nature in above regions.

**Cause**

The increase of convenience foods, laborsaving device, motorized transport and more sedentary jobs means people are getting fatter. Obesity is not only problem for adults, children are also being affected by this life style disorder.

In our classics, Obesity is caused by (1) Diet related factors: - over saturation, intake of heavy, sweet, cold, fatty diet, Adhyashana Santarpana Rasayana, Masha, Godhuma, Vrushya, Bhojanotara Jalapana, Shali, GudaVikara, IkshuVikara, Sarpi, Dadhi, PayaVikara, Mamsa, Nava Madya, Gramya Rasa, Navanna Sevana.

(2) Lifestyle Related Factors: Swapnaprasangat, Asana Sukh, Bhojnotara Nidra, Bhojanottar Snaana Bhojanottar Aushadha, Nityaharsha, Achintana And Beejswabhav (genetic defect) is the other factor.

**Associated Symptom**

Obesity has a far-ranging negative effect on health, the health effects associated with obesity include, but are not limited to, the following.

1. **High Blood Pressure** - Additional fat tissue in the body needs oxygen and nutrients in order to live, which requires the blood vessels to circulate more blood to the fat tissue. This
increase the workload of the heart because it must pump more blood through additional blood vessels. More circulating blood also means more pressure on the artery walls increases the blood pressure.

2. **Diabetes**- Obesity is the major cause of type 2 Diabetes. Obesity can cause resistance to insulin, the hormone that regulates blood sugar. When obesity causes insulin resistance, the blood sugar becomes elevated.

3. **Heart Disease**- Atherosclerosis is present 10 times often in obese people compare to those who are not obese. Coronary artery disease is also more prevalent because fatty deposits build up in arteries that supply the heart.

4. **Joint problems, including Osteoarthritis**- Obesity can affect the knees and hips because of the stress placed on the joints by extra weight.

5. **Cancer**- In women, being overweight contributes to an increased risk for a variety of cancers including breast cancer, colon, gallbladder and uterus. Men who are overweight have a higher risk of colon cancer and prosted cancers.

Sleep apnea and Respiratory problems, metabolic syndrome and Psychosocial effects etc. are also associated symptom with obesity.

In our classics, Acharya Charak the obese person has following *ashtadosha*- Ayushohrash, Javoprodh, Krichchhvyavayta, Daurbalya, Daurgandhya, Swedabadha, Kshuditatimatra, And Pipasatimatra.

**MANAGEMENT**

1. **Exercise**- It is very useful to treat obesity. Extra calories should be burnt with exercise. Unless there is medical contra indication.

2. **Diet**- Long term results are best where patients are well motivated and educated, follow a clear programme designed to provide 800 to 1600 K. cal. Daily.

In Ayurveda, Charak says the line of treatment for obesity as *guru Aahar And Apatarpan*. Thus the whole management depends upon *aaharvihaar* i.e. diet and lifestyle.
The guru Aahar for treating Tikshna Agni as to prevent further intake of diet which ultimately prevent increase in obesity and the Apatarpan (Langhana) for treating Medavridhī (deposited fat) which treats the obesity.

Acharya Sushrut says use of Shilajita, shudhaGuggulu, gomutra, Triphalachurna, lohahbasma, rasanjana, madhu etc. virukshniya and Cchedniyapadartha and also use of vyayam and lekhana Basti in Obesity.

Acharya Vagbhata says line of treatment for obesity asmedodhatuhar, vatadoshahar and kaphdoshharaaharvihaar and also Nidan Parivarjanam.

Pathyapathya

Pathya -ApathyaAhara

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<thead>
<tr>
<th>No.</th>
<th>AharaVarga</th>
<th>Pathya</th>
<th>Apathya</th>
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<tbody>
<tr>
<td>1.</td>
<td>Shukadhanya</td>
<td>Yava, Venyava, Kodrava, Nivar, Jurna,</td>
<td>Godhuma, NavannaShali</td>
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<tr>
<td>2.</td>
<td>Shamidhanya</td>
<td>Mudga, Rajmasha, Kutattha, Chanak, Masur, Adhaki</td>
<td>Masha, Tila</td>
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<td>3.</td>
<td>Shakavarga</td>
<td>Vrunatak, Patrashaka, Patola,</td>
<td>Madhurashaka, Kanda</td>
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<td>4.</td>
<td>Phala</td>
<td>Kapitha, Jamun, Amalaka</td>
<td>Madhurphala</td>
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<td>5.</td>
<td>Dravya</td>
<td>Takra, Madhu, Ushnodaka, Til tail, Sarshap tail, ArishthaAsava, Jirnamandya</td>
<td>Dugdha, Ikshu, Navnit, Ghrita, Dadhi</td>
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<tr>
<td>6.</td>
<td>Mamsa</td>
<td>RohitMatsya</td>
<td>Anupa, Audaka, Gramya,</td>
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PathyapathyaVihara(Physical Regimen)

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<thead>
<tr>
<th>Pathya</th>
<th>Apathya</th>
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<tr>
<td>Shrama, Jagarana, NityaBhramana, Ashwa-rohana, Hastyavarohana, Vyavaya Chinta, Shoka, Krodha</td>
<td>Diwaswaapa, Avyavaya, Avyayama, AtiAshana, Sukha Shatya Nityaharsha, Achintana, Manso Nivratti</td>
</tr>
</tbody>
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Tips for reducing your fat intake

- Stop butter or margarine oil or ghee on bread/roti.
- Use skimmed milk instead of whole milk.
- Choose meats that are lower in fat such as chicken and turkey instead of high fat meat like pork and beef (Janghal Mamsa Dravya).
- Do not use ice creams or chilled water after meal.
- Cut down on biscuits, wafers (SushkaShakani) chocolates and cakes.
- Bake, grill or stream food and avoid fried foods.
• Replace high fat snacks with low fat snacks.

DISCUSSION AND CONCLUSION

Obesity is mainly medojandmansajdhatudushti. This study emphasized on the management of obesity with the help of Diet and life style which is a main part of treatment for this disease. Nidanparivarjanam is the first line of treatment Sthaulya is managed by Nidanparivarjana, ahar, viharandaushadhi. Rukshan karma and langhan are antagonistic activity to the Sthaulya so management prescribed by Acharya Charak concludes that use of guru aahar and adaptarpan is the key of treatment for sthauthya. Guru aahar for treating tikshnagniand apatarpan to decrease meda, Mamsa and Kaaph. Virukshanaand chedniyapadartha should be use due tokaphaghna and medoghna property. sthauthya is managed by katu, Tikta, Kashaya rasa predominantly, ushnirvaahar and kapha, medashamakaushadhi. Regular uses of pathya likeyava, jai, masoor, moong, kulthi, tuwar pulse, parwal, amalaki, honey and lake warm water. Vihar including vigil, copulation, exercise and mental exercise leads to relief and lightness in sthauthya.

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