

CONCEPTUAL STUDY ON JUNK FOOD AS A CAUSE OF OBESITY (STHAULYA)

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ABSTRACT

Introduction: Ayurveda is an ancient science. Ayurveda has described many concepts for living a healthy life like Aahar matra, Dincharya, Ratricharya, Ritucharya. In present time people do not follow a proper life style and not take a proper diet. In today's life style junk food is very common in young generation due to its test and easily availability. In recent decades junk food consumption is increased. But its consumption is not good for our health because this type of food containing large no of calories from sugar and fat with little fiber and less nutritional value. People, who eat junk food, consume extra fat,

calories and sodium. This habit can increase the incidence of obesity. In Ayurveda obesity can correlated with Sthaulya (Medoroga). **Aim and objective:** To study of junk food as a causative factor for Sthaulya (obesity). **Material and method:** This is a conceptual study for this study material related to relevant topic has been collected from various text, websites and journals. **Discussion:** Junk foods can worsen appetite controlling power. It might eventually lead to overeating and people go obese. In obsess person Vikrit Medodhatu production is more than other Dhatu and excessive Medodhatu close the path of other Strotas and it ultimately cause of Sthaulya. **Conclusion:** Junk food may cause obesity so for maintenance of proper health and physic of body. We should follow proper lifestyle and take healthy food.

KEYWORD: Junk food, obesity, Sthaulya, Medoroga.

INTRODUCTION

Ayurveda is an ancient science. Ayurveda has described all phenomena related to live a healthy life. Ayurveda has not focus only on treatment but also focus on prevention of disease

“*Swasthya swastharakshanam aatursya vikar prashamanm cha*”.^[1] Ayurveda has describe many concepts for living a healthy life like- Aahar matra, Dincharya, Ratricharya etc. Aaahar matra (balance diet) is play an important role to maintenance of proper health and Aahara matra depend on Agnibala(digestive fire).^[2] But when it disturb by Viruddha aahar (junk food) it is a cause of obesity. Junk food is the food that is calorie dense and nutrients poor. In recent decades junk food consumption is increased and number of obese population also increases. Now a day’s obesity is the most common nutritional disorder of societies. It is due to unorganised way of life style, improper food habit, lake of physical work. Obesity may be defined as a condition in which there is an excessive amount of body fat. In Ayurveda obesity is correlated with Sthaulya (Medo roga).

AIM AND OBJECTIVE: To study of junk food as a causative factor for Sthaulya (obesity).

MATERIAL AND METHOD

This is a conceptual study for this study material related to junk food, obesity, sthauhya, medoroga and other relevant topic has been collected from various Ayurvedic text like Brahttariya Laghuttariya and also used modern text book, websites and journals.

Junk food: junk food is pejorative term for food containing a large number of calories from sugar and fat with little fibre, protein, vitamin or minerals. The term can also refer to high protein food like meat prepared with saturated fat.^[3] junk food refer to generally the heavy and unhealthy diet it is less nutrients and harmful for the body system. It always looks attractive and yummy for the people of every age group.^[4] junk food does no good to our body. It only harms us internally and daily consumption of junk food eventually makes the brain weak and non-functional. Junk food have immense side effect. The junk food is s addictive that is usually asks our body and brain to consume more.^[5]

Obesity: Obesity is a chronic disease, increasingly globally and is characterised by excess body fat. It develops gradually and often persists throughout life. Obesity is a potent co-morbid risk factor for mortality and morbidity, if it remains untreated. The rapid spread of urbanisation and industrialisation and dramatic life style changes that accompany these trends has led to the pandemic of obesity.^[6] if your body mass index (BMI) is between 25 and 29.5 you are considered overweight. A person with BMI over 30 is obese.

Body mass index (BMI)- BMI is a simple reliable and easily obtainable measure of nutritional status in adult. It is reasonably highly correlated with body fat and is relatively independent of stature or height. It is obtained by dividing weight (in kg) by height (in meter) squared. BMI < 18.5kg/m² in adult indicates chronic under nutrition.^[7]

WHO classification of overweight^[8]

Underweight	<18.5
Normal	18.5-24.9
Pre-obese	25-29.5
Obese-class-I	30-34.9
Obese-class-II	35-39.9
Obese –class-III	>40

Sthaulyata (Medoroga): According to Ayurveda Sthaulyta is an abnormal condition. In this condition excessive amount of fat (Meda dhatu) accumulated in body. Sthaulyta is described in ayurved text Charak samhita with another name that is Atisthaultya.^[9] Sthaulyta also called Medoroga. Medoroga name given by Acharya Madhavakar in his text Madhav Nidanam.^[10] Acharya Charak has described ‘eight Ninditiya purush’ according to the body constitution. Sthaulyta is one of them. According to Acharya Charak Sthaulyta comes due to unnatural and over growth of Mansadhatu and Medodhatu. In Sthaulyta (Medoroga) there are obstruction of body strotas due to excessive Medodhatu. Obese person have some problem like- short life span, inability to work, loss of libido, weakness, foul odour of body, excessive sweating, excessive appetite, excessive thrust.^[11]

DISCUSSION

Ayurveda has describe many cause for Sthaulya like-lack of physical exercise, sleep in day time, excessive intake of heavy and oily food (Guru and Snigdha aahar), Adhyashana (when first meal is not digest and take a another meal),^[12] these factor are responsible for excessive Medodhatu production. Excessive Medodhatu is a cause for strotoavarodha due to this Medodhatu is excessive nourished and other dhatu get malnourished and it also cause for Vata dosha vitiation, vitiated Vata dosha re-enter in Koshtha (stomach) and increases digestive fire (Jatharagni). Due to this people demands more food to eat but there is obstruction of body strotas by Medodhatu. So due to this obstruction Medodhatu production is more than other Dhatu and people get obese.^[13]

Consumption of excess junk food put brain in dilemma. The brain receives mixed signals that make it difficult for the brain to know, whether the body needs food or not. It might

eventually lead to over eating.^[14] junk food also content of more fat and sugar (Snigdha guna and Madhur ras). According to Ayurveda over eating can cause of Agnimandya and due to Agnimandya there is production of Aamrasa and Aamrasa is a cause for vitiation of Kapha Dosha and Kapha Dosha is cause for stroavarodha. When someone eat junk food his brain get missed signal for eat more. But due to strotoavarodha by Kapha (Medodhtu) production of Medodhatu is more than other dhatu and someone get obese.

In order to ensure the proper functioning of the brain, the body require omega 3 and omega 6 daily. However, any deficiency of the same eventually leads in making the brain weak. It even makes it difficult for the body to digest the food. But daily consumption of junk food can cause deficiency of omega 3 and 6.^[15]

CONCLUSION

There are some study that indicates, Junk food may cause obesity so for maintenance of proper health and physic of body. We should follow proper lifestyle and take healthy food and avoid junk food. Now a day's Sthaulya is a common problem. It is mainly due to improper life style, unhealthy food habit,. People do not have a sense of self awareness. Ayurvedic approach provides all the necessary tools for living a healthy life. By adopting simple life style and healthy eating habits is the way of avoid the obesity.

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