

CHILDHOOD OBESITY AND AYURVEDA

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ABSTRACT

Childhood obesity is a major threat we have to worry about. It is growing day by day becoming an epidemic health problem across the world. Childhood obesity is pioneer to many lifestyle disorder. In Ayurveda, obesity has been explained by the term 'Atisthaulya' in Ashtaninditiya Purush. Ayurveda can deal with obesity with dinachrya, proper Ahara, Vihar and pathya.

KEYWORDS: Sthaulya, Childhood obesity, Ahara, Vihara, Pathya.

INTRODUCTION

Achyarya Sushruta defined healthy (swastha) person as the one in whom all the doshas, Agni, dhatus and malas are in equilibrium and whose Aatma, all senses and mind are prasanna (happiness).

Sthaulya (Obesity) is one among the critical aetiology in various diseases of modern era. Modernization has changed daily life style of man, with this there is gross changes in dietary habits. Due to which man has become the victim of many diseases, obesity is one of them. Historically, a fat child meant a healthy child one which was likely to survive the in an environment of undernourishment and infections. In past decade, however excessive fatness has become the primary childhood issue.

Childhood obesity can affect children's health for rest of their lives as it can be directly associated with adulthood obesity associated with many health problems. A good understanding of causes and consequences of this problem is necessary in order to take preventive action. So effort has been made here to search the safe and effective medicine,

with minimum side effect. As compare to modern drug Ayurvedic drug are safe, can treat *Sthaulya* & reduce its prevalence & complication.

Aim and Objective: The present paper aims to study the effect of *Aahara*, *Vihara* and *Pathya* in case of *Sthaulya* w.s.r to childhood obesity and it's Ayurvedic management.

Method of study

Obesity causes

1. *Agnimandya*
2. Minimal or less physical activity
3. Lazy lifestyles
4. Improper diet
5. Hormonal imbalance
6. *Medhjanya Ahara (Atimadhur and Snigdha Ahara)*
7. *Virudhha Ahara*
8. Heredity (children of obese person has high risk)
9. Diseases like hypothyroidism, insulin resistance are also contributors to the disorders

Childhood Obesity Effects

According to Dorland, 'Obesity is an increase in body weight beyond the limitation of skeletal and physical requirements as the result of excessive accumulation of body fat'.

Overweight and obese children are likely to stay obese into adulthood and more likely to develop diseases like diabetes and cardiovascular disorders at an young age. Obesity is a curse of the Modern age and civilization. It occurs as a result of lack of physical activity coupled with increased intake of food. Increased academic stress and dependency on indoor activity like video games, Televisions, mobile phones etc. leads to lack of exercise. Along with that, changes in diet eg. fast food, freezed food products, increased amount of soft drinks, canned foods results into a clinical entity called obesity.

Ayurvedic Management

Diet (Ahara)

Oily, deep fried foods such as fries, Vada, Samosa, Sev, Sweets etc should be avoided. Include fruits, vegetables, millets, cereals, pulses etc in the child's diet. Fast food consumption should be avoided just like carbonated high sugar drinks.

Dadhi, Anoopamamsa, Madhura Lavana aahara, too much water along with food, stale food are to be avoided.

Langhanam(diet control)

Children should be provided with proper balanced diet which include Shad Rasas. Nourishment of all the dhatus to be kept in mind. Protein intake should be adequate for the growing child. Proper timing of meal to be maintained and eating in between the schedule to be avoided.

Physical activity (Vyayama)

Encourage your child to participate in sports and other out door activities. Childhood obesity and weight gain is common due to lack of physical activity and sedentary lifestyle. An average child spends approximately four hours each day watching television. Popularity of computer games and television programmes leads to inactivity. Yoga practice and various games will help increase active time.

Sleep (Nidra)

Avoid day time sleeping and late sleeping at night.

Medications & Yoga

Acharyas have explained Ati Sthaulya in Ashtouninditheeya Adhyaya with it's management. Treatment principle is Apatharpana where in Karmas and Dravyas which improve Agni and reduce accumulation of improper Dhatus are used like Bilwa, Amalaki, Bibheethaki, Hareethaki, Jambu, Guggulu, Shilajathu, Madhu, Ushna Jala, Udwartana etc. Various Yogas for the purpose are discussed in detail like Vyoshadi, Navaguggulu, Asanadi, Vachaharidradi and Triphala.

Snehana and Udwarthana

Udwarthana can be done on daily basis as Dinacharya with *Tila Taila Abhyanga*.

Panchakarma

Vamana, Virechana and Vasti could be utilized to remove the aggravated Dosha and Dushya.

RESULT

Childhood Obesity is a real cause of worry for the coming generation as children are suffering to change in lifestyle and food habits. They are affected physically as well as mentally. As a result they are less competitive and lack in confidence.

It can be very well managed by Ayurvedic Dinacharya, Medications and Pathya.

DISCUSSION

Sthaulya is a *Santarpanotha Rasa Nimittaja Vyadhi* as well as *Sleshmaja Nanatamaja Vyadhi*. Obesity in childhood leads to related diseases which impacts the quality of life of the child and affects the growth, development and impairs well into adulthood.

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