ABSTRACT

The important Concept of Ayurveda is keeping of good health. For these all the rules of Rutucharya (seasonal routine), Dinacharya (daily routine) and Ratricharya (our daily routine) should be strictly followed. But in present era of modernization drastic changes in Rutucharya (seasonal routine), Dinacharya (daily routine) and Ratricharya (our daily routine) leads to abnormal dietary habits, modes of life style and various regimen of life style so most of individuals are habituated to luxurious and comfortable lifestyle lead to Sthoulya (Obesity) And Karshya (emaciation). The causative factor, Etiopathogenesis, Symptoms and Managements of Sthoulya (Obesity) And Karshya (emaciation) will be discussed below.

Keywords: Sthoulya, Karshya, Dincharya, Rutucharya, Ratricharya
INTRODUCTION

In present era of modernization, the use of latest technology by humans in every lifestyle has brought about drastic changes in dietary habits. Modes of lifestyles and various regimens of life leads to Sthoulya (Obesity) where in community some people are socioeconomically poor and more members in family so nutritional need of body not fulfilled well due to inadequate consumption of food and excessive loss of energy leads to Karshya (Undernutrition).

Concept Of Sthoulya (Obesity):
Sthoulya is the abnormal and excess accumulation of Medhodhatu (fat) and increases body weight.

Hetu of Sthoulya (Casuative Factor for Obesity)[1] :

Acharya Charaka explained the Hetu (cause) of Sthoulya (Obesity) in Charakasamhita part 1 in Ashtoninditya Adhyay.

a) Ati Sampuranat – Food consumption in excess quantity.
b) Ati Guru Upayogat- Excessive intake of food which is heavy to digest.
c) Atimadhur Upayogat – Excessive intake of sweet food.
d) Ati Shitaupayogat – Intake of cold or Shita Virya Dravyas in excess quantity.
e) Ati Snidha Upayogat – Intake of excess unctuous food.
f) Aavyayamat – Lack of exercise.
g) Aavyavayat- Lack of sexual activity.
h) Divaswapnat- Sleeping during day time.
i) Harshanitya- Always being happy.
j) Achintanat- Free from tensions and worries.
k) Bija Swabhavat- Hereditary.

According to Acharya Sushrut ‘Rasa’dhatu is responsible for Sthoulya(Obesity) And Karshya (emaciation ).The qualities of Ahara-Rasa (juice” of digested food ) (that will increase ‘Kapha’ and ‘meda’ and will lead to ‘Sthoulya’(obesity) are-[2]

- Rasa(Taste) - Madhura(Sweet)
- Guna(Quality) - Guru(heavy), Sheeta(cold), Manda(weak), Snigdha(clean), Shlakshma(smooth).
- Virya(active principle)- Sheeta
- Vipaka(bio transformation)- Madhura.
- Mahabhuta- Prithvi and Aapa

The causative factors of sthoulya differently mentioned by sushruta are.
1) Sleshmala Ahara- Kaphavardhak Ahara
2) Adhyashana- Consuming of food before digestion of previously consumed food.
3) Aavyayam( lack of physical exercise)
4) Divaswapn(Sleeping during day time)
5) Madhura Anna Sevan. (Excessive use of sweet products)

According to Ashtang Hridaya[3] :

The Hetu(Cause) of Sthoulya(Obesity) mentioned by Acharya Vagbhatta is same as mentioned in Charaka like tension and stress lifestyle, happiness, day sleep and intake of nourishing food etc.

Acharya Yogratnakar described Sthoulya (Obesity) under the heading ‘Medoroga’and telled the etiological factors as [4]

a) Aavyayam (Lack of exercise)
b) Divaswap (Sleeping during day time)
c) Shleshma-ahara (The diet which increases the Kapha Dosha)
d) Madhura Anna Sevan (Excessive use of sweet products)

**Samprapati Of Sthoulya (Etiopathogenesis of Obesity) [5]**

According to Acharya Charaka due to Avarana of all Strotas (channels) by Meda there is Vriddhi (increase) of Koshtasthit samana vayu (churns around the abdomen, digesting everything): which in turn causes Ati Sandhukshan (increase) of Jatharagni (digestive fire). The increase in Jatharagni (digestive fire) leads to rapid digestion of consumed food and leaves the person craving for more foods. If at any circumstances person does not receive more food the increased Agni causes Dhatupachan (cellular digestion) which may lead to various complications. But because of the hunger the person tries to eat more and the cycle continuous. In this way it becomes a vicious circle creating excessive improperly formed Medodhatu (fat). According to Acharya Yogratnakar etiopathogenesis of Sthoulya (Obesity) when the abnormal fat increases in the body it obstruct the other channels of Dhatus so only Medodhatu (Fat) increases but not the other Dhatus [5].
Lakshana Of Sthoulya (Symptoms of Obesity)\(^{[7]}\): As per definition Acharya Charaka has enlisted some cardinal features of Sthoulya.

a) Medomamsa Ativriddhi (excessive increase in fat and muscle)
b) Chala Sphika (during walking the excessive movement of Hip Region due to accumulation of excessive fat)
c) Chala Udara (During walking excessive movement of belly fat)
d) Apachayo Utasaha (Loss of enthusiasm)

Besides these cardinal symptoms Acharya charaka mentioned eight disabilities of Atisthoulya\(^{[4]}\).

1) Aayushyo Hras : Reduced Life span

Because in Atisthoulya (hyper obesity) only Medodhatu grew up not the other Dhatus

2) Javoporodha : Early sign of Senility

Due to excessive fat accumulation body weight increases and senility comes earlier.

3) Kruchavyavayata - Difficulty in sexual Intercourse

Increased fat obstruct the channel of Sukravaha Strotas.

4) Daurbalya : Fatigue

Ras Dhatus main function is of Preenam i.e. providing nourishment to the other Dhatus, is more affected which causes Daurbalya.

5) Daurgandhya : Foul smell of the body.

In Sthoulya, Vikrut Kapha Dosha is mixed with Meda Dhatu in the form of Kleda. Because of the tendency of Meda Dhatu and vitiated earth and water in Kleda (especially earth) Daurgandhya is observed.

6) Swedabadha : Excessive Perspiration

Excessive sweating in Atisthoulya is due to following reason.

- Kapha Sansarga of Meda.
- Vishyanditva (liquid state) of meda.
- Gurutva of Meda.
- Avyayamasahatva (unable to exercise).

7) Atikshudha : Increased Hunger.

8) Atipipasa : Increased Thirst.

Due to Avarana (covering) of all Strota (channels) by Meda (fat) there is Vridhdi (increase) of Koshtasthit Samana Vayu which in turn causes Ati Sandhukshan of Jatharagni. The increase in Jatharagni leads to rapid digestion of consumed food and Increases thirst also.

Lakshana Of Sthoulya (Symptoms of Obesity) \(^{[8]}\)

According to yogaratnakar lakshana of sthoulya

a) Medomamsa Ativruddhi (Increased fat and muscles)
b) Chala Sphig Udara Stana (Due to increased meda (fat) excessive movement during walking of hip joint, Abdomen and breast)
c) Apachayo Utasaha (Loss of enthusiasm)

Concept Of Karshya (Concept of Undernutrition): Atikarshya (undernutrition) included in Ashtoninditiya purusha (eight despised person) in which inadequate consumption of food and excessive loss of energy.

Hetu of Karshya (Causative factor for undernutrition)\(^{[9]}\)

Acharya Charak enlisted the Hetu of Karshya.

a) Ruksha Annapana sevan : Indulgence in rough food and drinks
b) Langhana (Fasting)
c) Pramitashana (Little diet)
d) Kriyatiyoga : Doing more work than Capability

e) Shoka : (Grief)
f) Veganidra Vinighrah :

g) Ruksha Udavartana Snanshyabhyasa :( Excess non-unctuous anointing to the person and after that indulgence in bath)
h) Prakruti : (Constitution)
According to Acharya Sushrut the causative factor for Sthoulya and Karshya is Rasa Dhatu

Lakshana Of Karshya (Sign & Symptoms of Undernutrition)

a) Shushka Sphig, Udara, Griva (Dried up of Buttocks, Abdomen and Neck)
b) Dhamani Jalasantatah (Prominent vascular network)
c) Twagasthi shesho (Remanent of Skin and Bone)d) Atikrasha (Lean)
e) Sthulaparva (due to less body muscle mass joint becomes thick)
f) Vyayam Atisauhityama Na Sahate (Lean person does not tolerate physical exercise and oversaturation)g) Kshutapipasa Aushadham Na Sahate (Does not tolerate hunger and thirst and drug)h) Atishita, Atiushana, Maithuna Na Sahate (Does not tolerate very Cold, very hot substances, and Sexual Activity)
i) Pleeha (spleen enlargement), kasa (cough), Kshay, Shwasas (asthma), Gulma (abdominal tumours), Arsha (ples), Udara (abdominal diseases), Grahani Roga (chronic malabsorption syndrome)

Lakshana Of Karshya (Sign & Symptoms Of Undernutrition)

According to Yogratnakar

a) Shushka Sphig, Udara, Griva (Dried up of Buttocks, Abdomen and Neck)

b) Dhamani Jalasantatah (Prominent vascular network)
c) Twagasthi shesho (Remanent of Skin and Bone)
d) Atikrasha (Lean)
e) Sthulaparva (due to less body muscle mass joint becomes thick)

Chikitsa of Sthoulya & Karshya (Management of Obesity & Undernutrition)

a) According to Acharaya Charaka Sthoulya (Obesity) treated with Karshan and Karshya (Malnutrition) treated with Brahan. (The treatment which increases body tissues)
b) Sthoulya person (Obesity) use of Guru (heavy) and Apatarpan Dravya (to become Krusha. And Krusha person use of Laghu Santarpan Dravya (Means light and nourishing Diet) to become Sthoulya (obesity)

Management of Sthoulya (obesity)

- Vataghna Annapana
- Shleshma-medohar Dravya.
- Ruksha Ushna basti (enema).
- Tikshna Ruksha Udavartana (powder massage).
- Use of Guduchi, Bhadramusta or Triphala kwath.
- Takrarishta.
- Makshik prayog (honey).
- Use of Vidang (Embelia ribis), Nagar, Kshar (alkaline) and Kanta loha (Magnetic iron Calx) along with honey.
- Use of Yava (Barley) and Aamalka Churn (Embelica officinalis).
- Use of Bruhatpanchamul along with honey.
- Use of Shilajatu (Asphaltum) along with Agnimanth Swarasa.

Medoroga samanya Chikitsa

Acharya Yogratnakar tells the general Chikitsa of Medoroga (Treatment of medo roga)
a) Take the *Triphala* Decoction with Honey (the property of *Triphala* and honey is *Karshana* (emaciation) so help in *Sthoulya* (Obesity))

b) When boiled water comes to normal temperature take it along with Honey.

c) Take hot soup of rice

d) Take equal quantity of *Chavya* (*Piper chaba*), *Jeera* (*Cuminum Cuminum*), *Trikatu*, *Hing* (*Ferula asafoetida*) *Saurchal namak* (rock salt) and *Chitrak Churn* (*Plumbago zeylanica*) add Sattu churn in equal quantity take these mixture along with honey helps to increase the energy of Jatharagni.

e) Mix the *Talpatra Kshar* in *Hing* churn and take this mixture along with soup of rice.

f) *Navak Guggul*

g) Use of *Rasbhasma* along with Honey.

Pathya Aahara for *Sthoulya*(*Obesity*)[^17]:
- *Prashatika* (*Nivar dhanya*)
- *Priyangu*, *Shyamaka*, *Yavaka* (*small barley*), *Yava* (*Barley*)
- *Kodrava*
- *Mudga*, *Kulathya*, *Chakramudga*.
- *Amalaki* (*Embelica officinalis*)
- Drink water along with honey.
- Use of *Arishtapan* which decreases the *Meda*, *Mamsa* and *Kapha*.

Pathya Aahara for *Sthoulya*[^18]:

a) *Puran Shali* (Old Rice)

b) *Mudga* (Moong)

c) *Kulathya, Kodrava*.

d) *Lekhana Basti*.

e) Honey

Pathya Vihar for *sthoulya*

a) *Shram* (Hard work)
Recently studies on Sthoulya and Karshya.

1) Prevalence of sthoulya (Obesity) and Karshya (Underweight) in medical students with special reference to body mass index: an observational study by author Aditya manohar tiwari, Vinod ade and Pallavi M Patle (Wardha) Maharashtra.

2) Management of Sthoulya (Obesity) by basti and shaman aushadhi. By author Dr. Piyush Kapil (PG Scholar) Kayachikitsa department Ayurveda mahavidyalaya, Hubali(Karnataka).

3) Role of different food articles in the management of medoroga (Sthoulya) or obesity by author Ahuja suman Assistant professor kayachikitsa department Jayoti vidyapeeth womens university, vedant gyan valley, jharna, jaipur.

4) Pathya and apthya ahara in obesity(Sthoulya) by author sreeharsha N,TB Tripathy and Divyasaree CH sri dharmasthala manjunatheshwara college of ayurveda and hospital, Hassan (Karnataka).


DISCUSSION

Sthoulya (obesity) and Karshya (emaciation) are the clinical entity which are included in the Ashtoninditiya (eight despised person) sthoulya (obesity) seen due to Avarana (covering) of all Strotas (channels) by Meda (Fat) there is Vriddhi (increase) of Koshtasthit Samana Vayu which in turn causes Ati Sandhukshan of Jatharagni. The increase in Jatharagni leads to rapid digestion of consumed food and leaves the person craving for more foods. Karshya seen due to Ruksha Annapana sevan, Langhana (Fasting), Pramitashana (Little diet), Kriyatiyoga (Doing more work than Capability) Shoka (Grief), Veganidra Vinighrah, Ruksha Udavartana Snashyabhyasa (Excess non-unctuous anointing to the person and after that indulgence in bath).

CONCLUSION

The important Concept of Ayurveda is keeping of good health for which the rules of Ashtoahara Vidhi Visheshayatane (Dietetics rules) should be follow when an Individual follows the rules of Rutucharya (seasonal routine), Dinacharya (daily routine) and Ratricharya (our daily routine) and Pathya Aptyha (wholesome and unwholesome) of Sthoulya (obesity) and Karshya (emaciation) it will never occur. Home message: As “Longer is the belt shorter is the life” so take the balance diet every day and follows the diet time Regularly.

Acknowledgement :: Nil
Financial Assistant: - Nil
Conflict of interest :: Nil
REFERENCES


