

STHAULYA: AYURVEDA PERSPECTIVE W.S.R. TO CHILDHOOD OBESITYDr. Ashish L. Yadav*¹, Dr. Ashwini Shitre² and Dr. Pallavi Bhirud³¹PG Scholar, Kaumarbhrutya Department, DY Patil School of Ayurveda, Navi Mumbai Nerul Maharashtra, India.²Prof. & HOD of Kaumarbhrutya Department, DY Patil School of Ayurveda, Navi Mumbai Nerul Maharashtra, India.³Asso. Prof., Kaumarbhrutya Department, DY Patil School of Ayurveda, Navi Mumbai Nerul Maharashtra, India.***Corresponding Author: Dr. Ashish L. Yadav**

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Article Received on 19/05/2017

Article Revised on 08/06/2017

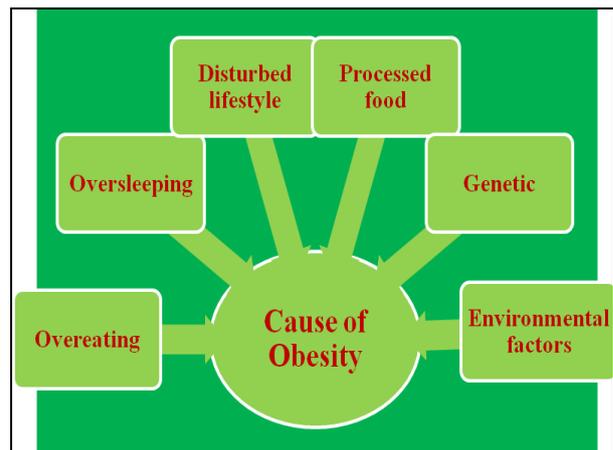
Article Accepted on 29/06/2017

ABSTRACT

The traditional text of Ayurveda described *Sthaulya* as disease which possess symptoms like; obesity. It is one of the “*Medoroga*” excess fat accumulates in body. Obesity (*Sthaulya*) may leads various adverse effects such as; *Krichavyavayata*, *Swedadhikya*, *Mandotsaham* and *Madhumeha*. Medical science and WHO considered person obese if body mass index is 30 kg/m² or more. Irregular life style is one of the common causes of obesity now a day. Ayurveda mentioned various aspect of obesity as *Sthaulya* and suggested various options for the management of *Sthaulya*. Childhood obesity is also a very common problem among children in current scenario. Environmental factors, genetic factors, disturbed lifestyle & presence of other disease increasing prevalence of childhood obesity world widely. As per *Ayurveda* in obesity *Meda* and *Mamsa Dhatu* are pretentious. Ayurveda suggested that conduction of *Ahar-Vihar*, use of drugs, *Yoga* and *Panchakarma* therapy can effectively manage child's obesity.

KEYWORDS: Ayurveda, Sthaulya, Obesity, Medoroga.**INTRODUCTION**

Sthaulya is one the disgraceful conditions described by Ayurveda. *Meda* and *Mamsa* Accumulated which leads *Sthaulya* characteristically involve excessive growth of hips, abdomen and breast. The *Medas* possess *Snigdha*, *Sthula*, *Guru*, *Picchila*, *Mridu* and *Sandra Guna* and it also perform functions like; *Sneha*, *Drudhatva* and *Asthipushti*. Excessive consumption of *Guru*, *Snigdha* and *Madhuradi Ahara* along with indiscipline life style increases *Medas* & *Sthaulyam* occurs. The balance between consumed & utilized calories maintains overall body weight but when consumption of calories increases than obese condition may occur. Obesity leads consequences such as; cardiovascular disease, diabetes and blood pressure, etc. Environmental factors, hereditary consequences and in disciplinary life style also increases prevalence of obesity.^[1-4]

**Figure 1: Cause of obesity as per modern science.****Childhood Obesity and Ayurveda**

The classical text of Ayurveda mentioned *Atisthaulya* as *Asta Ninditha Purusha*, *Sleshma Nanatmaja*, *Santarpana Nimitaja*, *AtiBrumhana Nimitaja* and *Samsodhana Yogya*. *Medas* is body tissue leads *Prithvi* and *Apa Mahabhutas* similar to *Kapha Dosha*. When *Medas* increase disproportionately then symptoms of obesity occurs along with several serious consequences such as; *Javoparodha*, *Dourbalya*, *Dourgandhyam*, *Swedabadha* and *Kshut Pipasadhikya*. Obesity also involves obstruction of *Sroats* by fat.

Role of Tri-Dosha

As per Ayurveda Tri-Dosha imbalances also contributes significantly towards the obesity or retention of obesity. The consequences of *Doshic* imbalance towards obesity are as follows:

Role of Vata

Imbalanced *vata* is nervous, anxious and restless. *Vata* is associated with air and sometimes resulted unstable mood, mind and irregular appetite. When *Vatas* get disturbed due to the lack of routine life diet plan then symptoms of obesity may arises.

Role of Pitta

Pitta intense hunger and disturbed tendency to eat right food stuffs, during the time of meal *pita* reduces sense and boost eating habits to eat noxious food stuffs such as; sugar, coffee and red meat. This all increases weight development of muscle and flabbiness.

Role of Kapha

Imbalance *Kapha* is the most common *Dosha* which develops obesity due to slow metabolism process, disturbed *Kapha* leads tendency to weight gain, addiction to eat and hormonal imbalances that may cause retention of weight, deposition of fat, weak pancreas activity and disturbed digestive fire; these all consequences together causes obesity.

Management of Childhood Obesity

Ahara

Oily and fried food, fast foods and heavy food articles need to be avoided. The early morning meal should included whole grains, fruits and protein. Water (little amount) should be recommended before meal. Very cold water and cold drinks should not be consumed just after meal. Following stuffs recommended for obese person:

- *Bilva, Amalaki, Bibhitaki, Haritaki, Jambu.*
- *Patol, Shigru, Trapusha, Vartaka, Granjanak.*

Anupana

Luke warm water recommended in winter season while normal water should be consumed in summer season. Honey, warm water, buttermilk, *Tila taila* (sesame oil) and juice may offer beneficial effects in childhood obesity.

Vyayama

Vyayama offer relief in obese condition; children should not perform very tough exercise but the exercise should be done in the form of physical activity like outdoor games, swimming and running should be encouraged at least 45 to 90 minutes per day.

Nidra

Day time sleep, excessive sleep or sleep just after meal should be avoided; however appropriate sleep about 7-8 hrs. required to get all beneficial effects of *Nidra*.^[2-5]

Specific Ayurvedic Treatment

Ayurveda also mentioned various therapeutic and prophylactic measures for the management of childhood obesity and described *Rasanjana* drugs for *Sthaulya*.

- Ayurveda mentioned *Langhana* therapy for *Sthaulya*. *Panchkarma* therapy play significant role in controlling obesity i.e. *Vasti* since it pacify *Vata* which play role in *Samprapti* of *Sthaulya*. *Lekhana Vasti (Niruhavasti)* may be used in *Sthaulya*.
- The drugs which possess following; *Katu, Tikta, KashayaRasa, Laghu, Ruksha, Tikshna Guna, Ushnaviryaya, Katuvipaka Lekhana, Kapha-Vatahara, Deepana-Pachana* and *Sroto-Shodhaka* properties offer relief in *Sthaulya*. *Dravya* having *Shodana* property help to open block *shrotas* thus improve circulation and control disorders associated with obesity.
- Drugs which can penetrate into deeper *Dhatu's* correct the *Datvagni* & helps in reducing *Sthaulya*.
- Ayurveda also believed that the consumption of water before meal and after meal may produce *Karshya Sharira* and help to prevent *Sthaulya*.^[6,7]

DISCUSSION AND CONCLUSION

Ayurveda mentioned obesity as *Medoroga*, involve imbalance of *doshas (Vata, Pita and Kapha)* along with disturbances of *Agni* (digestive fire) and *Shrotas*. As per modern science disturbed lifestyle and diet habits causes excessive fat deposition in body especially under the chin, belly, buttocks and thighs. Diabetes, heart disease, stroke, hypertension, high cholesterol and lethargy are some major health risks associated with obesity.

The inadequately formed tissue layers increases *meda dhatu* and an imbalance in *Kapha Dosha* which increases accumulation of *ama* leads imbalance in *meda dhatu*, Accumulation of *ama* in *shrotas* disturbed *Vata* energy, this imbalanced *Vata* energy increases *agni* leading to increase an appetite which resulted *Kapha Dosha* and *meda dhatu*. Ayurveda mentioned following approaches for the management of childhood obesity:^[5-8]

- Balancing *Agni*
- Detoxification of *Ama*
- Improving dietary habits
- Conduction of appropriate daily routines
- Suppression of other disease
- Utilization of herbs/remedies
- Exercise
- Psychological consideration

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