

**REVIEW ON ROLE OF SWASTHAVRITTA IN PREVENTING STHAULYA (OBESITY)**

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Article Received on 25/07/2021

Article Revised on 15/08/2021

Article Accepted on 05/09/2021

**ABSTRACT**

Today's Modernization and lifestyle pattern has increased the metabolic issues day by day. Sthaulya is one of them. It is nothing but an abnormal and excess accumulation of Medodhatu. It can be compared with obesity. This lifestyle includes altered food habits, stress, strain, sleep pattern, working environment, pollution that leads to various lifestyle disorders like obesity, cardiovascular accidents, hypertension, diabetes mellitus, arthritis etc. Healthy lifestyle pattern promotes well being, proper maintaining of healthy bones, joints and muscles, helps in controlling weight. Swasthviritta guide us to maintain good health of healthy person and to get rid of disease of diseased person.

**KEYWORDS:** Sthaulya, lifestyle, obesity, Swasthviritta.

**INTRODUCTION**

Lifestyle diseases called diseases of longevity that appears in industrialized countries and people live longer. Lifestyle and diet are the major factor that influence to many diseases. The increase in medodhatu causes flabbiness and movement of breast, abdomen and buttocks. This improperly formed medodhatu tends to cause utsahahani in individual, such person is said to be atisthula.<sup>[1]</sup>

WHO has described that obesity is one of the most neglected public health problems, affecting every region of globe.<sup>[2]</sup> Sthaulya is included under Ashtaunindita,<sup>[3]</sup> Santarpana Nimittaja,<sup>[4]</sup> ShleshmaNanatmaj,<sup>[5]</sup> Atibruhmana,<sup>[6]</sup> and Bahudoshajanita vikara<sup>[7]</sup>. Objective of the study is to understand the preventive aspects that mentioned in swasthviritta and to improve health, lifestyle and to avoid the complication of Sthaulya.

**MATERIAL AND METHOD****Definition of sthaulya**

Sthaulya is defined as a person whose flesh and fat increases, disfigurement with pendulous, buttocks, breast and belly.<sup>[8]</sup>

An obesity is nothing but deposition of adipose tissue.

**Concept of Sthaulya Roga in Ayurveda<sup>[9]</sup>**

Sthaulya Roga comes under heading of Medroga. It occurs due to dysfunction of Meda dhatvagni. In charaka

samhita its description is available in Ashtaunindita Purusha Adhyaya.

**Ayurveda also highlights sthaulya as-**

1. Kapha pradhanaja
2. Bahu dosa avastha
3. Medo Pradoshaja
4. Santarpanjanya vyadhi

**Factors playing vital role in Samprapti.**

<b>Dosha</b>	Vata-Samana and vyana Pitta- Pachaka Kapha-Kledaka
<b>Dushya</b>	Rasa and Meda dhatu
<b>Srotas</b>	Medovaha, Mamsa, Swedavaha, Rasavaha
<b>Srotodushti</b>	Sanga
<b>Agni</b>	Bhutagni, Jatharagni, Rasa and Medhadhatvagni
<b>Adhithana</b>	Sarvanga
<b>Udbhavsthana</b>	Amashaya
<b>Roga Marga</b>	Bahya
<b>Prasara</b>	Rasayani
<b>Vyakti sthana</b>	Sarvanga specifically udara, gala, sphika Pradesha

**Sthaulya Nidana**

- Dietetic
- Hereditary
- Psychological factors
- Sthaulya

**Sthaulya Aetio-pathogenesis**

1. Aharaj Nidana
2. Viharaj Nidana
3. Manas Nidana
4. Anya Nidana

According to modern medicine causes of obesity distributed into three main groups

**Exogenous**

- Excessive appetite
- Over eating
- Drinking habits
- Dietary habits
- Smoking

**Endogenous**

Endocrine factors

**Miscellaneous**

Sthaulya caused due to over intake of food, abstinence from sexual intercourse, lack of physical exercise, uninterrupted cheerfulness.<sup>[10]</sup>

**Etiology**

- Over intake of food
- Lack of physical exercise
- Abstinence from sexual intercourse
- Intake of sweet, heavy, cooling and unctuous food
- Uninterrupted cheerfulness
- Day sleeping

**Common health consequences of obesity**

The major risk factor for non-communicable diseases is obesity.<sup>[11]</sup> Non-communicable diseases such as cardiovascular diseases, Musculoskeletal disorders, diabetes mellitus, Gynecomastia, Some cancers, Menstrual abnormalities, Gall stones.

**Relation between Sthaulya and Swasthavritta**

Swasthavritta has a great role in preventing all life style disorders.

Measures for prevention of sthauya (obesity) can be classified as:

1. General
2. Specific measures

**General measures include**

- Dinacharya
- Ritucharya
- Sadavritta
- Apathy Acharana
- Virudhashana
- Avoiding diwaswapna
- Regular excersice

**Prevention**

Prevention is the science of health promotion, disease prevention, disability limitation and rehabilitation.<sup>[12]</sup>

**Role of swasthavritta in primordial prevention of sthauya (obesity)**

Primordial prevention is the prevention of risk factors in countries or population groups. Use of proper healthy dietary habits as per Ashtvidh ahar vidhisheshayatan and Dwadash ashan pravichar is a strong measure in preventing risk factors of lifestyle disorders.

**Role of swasthavritta in primary prevention of sthauya (obesity)**

Primary prevention taken prior to onset of disease so that the possibility of disease reduces to occur in future life. For this free camps and survey are arranged. Modification in lifestyle as per guidelines of Ayurvedic classical texts such as non suppression of natural urges, sadvritta, Nidan parivarjana.

**Secondary prevention**

Secondary prevention taken to halt the progress of a disease at its incipient stage and prevent complication. Measures such as rukshaudvartana, heavy exercise, langhan, Atimaitun, Ratrijagran pramitashana are beneficial for patient of sthauya. Use of some medicine

such as Amalaki, Triphala, Kshar, Nagarmotha, Takrarishtha, Suntha, Madhu, Shilajit.

### Tertiary prevention

It includes all measures that reduce and minimize suffering of the patient due to disease.

### Treatment of Sthaulya<sup>[13]</sup>

1. Langhana (fasting)
2. Pramitashana
3. Heavy exercise
4. Ratrijagaran
5. Adhik adhyayana
6. Atimaithuna
7. Chinta
8. Rukshaudavartana
9. Use of certain medicines such as Triphala, Takrarishtha, Shilajit, Lohabhasma

### Uses of Yogic shuddhi kriyas in Prevention of sthaulya

#### Yoga Asana

- Some yogasanas are useful in preventing sthaulya such as Surya namaskar, uthanpadasana, pawanmuktasana, Padvruttasan, Pranayam, Naukasana, Dvichakrikasan.
- Increase burning calories and so reduce body weight.
- Lowers Blood pressure
- Relives stress.

#### Yogic breathing or pranayama for sthaulya<sup>[14]</sup>

- In Hatha yoga pradeepika it is said that pranayama makes the body slim and fit and burn excessive fat in body.
- Kapalbhati and anulom vilom are the two pranayama that reduces weight.
- In anulom vilom pranayama heat generated in body to burn down excessive fat.
- Kapalbhati involves forceful exhalation and normal inhalation. Belly is drawn in with every forceful exhalation and filled again with normal inhalation. It reduces fat around the belly.

#### Kunjali kriya<sup>[15]</sup>

Kunjali kriya is a simple stomach purifying strategy. It is considered as best treatment for kaphaja issues. It corrects jatharagni and dhatugata Ama gets removed. It is first referenced in Hatha yoga. In Hatha yoga pradipika it is called as "Gajakarani".

#### Shauch and Santosh

This are the sub kinds of Niyam of Ashtanga yoga. Manifestation such as swedabadha, sweda daurgandhya can be maintained. Santosh for example one ought to be glad or happy with restricted food.

#### Dietary Rules

According to Acharya Charaka Dietary guidelines should be followed like "Aharmatra Agnibalapekshini for

example one should take food according to its agni. faulty dietary habits should be avoided like adhyashana, samshana, and vishamashan.

### CONCLUSION

As Obesity is a non-communicable disease it can be prevented. Obesity can be prevented by eating healthier foods and regular exercise. In female obesity percentage is more than male.

In some classical text lifestyle modification are described such as dincharya, ruksha udavartan can be useful in avoiding sthaulya. Shodhan procedure according to rutu such as in vasanta rutu Vamana, varsha rutu Basti and in sharada rutu virechana. This helps in preventing obesity and increases longevity.

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