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## A Review Study of *Nidanarthakara Roga* w.s.r. to *Sthaulya*.

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### ABSTRACT:

**Introduction-**Ayurveda is a holistic science of life in which many fundamental principles related to *Dosha*, *Dushya*, *Stotras*, *Vyadhi utpatti* and *Vyadhi cikitsa* etc. have been described. Ayurveda has presented many aspects related to the prevention of disease and avoidance of diagnosis in the context of *Nidana Parivarjan*. Diagnosis plays an important role in the manifestation of any disease. Sometimes the disease itself acts as a diagnosis and plays an important role in the onset of another disease.

**Material & Methods-**Material has been collected from Ayurvedic Samhitas, different Research Articles, the internet, etc.

**Discussion-** This concept is explained by *Acharya Charaka* under the title *Nidanarthakar Roga* (one disease itself becomes the cause of another disease). In today's time, it is very important to know the diagnosis of any disease. The present era is more challenging for medical science due to the emergence of various lifestyle diseases. Obesity is also a serious problem related to lifestyle in today's era. Obesity often serves as a diagnosis for various diseases. Obesity is the cause of high blood pressure, diabetes, infertility, heart disease, some types of fatal diseases.

**Keywords:** *Nidanarthakara Roga*, *Sthaulya*, Diabetes, Hypertension, Infertility.

### INTRODUCTION

Ayurveda is a holistic wisdom of life described by numerous abecedarian principles related to the *Dosha*, *Dushya*, *Srotasa*, *Vyadhi utpatti* and *Vyadhi cikitsa* etc.

Ayurveda likewise presented numerous aspects related to the forestallment of *Vyadhi* as well as avoidance of *Nidanas* in terms of *Nidana Parivarjana*. *Nidana* plays a



crucial part in incarnation of any condition. Eventually complaint itself acts as *Nidana* and plays a crucial part in the onset of another complaint. This conception is accepted by *Acharya Caraka* under the title *Nidanarthakara roga*.<sup>1</sup> The presenting period is more grueling for medical science on account of arising of lifestyle diseases. Obesity is also a lifestyle related disease which is increasing rapidly in today's time. Unhealthy diet habits, sedentary life are the *Nidanas* of obesity. Now a day's obesity is a burning issue for society due to its critical consequences. Eventually, obesity itself acts as *Nidana* for some conditions i.e. Hypertension, Diabetes mellitus, cardiac problems, some form of malice, etc. To help these consequences, we've thorough knowledge of the *Sthaulya* and it's *Nidanarthakaravta*. Then an attempt made to enlighten the knowledge of *Nidanarthakara vyadhi*<sup>2</sup> and to unfold the *Nidanarthakaravta* of *Sthaulya* (Obesity).

## MATERIALS AND METHODS

Material has been collected from Ayurvedic Samhitas, different Research Articles, internet etc.

### *Nidanarthakara Vyadhi-*

*Nidanarthakara Vyadhi* means the origin of one disease from another disease as per *Acarya Cakrapani*. The disease that occurs first is called the *Svatantra vyadhi* or primary disease, while the diseases that arise due to the primary disease are called the *Paratantra vyadhi* or secondary disease. Knowing the *Nidanarthakaravta* of any disease, the treatment of that disease can be done well. This *Nidanarthakaravta* is of two types. *Ekarthakari vyadhi* and *Ubhayarthakari vyadhi*<sup>3</sup>. Initially, it acts as independent disease (*Svatantra vyadhi*). Later serves as causative factor for the development of another disease (*Paratantra vyadhi*).

### *Ekarthakari vyadhi and Ubhayarthakari vyadhi*

Primary disease is an independent or primary disease that manifests itself independently of its diagnosis and after some time it can cause a secondary disease or *Partantra vyadhi partantra vyadhi* depends exclusively on the *swatantra vyadhi*, in other words independent disease serves as a *Nidan* for another disease. After the secondary disease appears, if the *Swatantra Vyadhi* cannot continue with the *Partantra Vyadhi*, it is called an *Ekarthakari nidanarthakara vyadhi* or if the *Pradhan Vyadhi* can continue with *Partantra Vyadhi*, it is called an

### *Ubhayarthakari nidanarthakara vyadhi.*

In *Nidanarthakara vyadhi* one disease can cause another disease only when there is similarity in *Dosha*, *Dushya*, *Prakriti* etc. in both the diseases.

### ***Sthaulya(Obesity)-***

Increased body weight is known as obesity. Obesity causes many health related problems such as dyslipidemia, heart related complaints, high blood pressure and cancer etc<sup>4</sup>. Due to irregular routine, irregular eating habits, fat accumulates in the body, which gradually converts into obesity if If the treatment of this obesity is not done at the right time, then many complications occur in the person and many other diseases arise. The most common diseases caused by obesity are DM type 2, HTN, heart diseases, bone and joint diseases, infertility, depression and some types of cancer.

The concept of *Nidanarthakara vyadhi* can help diagnose, treat, and prevent the disease. Some clinical evidence of *Nidanarthakaravta* obesity in the manifestation of other diseases is given.

### ***Sthaulya and its Nidanarthakaravta:-***

#### ***Sthaulya & Diabetes Mellitus type 2-***

Body mass index is closely related to diabetes and insulin resistance<sup>5</sup>. Obese individuals have increased amounts of non-esterified fatty acids, glycerol, hormones, cytokines, pro-inflammatory markers, and other substances involved in the development of insulin resistance. If failure of the  $\beta$ -islet cells of the pancreas is accompanied by insulin resistance, the development of diabetes becomes more inevitable. Weight gain and increased body mass are central to the formation and increasing incidence of type 2 diabetes<sup>6</sup>.

#### ***Sthaulya & Hypertension***

Redundant weight gain, especially when associated with increased visceral obesity, is a major cause of hypertension, counting for 65% to 75% of the threat for mortal primary (essential) hypertension<sup>7</sup>. *Sthaulya* is a major threat for essential hypertension and another morbidity that contribute to the development of order complaint because it substantially increases tubular re-immersion to vitiate pressure natriuresis and beget blood volume expansion via the activation of the SNS(Sympathetic nervous system) and the RAAS( Renin Angiotensin Aldosterone System)<sup>8</sup>.

### ***Sthaulya* & Cardiac Disease**

*Sthaulya* is associated with an increased risk of developing cardiac disorders, that is, heart failure and coronary heart disease. The mechanisms, through which *sthaulya* increases cardiac diseases and risk involve changes in body composition that can affect hemodynamics and alter heart structure. fatty tissue produces pro-inflammatory cytokines and there by induces dysfunction of cardiac tissues and may promote atherosclerotic plaque formation in cardiovascular diseases<sup>9</sup>.

### ***Sthaulya* & Depression**

A systematic review and meta-analysis has been done to prove the association between *Sthaulya* and depression. Research suggests that 'tricyclic' anti-depressant specialties (such as amitriptyline) are particularly likely to cause weight gain. Nevertheless, a recent review suggests that for most antidepressants, the effects on posterior weight changes are idiopathic. Nevertheless, it is possible that some of the observed associations may be an artifact of antidepressant use<sup>10</sup>.

### ***Sthaulya* & Infertility**

*Sthaulya* (Obesity) has harmful effects on health as well as affects reproductive health. Obesity increases infertility.<sup>11</sup> Women who are obeys are more likely to have menstrual dysfunction and anovulation, as well as an increased risk of infertility, miscarriage rates, and pregnancy complications<sup>12</sup>.

## **CONCLUSION**

*Nidanarthakara Vyadhi* means the origin of one disease from another disease as per *Acarya Cakrapani*. Apart from being an independent disease, obesity also causes other diseases. In today's era obesity is increasing due to busy lifestyle due to which many other diseases are spreading. For proper treatment of all these diseases, it is necessary to understand the significance of the '*Nidanarthakaratva*'. By understanding the importance of *Nidanarthakaratva*, we can prevent the spread of many diseases and can treat the diseases which have arisen.

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