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### Literary Review Of *Sthoulya*(Obesity) And *Karshya* (emaciation ) In Adolescents Age By Ayurvedic Method

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#### 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 regimens of life style so most of individuals are habituated to luxurious and comfortable lifestyle lead to *Sthoulya*(Obesity) And *Karshya* (emaciation ) occurs due to *Ruksha Annapana* sevan (Indulgence in rough food and drinks), *Langhana* (Fasting), *Pramitashana* (Little diet), *Kriyatiyoga* (Doing more work than Capability), *Shoka* (Grief), *Veganidra Vinighrah*, *Ruksha Udavartana Snanshyabhyasa* (Excess non-unctuous anointing to the person and after that indulgence in bath), *Prakruti* (Constitution) leads to *Karshya*(emaciation).The causative factor, Etiopathogenesis, Symptoms and Managements of *Sthoulya*(Obesity) And *Karshya* (emaciation ) will be discussed below.

**Keywords :** *Sthoulya*, *Karshya*, *Dinacharya*, *Rutucharya*,*Ratricharya*



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## 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)<sup>[1]</sup> :

*Acharya Charaka* explained the *Hetu* (cause) of *Sthoulya* (Obesity) in *Charaksamhita* part 1 in *Ashtoninditiya Adhyay*.

- Ati Sampuranat* – Food consumption in excess quantity.
- Ati Guru Upayogat*- Excessive intake of food which is heavy to digest.
- Atimadhur Upayogat* – Excessive intake of sweet food.
- Ati Shitaupayogat* – Intake of cold or *Shita Virya Dravyas* in excess quantity.
- Ati Snidha Upayogat* – Intake of excess unctuous food.
- Avyayamat* – Lack of exercise.
- Avyavayat*- Lack of sexual activity.
- Divaswapnat*- Sleeping during day time.
- Harshanitya*- Always being happy.
- Achintanat*- Free from tensions and worries.
- 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-<sup>[2]</sup>

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

The causative factors of *sthoulya* differently mentioned by *sushruta* are.

- Sleshmala Ahara- Kaphavardhak Ahara*
- Adhyashana*- Consuming of food before digestion of previously consumed food.
- Avyayam*( lack of physical exercise)
- Divaswapn*(Sleeping during day time)
- Madhura Anna Sevan*. (Excessive use of sweet products)

According to *Ashtang Hridaya*<sup>[3]</sup> :

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 <sup>[4]</sup>

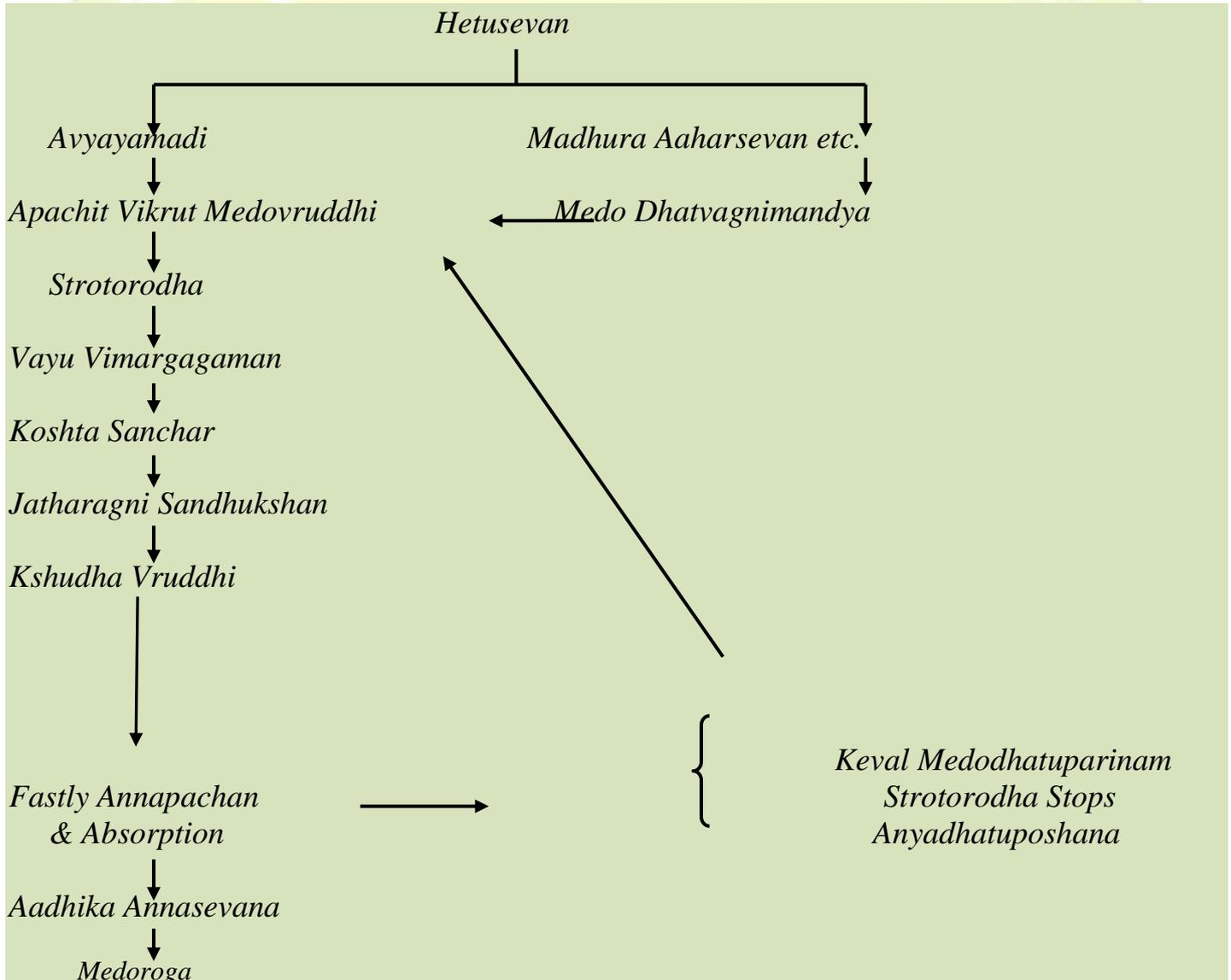
- Avyayam* (Lack of exercise)
- Divaswap* (Sleeping during day time)
- Shleshma-ahara* (The diet which increases the *Kapha* Dosha)

d) *Madhura Anna Sevana* (Excessive use of sweet products)

### **Samprapati Of Sthoulya (Etiopathogenesis of Obesity) <sup>[5]</sup>**

According to Acharya Charaka due to *Avarana* of all *Strotas(channels)* by *Meda* there is *Vridhhi(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*<sup>[5]</sup>.



**Lakshana Of Sthoulya (Symptoms of Obesity)<sup>[7]</sup> :**

As per definition Acharya Charaka has enlisted some cardinal features of *Sthoulya*.

- Medomamsa Ativridhhi*(excessive increase in fat and muscle)
- Chala Sphika* (during walking the excessive movement of Hip Region due to accumulation of excessive fat)
- Chala Udara* (During walking excessive movement of belly fat)
- Apachayo Utasaha* (Loss of enthusiasm)

Besides these cardinal symptoms Acharya charaka mentioned eight disabilities of *Atisthoulya*<sup>[4]</sup>.

- 1) *Aayushyo Hras* : Reduced Life span

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

- 2) *Javoparodha* : 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 *Preenan* i.e. providing nourishment to the other *Dhatus*, is more affected which causes *Daurabalya*.

- 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 *Vridhhi* (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) <sup>[8]</sup>**

According to yogratnakar lakshana of *sthoulya*

- Medomamsa Ativruddhi* (Increased fat and muscles)
- Chala Sphig Udara Stana* (Due to increased *meda* (fat) excessive movement during walking of hip joint, Abdomen and breast)
- 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) <sup>[9]</sup>**

Acharya Charak enlisted the *Hetu* of *Karshya*.

- Ruksha Annapana sevan* : Indulgence in rough food and drinks
- Langhana* (Fasting)
- Pramitashana* (Little diet)
- Kriyatiyoga* : Doing more work than Capability
- Shoka* : (Grief)
- Veganidra Vinighrah* :

- Ruksha Udavartana Snanshyabhyasa* :( Excess non-unctuous anointing to the person and after that indulgence in bath)

- Prakruti* : ( Constitution)

i) *Jara* : ( old age)

j) *Vikar- Anushay* : ( Continued disorder)

k) *Krodha* : (Anger)

According to Acharya Sushrut the causative factor for *Sthoulya* and *Karshya* is *Rasa Dhatu*<sup>[10]</sup>

#### Lakshana Of *Karshya* (Sign & Symptoms of Undernutrition) <sup>[11]</sup>

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

b) *Dhamani Jalasantatah* (Promient vascular network)

c) *Twagasthi shesho* (Remanant of Skin and Bone)

d) *Atikrusha* (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, Shwasa(asthma), Gulma (abdominal tumours), Arsha(ples), Udara(abdominal diseases), Grahani Roga.(chronic malabsorption syndrome)*

#### Lakshana Of *Karshya* (Sign & Symptoms Of Undernutrition) <sup>[12]</sup>

According to Yogratnakar

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

b) *Dhamani Jalasantatah* (Promient vascular network)

c) *Twagasthi shesho* (Remanant of Skin and Bone)

d) *Atikrusha* (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) <sup>[13]</sup>

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)<sup>[14]</sup>

#### Management of *Sthoulya*.(obesity) <sup>[15]</sup>

- *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 ribs), 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* <sup>[16]</sup>

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 Cyminum*), *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)<sup>[17]</sup> :**

- *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<sup>[18]</sup>**

a) *Puran Shali* (Old Rice)

b) *Mudga* (Moong)

c) *Kulathya*, *Kodrava*.

d) *Lekhana Basti*.

e) Honey

#### **Pathya Vihar for sthoulya**

a) *Shram* (Hard work)

b) *Chintya* (Tension)

c) *Vyayay* (Sexual intercourse)

d) *Adhvya* (Walking distance)

e) *Jagarana* (staying up at night )

#### **Management Of Karshya<sup>[19]</sup> :**

##### **A) Aahar (Food):**

- *Nava Anna* (Newly harvested Rice)
- *Nava Madya* (New Wine).
- *Gramyanupa Aaudaka Rasa* (Meat soup of domestic marshy aquatic animals).
- *Dadhi* (Curd).
- *Sarpi* (Ghee).
- *Paya* (Milk).
- *Ekshu* (Sugarcane).
- *Shal* (Sali rice)
- *Masha* (black gram)
- *Godhum* (Wheat).
- *Gud* (Sugar candy).

##### **B) Vihar(Lifestyle) :**

- *Swapna* (sleep)
- *Sukha-shayya* (Comfortable bed).
- *Manaso-Nivrutti* (Contentment tranquillity of mind)
- *Chinta-Vyavay-Vyayam Viram* ( Abstinence from anxiety sexual act and physical exercise).
- *Priyadarshana* (pleasant sight).
- *Abhyang* (Regular oil massage).
- *Snidha Mrudu Udavartana Snan* (Unctuous unction bath).
- *Gandhamalyani Sevanam* (use of scents and garlands).
- *Shukla Vaso Yathakalam* (use of white apparel).

##### **Aushadh (Medicine) :**

Enema consisting of unctuous and sweet drugs, elimination of *Doshas* in time and administration of rejuvenating and aphrodisiac drugs.

**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).

5) A Systemic review of *sthoulya* and its nidan-parivarjana chikitsa by author Amol Gulave, Londhe PD and Makhare SR Department of kayachikitsa S.C.M *Aryangla vaidyaka mahavidyalaya, satara*.

**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 *Vridhhi*(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 Snanshyabhyasa* ( Excess non-unctuous anoninting 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 Apathya* (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.

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