

**Aahar Vihar in Sthoulya Vyadhi. (Obesity)**

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**Abstract**

The incidence of non communicable disease is increasing at a high rate in all over the world. Obesity is also a non communicable disease which becomes a very serious problem in the society. Due to the faulty life style and diet pattern the incidence of Obesity increasing day by day all over the world. Sedentary habits and lack of exercise are also the main reasons behind the increased incidence of Obesity. Obesity can leads to many health problems like Diabetes, Cardiovascular disease and Arthritis. Obesity reduces the average life expectancy and affects the quality of life. Hence, prevention of Obesity during its starting stage should be considered a priority for overcome the risk of Diabetes, Cardiovascular, Arthritis and other serious diseases. There are many drug, medicinal preparations, Yoga and Panchkarma described in the Ayurveda having wonderful preventive and curative effect on the Obesity. In Ayurveda obesity is also known as Sthoulya. In sthoulya same symptoms arises. Thus every Sthoulya person should follow Aahar Vihar in his day today life.

**Keywords:** Yoga, Panchakarma, Sthoulya, Ayurveda, Aahar, Vihar.

**Introduction**

Obesity is considered to be a worldwide health problem with a steadily and dramatically increasing prevalence all over the world. Obesity is defined by a body mass index (BMI) more than 95<sup>th</sup> percentile for age and sex. Obese individuals are, in fact, at high risk of developing dyslipidemia, hypertension and impaired glucose tolerance, with consequent increase of the risk of metabolic and cardiovascular diseases. The prevalence of obesity increases worldwide in the same time the understanding of its pathogenesis and metabolic consequences markedly advances. The white adipose tissue actively produces various hormones, cytokines, and chemokines, which play an important role in homeostasis and in thyroid hormone regulation. There has been an increasing attention to thyroid function in pediatric obese patients. Obesity affects hypothalamic-pituitary-thyroid axis directly or indirectly leading to alterations in thyroid function tests. Patients with thyroid diseases usually exhibit changes in body weight, thermogenesis, and lipolysis in adipose tissue.

As obesity is a key risk factor in natural history of other chronic and non communicable disease, the typical time sequence of emergency of chronic disease following the increased prevalence of Obesity is important in public health planning. The first adverse effect of Obesity to emerge in population in transition are hypertension, hyperlipidaemia and glucose

intolerance, while coronary heart disease and the long term complication of Diabetes such as renal failure. Changes in diet pattern, life style and lack of physical exercise have increased the incidence of Obesity in the society. From the past time *Ayurveda* is known for serving the

society. Prevention and cure of *Ayurveda* is exactly applicable on the Obesity There are many drugs, medicine preparation, *Yoga*, *Pathya-Apathya* are described in the text of *Ayurveda* which have good result in the prevention and cure of obesity.

### Aims and Objectives

- **Aims :** To study *Aahar Vihar in Sthoulya Vyadhi* (Obesity)
- **Objectives :**

To study *Sthoulya Vyadhi* in detail.

### Material and methods

Different *Ayurvedic* classical book, research paper and journals were referred to fulfil this part, it comprises of subsection dealing with *Aahar* and *Vihar* in Obesity in *Ayurveda*.

### Obesity

Obesity may be defined as an abnormal growth of the adipose tissue due to an enlargement of fat cell size or increase in fat cell number or combination of both. Obesity is often expressed in term of body mass index (BMI) but can arise from other cause such at abnormal muscle development and fluid retention.

- **Body Mass Index Chart :**

B.M.I	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (feet)	Weight in Kilograms																
4'10	46	48	50	52	55	57	59	62	65	67	69	71	74	76	79	81	83
4'11	47	49	52	54	57	59	62	64	66	69	71	74	76	79	81	84	86
5'	48	50	53	55	59	61	64	66	69	71	74	76	79	81	84	87	89
5'1	49	51	55	58	61	64	66	69	71	74	76	78	82	85	87	90	92
5'2	50	52	57	60	63	65	68	71	73	76	79	82	85	87	90	93	95
5'3	51	53	59	62	65	68	70	73	76	79	81	85	87	90	93	95	97
5'4	52	54	61	64	67	70	73	75	78	81	85	87	90	93	96	98	101
5'5	53	55	63	66	69	72	75	78	81	84	87	90	93	96	99	102	105
5'6	54	56	65	68	71	74	77	80	83	86	89	93	96	99	102	105	108
5'7	55	57	67	70	73	76	79	83	86	89	92	95	99	102	105	108	111
5'8	56	58	69	72	75	79	82	85	88	92	95	98	101	105	108	111	115
5'9	57	59	71	75	77	81	85	88	91	95	98	101	104	108	111	115	118
5'10	58	60	73	76	80	83	87	90	94	97	101	104	108	111	115	118	121

5'11	59	61	75	78	82	86	90	93	95	100	104	107	111	115	118	121	125
6'	60	62	77	81	85	88	92	95	99	103	106	110	114	117	121	125	129
6'1	61	63	79	83	87	91	95	98	102	106	109	114	117	121	125	128	132
6'2	62	64	82	85	89	93	97	101	105	109	112	116	120	125	128	132	136
6'3	63	65	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140
	Healthy Weight						Over Weight					Obese					

Obesity can be correlated with Sthoulya. Acharya Charka described *Sthoulya* in eight despicable in *Sutrasthan* chapter-21. In the context of body, eight persons are despicable such as- over-tall, over-short, over-hairy, hairless, over-black, over-fair, over-obese and over-lean. The person is called as over-obese who, due to excessive increase of fats & muscles, has pendulous, abdomen & breasts & suffers from deficient metabolism & energy.

### Pathya-Apathya

#### Pathya Aahar

*Purana shaali-Chawal, Munga, Yuva, Kondo,*

*Chana, Bajara, Maaaka, Masoor, Parwal,*

*Shijan, Takra, Aavala, Katu, Tikta, Kashya*

*Rasa vale dravya, Gugglu, Bhojan k*

*purav Jaal Pina etc.*

#### Apathye Aahar-

*Gahu, Naye Shali dhanya, Chawal, Aalu,*

*Dudh, Kheer, Dahi, Mash, Anda, Guda,*

*Bhojan k baad Adhik jala pina etc.*

#### Pathye Vihar-

*Chinta, ratri, jagran, Langhan karna, Paedal*

*chalna, Duph seven, Vyaam karna etc.*

#### Apathya Vihar-

*Sheetal Jaal se snana karna, Devasayana,*

*Sukhpurvaka sada Aaramdyak bister par rehna*

*etc.*

### Importance of Vihar (Lifestyle) In Ayurveda

Lifestyle (or *Vihar*) is a cumulative product of your natural physical capacity at co-ordination with its mental functioning; consisting of habits, behaviour, everyday diet and living pattern, family history and the environment in which you grow. The modern world is currently facing an epidemic of lifestyle related diseases like diabetes, obesity, heart diseases, etc., which primarily result from stress, improper diet and irregular or sedentary lifestyle (lack of discipline and physical activity). *Ayurveda* believes that in order to achieve and maintain healthy living (*Arogya*), it is essential to practice a healthy *Vihar*. Due to this, certain healthy practices to gain a *Swasthvriti* or a healthy lifestyle are recommended by *Ayurveda*. Some of these prominent practices are discussed below.

### **Dinacharya (Daily regimen)**

*Dinacharya* means healthy and sustainable pattern of lifestyle obeying the biological cycles of nature. To achieve this, *Ayurveda* prescribes a specific routine in general, also taking into consideration the *Prakriti* or constitution of every individual. *Dinacharya* practises include waking up early in the morning, elimination of our natural wastes, maintaining oral hygiene (cleaning teeth and tongue, gargling etc.), exercising regularly, body massage, bathing, clothing, eye care, nasal care, etc.

### **Rutucharya (Seasonal regimen)**

According to *Ayurveda*, the three *doshas* and the *rutu* (seasons) are interlinked. Health is affected by the nature and climate of outer environment which influences our body. For example, when the air is damp, cold and wet, it increases these qualities in the body leading to aggravation of *kapha*. This gives rise to cold and cough during winter. Thus, you need to change their diet and lifestyle practices in response to climatic or seasonal changes in heat, cold or rain.

### **Nidra (sleep)**

Lack of a deep, restful sleep is an indication of stress and unhealthy living. *Ayurveda* believes that getting an 8-hour sleep should be less important than getting quality sleep, which is possible only when the mind completely dissociates itself from the senses. Quality sleep recharges and nourishes the mind and improves both short and long term mental powers. Therefore, a regular pattern of quality sleep should be maintained.

### **Sadvritta (Code of Conduct)**

Good behaviour is considered as *Sadvritta*. For maintaining healthy sense organs and the mind, you should follow certain codes of conduct such as being honest & truthful, having morals, avoiding being greedy, and avoiding hatred and jealousy. Also maintaining general hygiene, diet, sexual life and exercise can prevent lifestyle disorders.

### **Yoga & Dhyana (Meditation)**

‘Yoga’ in *Sanskrit* means ‘union’. It means the act of combining the physical self with the mind through exercise. *Yoga* stimulates your concentration & can help eliminate toxins from your body. It is also known to produce harmony between the body and nature through the three basic aspects of human elements; the mind, mental, spiritual. This helps to improve immunity and builds resistance against diseases.

*Yoga* contains several forms of exercises such as

the *Yama*, *Niyama*, *Padmasana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* and *Samadhi*. While *pranayama* controls the breathing process & maintains a balance of the body with nature, *Dhyana* is pure meditation to keep the mind at peace. *Yoga* has been found to enhance the efficiency of the heart, curing the body from stress, strains, blood pressure, digestive problems, anemia and even cancer.

***Ayurvedic ahar and vihar, if practised daily, can produce excellent results in the prevention or cure of diseases. It can help manage stress in daily life and reduce the use of modern medicine and their side effects that give rise to untoward complications.***

### **Conclusion**

*Sthoulya* is a disorder in which a number of disease arises rapidly. So, by following *pathya* *apathya* causes a tremendous changes in day to day life. *Pathya* *palan* causes great effect and keeps patient away from number of diseases. Due to

*Sthoulya Vyadhi* many problems take place, and that is just due to sedentary life style. Thus for this purpose *Pathya Apathya* is a key part in conquering or to control the increasing weight of an individual.

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**Note:- Additional references of book's concerned with subject will be added from time to time in bibliography.**