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## Role of Swasthvritta in Preventive Management of Sthaulya.

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### Abstract:

Sthaulya has been described as one of the Ashtauninditiya (eight most criticized) disease in Charak Samhita .Ati Sthulata is also the "Nanatmaja Vyadhi" of Kapha dosha and it presents itself with a varied clinical manifestation. According to Bhavaprakasha a person, having heaviness and bulkiness of the body due to extensive growth, especially in abdominal region is termed as Sthauyla and the state of Sthula is called "Sthaulya". A person having pendulous appearance of *Sphika* (Hip), *Udara* (Abdomen) and *Stana* (Chest) due to excess deposition of *Meda* along with *Mamsa Dhatu* and also having unequal or abnormal distribution of *Meda* with reduced zeal towards life is called "Atisthula". It might be difficult to identify the exact causes of this epidemic, however the most predisposing factors leading to overweight or obesity are excessive intake of dense food, Intake of high sugar in food, Frozen food, sedentary and changing lifestyle, Day sleeping(diwaswap) and lack of physical activity, exercise, Abstinence from sexual intercourse. sometimes it may be due Sahaj i.e. Hereditary pattern of obesity are found in some family irrespective of caste, religion. The role of Swasthavritta explains at different stages of prevention i.e. primordial, primary, secondary and tertiary prevention. Some of the specific measures include avoiding specific etiological factors described in swasthvritta such as diet which prorogating(vitiated) Kapha, Guru, Snigdha, aatyashana, adhyashana, awyayam ,awyaway , atinidra etc. Swasthavritta has a great potential in preventing all life style disorders if we follow all type of Dincharya and Rutucharya in proper manners.

**Keywords:** Sthaulya, diwaswap, Swasthavritta, Meda, Atisthula

**Introduction:**

Obesity is a social, psychological and somatic disorder leading to miserable life and causing a challenge to the physician. The disease Sthaulya has been mentioned by Acharya Charaka in Ashtanindita purushadhyaya. A Person having heaviness and bulkiness of the body due to extreme growth especially in Udaradi (Abdomen) region is termed as “Sthula” and the state (Bhava) of Sthula is called as “Sthaulya”. In person having hereditary predisposition disease becomes aggressive. In modern medical science Sthoulya is compared with Obesity and it is defined as excess of body fat that poses a health risk. It is caused by excess calorie intake, but endocrine disorders like hypothalamic disorders, Hypothyroidism, Cushing’s syndrome etc. can also be the causes of Obesity.

**Definition of Sthaulya:**

According to Bhavaprakasha a person, having heaviness and bulkiness of the body due to extensive growth, especially in abdominal region is termed as Sthula and the state of Sthula is called “Sthaulya”.

A person having pendulous appearance of *Sphika* (Hip), *Udara* (Abdomen) and *Stana* (Chest) due to excess deposition of *Meda* along with *Mamsa Dhatu* and also having unequal or abnormal distribution of *Meda* with reduced zeal towards life is called “*Atisthula*”.

**Modern aspect about Obesity:**

Obesity is a medical condition in which excess body fat has accumulated which is stored in large adipocytes to the extent that it may have an adverse effect on health. It is defined by body mass index (BMI) and further evaluated in terms of fat distribution via the waist–hip ratio. According to W.H.O, weight loss helps in reducing the risk of developing diabetes. Obesity is a big risk factor for developing Diabetes with almost 70 % of diabetics being overweight or obese. In fact, Studies show that women who lost more than 5 kg reduced their risk of diabetes by 50 % or more. As per World Health Organization (WHO) report currently half a billion people (12 % of the world total population) are considered obese.

According to Indian Academy of Diabetes “High waist circumference interferes with normal insulin circulation in the body responsible for glucose absorption and storage, lack of which eventually leads to Diabetes. Therefore, to prevent diabetes it is very important to maintain a healthy body weight.”

**Objectives:-**

1. To review the literature from various Ayurvedic samhita on obesity.(Sthaulya)
2. To conclude overall preventive management for the sthulata.

**Materials & methods:****Literary review:**

Reference of Obesity, medoroga, taken from Ayurvedic texts, modern texts and published articles.

**Etiological factors:**

It might be a difficult to identify the exact causes of this epidemic, however the most predisposing factors leading to overweight or obesity are excessive intake of dense food, Intake of heavy, sweet, cooling and unctuous food, sedentary and changing lifestyle, Day sleeping (diwaswap) and lack of physical activity, exercise, Abstinence from sexual intercourse etc. Sometimes it may be due Sahaj ie. Hereditary pattern of obesity are found in some family irrespective of caste, religion.

As far as the India is concerned many scholars explained it in the perspective of the “nutritional transition in developing countries, or the shift from traditional diets and lifestyles to Western diets i.e. highly-saturated fats, sugar, and refined foods and the combination of reduced levels of physical activity, exercise, intake of junk food, transport facilities, better healthcare and increased stress, particularly in the rapidly-growing urban population.

**Classification of obesity:**

The BMI is the actual body weight divided by the height squared ( $\text{kg}/\text{m}^2$ ). This index provides a satisfactory measure of obesity in people who are not hypertrophied athletes. The classification of obesity as per BMI;

Under weight	- $<18.5 \text{ kg}/\text{m}^2$
Normal weight	- 18.5 to 24.9 $\text{kg}/\text{m}^2$
Over weight	- 25.0 to 29.9 $\text{kg}/\text{m}^2$
Obesity (Class-I)	- 30.0 to 34.9 $\text{kg}/\text{m}^2$
Obesity (Class-II)	- 35.0 to 39.9 $\text{kg}/\text{m}^2$
Morbid Obesity (Class-III)	- $> 40 \text{ kg}/\text{m}^2$

**Role of Swasthviritta in prevention of Obesity: (Sthaulya)**

The role of Swasthviritta explains at different stages of prevention i.e. primordial, primary, secondary and tertiary prevention. Some of the specific measures include avoiding specific etiological factors described in swasthviritta such as diet which prorogating(vitiated) Kapha, Guru, Snigdha, aatyashana, adhyashana, awyayam ,awyaway , atinidra etc.

**Primary Prevention:**

Primitive prevention is the prevention of the development of risk factors in the communities in which they have not yet appeared .This is the proper kind of prevention in lifestyle diseases like Sthaulya and it is achieved through individual and mass education and awareness of regular exercise (Vyayam) and also advise for balanced and proper diet.

Vyayam (exercise till increased rate of respiration, perspiration, feel of freshness) as a part of Dincharya (daily regime). This can be done through the means of mass education and cultural practice. Emphasis has been given in Swasthviritta on Sadvrutta which includes good habits to be follow for lifetime to bring lifestyle changes

including diet, exercise and weight reduction. Use of proper dietary habits as per Ashtvidh Ahar vidhisheshayatan, and Dwadash Ashan.

Swasthavritta has a great potential in preventing all life style disorders if we follow all type of Dinacharya and Ritucharya in proper manners. Measures for prevention of Sthaulya (obesity) can be classified as:-

### General and Specific measures.

General measures include properly observing Dinacharya and Ritucharya alongwith sadavritta, self control and knowledge of various factors affecting health, good habits, avoiding food in excess quantity (Atyashana), apathy aacharana, virudhashana avoiding Diwa Swapna (Sleeping in day time), doing regular exercise and many others. Primary prevention is action taken prior to the onset of disease which removes possibility that a disease will ever occur in future life. Following points can be considered in terms of primary prevention of Sthaulya-

### Diet & Physical Exercise:

#### Do's

1. Take normal diet with increased amount of salad (green vegetable) and fruits.
2. Do exercise like brisk walking for half hour or at least a little walk after meal.
3. Take Fibre rich food like horse gram, garlic, fenugreek seeds, bitter gourd, greens, bottle gourd, soyabeans, tomato, banana stem and raddish.
4. Use Sunflower oil & ginger oil for cooking.

#### Don'ts

1. Avoid fatty, ghee & oil fried food, butter, Coconut oil, Palm oil vanaspathy, dalda.
2. Non-vegetarian diet, fish with fat & egg yolk
3. fried spicy substances like chips, Vada.Pav
4. Cold drinks, ice creams, chocolates, Bakery items etc.
5. Divaswapa strictly avoided, avoid alcohol & smoking

### Secondary prevention of *Sthaulya* (obesity)

Secondary prevention involves measures which are taken to halt the progress of a disease at its incipient stage and prevent complication. Such measures which reduce meda and kapha, for example heavy exercise, ruksa udavartana, ratri jagarana Pramitashana (adequate quantity of food), Langhan (fasting), Atimaitun (excess sexual activity). are beneficial for patients of Sthaulya. Use of certain medicines such as Triphala, Amalki Takrarishta, Madhu (Honey), Suntha, Kshar, Lohabhasma, Nagarmotha, Shilajit.

### Conclusion:

Obesity disorder is an increasing problem in all over worldwide population. Obesity is a non-communicable disease is largely preventable. With appropriate use of Ayurvedic preventive measures which are accessible, available and affordable such as Dinacharya, Ritucharya, sadavritta, Ahar vidhi, and therapeutic measures such

as use of medicines can be prevented at all levels and longevity can be increased. This also promotes better health and reduces the associated risk with sthauya like diabetes, cardiovascular disease.

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