

## AN AYURVEDIC APPROACH TO OBESITY

<sup>1</sup>Vd. Aparnasingh Namdeo Zode and <sup>2</sup>Dr. Renuka Rajendra Gayal

<sup>1</sup>PG Scholar (Kayachikitsa), B.S.D.T'S Ayurved Mahavidyalaya, Wagholi, Pune.

<sup>2</sup>MD.PHD (Ayurved), B.S.D.T'S Ayurved Mahavidyalaya, Wagholi, Pune.



### ABSTRACT

The Nature has taught the man how to be healthy before the science has discovered the laws of health. But, it is an irony of the fate that on this earth, on one hand Millions do not gets enough food and roam in a skeletal appearance while on the other hand, there are many more who, besides over eating lead a sedentary life to march towards an untimely death. Sthaulya (Obesity) is one among the major diseases of Modern era. In Modern era with continuous changing life styles and environment, changed diet habits, man has become

the victim of many disease caused by unwholesome dietary habits and Obesity is one of them.

### INTRODUCTION :

A person having heaviness and bulkiness of the body due to excessive disposition of Dushta Meda (Fat) especially in Udaradi region is termed as "Sthula" and the state (Bhava) of Sthula is called "Sthaulya" (obesity). (Bhavprakash Middle part 39). Obesity is a blessing of the Modern age of Machines and Materialism. It occurs because of lack of physical activity with increased intake of food. The industrialization, stress during work, dietary habits, lack of exercise & various varieties among the daily diet e.g. Atibhojana (excessive intake), Adhyshana (frequent food intake, when 1st meal is not digested), fast food, freeze food, increased amount of soft drinks and beverages, eating while multi-tasking, oversleeping, results into the clinical entity which we can call as sthaulya (obesity).

Obesity is one among the major diseases, which is gaining more and more attention of scientists at global level. As it is said, "wherever the carcass there will be vultures gathered together" in the similar fashion, the Obesity is such a physical state where heart diseases, Hypertension, Osteoarthritis, Diabetes Mellitus, Cardio Vascular accidents, impotency and many other grave complications are the vultures invited. The long-term dangers of Obesity are like a sword hanging over one's head tied in a weak thread, which can strike at any time and create numerous difficulties and boundless miseries.

### AYURVEDA AND ITS APPROACH:

Ayurveda, a unique part of Indian philosophy is really one of the great wonders of ancient Indian science. Ayurveda is not merely a health science, but it also reflects the genuine style of life. 'To maintain health of the healthy person' is the first and foremost principle of Ayurveda. Ayurveda is most conscious about day-to-day activities of human beings and so, extensively and elaborately described the ideal

Dincharya and its seasonal variation i.e.Rutucharya. In Ayurveda, sthaulya (obesity) is considered as medoroga, a disorder of medadhatudushti, which includes fat tissue and fat metabolism. According to Ayurveda, obesity begins with imbalance of tridoshas, dahtwagnimandya, strotodushti (imbalance in microcirculatory channels) this collection of imbalances then interferes with the formation of uttorotterdhatudushti (tissue level imbalance), that we experience as excess weight.

From Ayurvedic perspective, the key cause is found in lifestyle and diet choices that disrupt the balance. It has been already stated that overweight and obesity as something that should be corrected before it can contribute to other health problem.

### THE VICIOUS CYCLE:

There are seven dhatus and are created sequentially (Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra)(Cha. Chi. 15/15-16, Su. Su. 14/10, Dalhana) if at any stage, there is an imbalance in the formation of dhatu process, this disrupts the whole sequence of dhatu (tissue) formation. The strotasa (micro-circulatory channels) plays an important role, because they carry the information required to properly form the tissue step by step. If there is strotodushti (blockages in micro-circulatory channels) due to ama (toxins), an imbalance starts. According to Ayurveda to maintain balance and healthy status, prakrutadosha, samagni, prakruta mala kiya, vivrutastrotasa are essential. (Su.Su 15/47)

From ayurvedic perceptive, the cause of weight gain is cyclical. Adhyashana (Frequently eating, when 1st meal is not digested), Atibhojana (over eating), Ayayam (no exercise), diwaswapa (day sleep), atinidra (excessive sleep), madhyapana (Cha. Chi. 24/62)(alcohol consumption), eating while multitasking etc. which weakens the digestive fire, increases kapha and in turns increases toxin, as a result strotorodha occur and thereby hampers the dhatu (tissue) poshana and dhatunirmanprakriya. The poorly formed tissue layers increases medadhatu, and medavikruti occurs. Accumulation of ama in strotasa causes restriction in naturally flowing vata, this imbalanced in vatadosha ends up increasing agni- the digestive fire- leading to an increase in kaphadosha and medadhatu and the whole cycle starts again. Ayurvedic acharyas has already stated that, to break the pathogenesis, one should have to improve his dietary habits, improves the digestion power, correct the inappropriate daily routine and lowers the stress.

### KEY NOTES:

#### 1) Hydrate with Warm Water-

\* According to ayurveda warm water is a natural detoxifier, it helps to digest the food properly, replacing sugary beverages like food, fruit juices with warm water automatically reduces number of calories per day. Cold drinks or any cold things repeatedly causes constriction of blood vessels of gastrointestinal tract in turn hampers the digestive fire, which leads to slow down the digestion, warm water on other hand dilates blood vessels and muscles. Dilatation of blood vessels allows the assimilation and absorption of the contents of the meal to occur more efficiently. Sipping warm water during meal is ideal, as it helps in digestion, absorption, and dhatu (tissue) binding.

#### 2) Mindful and Healthy Eating-

\* "As the food we consume such is our body". Mindful eating means, it is about being conscious and present while eating.

\* Now a days with fast forward life style and busy schedule, people eat quickly due to lack of time, they are three times more likely to be overweight than those who take their time. While eating, watching TV, Talking, driving, multitasking undermine the digestive process and counteract the effort to lose weight.

\* When food is eaten mindfully, the brain sees, tastes, smells, feels and sends signals to the stomach to release enzymes and digestive juices to digest food.

★ It has been already said by ancient ayurvedic acharays, that 'you are not what you eat, but what you digest'. The first stage of digestion starts in the mouth with balanced kapha. The moment that any of food or substance meets saliva (bodhakakapha), the first experience is taste. It has been said that, taste has direct actions on doshas, so the moment you starts eating food, the process of digestion begins. The digestive process is governed by agni, vyanvyau, samanavyau, pachaka pitta and bodhakakapha.

**In order to lose weight and reach optimal level of agni it is important to avoid the following things.**

1. Avoid over eating, eating when previous meal is not digested, food which is heavy to digest like new rice and products, milk and milk products etc., excessive cold, and food in large quantity.
2. Avoid late night dinner and early breakfast.
3. Avoid preserved food.
4. Quit drinking alcohol and smoking.
5. Avoid oily, spicy, fried heavy foods, colored food.
6. Avoid frequent snacking, instead of snacking, direct go with lunch and dinner.
7. Do not eat food with wrong combination, e.g. - honey with ghee in equal quantity, milk with fruits, milk shake, cold coffee, warm water with honey.
8. Do not talk or laugh while eating. Do not eat while watching TV, Driving, multi-tasking, avoid late night food.
9. Avoid sleep immediate after food (lunch and dinner)

**In order to be healthy and increase digestive power, and to lose weight, following steps should follow.**

1. Eat according to level of hunger.
2. Eat only when you are hungry.
3. Drink water only when you are thirsty.
4. Eat freshly prepared homemade food.
5. Eat seasonal fresh ripped fruits instead of tea and biscuits at the time of afternoon tea break.
6. Eat food with less oil, which is enough moist, which is enough to make body moist.
7. Eat all green vegetables available in market alternately.
8. Eating sequence- first eat sweet- salty- sour-bitter-finally astringents food.
9. Daily at least half hour exercise.

**3) Breathing exercise, Pranayama and Yoga:**

**PRANAYAMA:**

Bhasrika is a very powerful pranayama, it strengthens the heart and lungs, improves digestion and calms the mind.

**BREATHING:**

Anuloma- vimloma or simply just by concentrating on breath for longer time, helps to avoid negativity, keeps the mind away from disturbances, and mind becomes peaceful.

**YOGA:**

Suryanamskara- for 10 minutes daily integrates the whole physiology, including mind, body, and breathe. It strengthens and stretches all major muscles, lubricate the joints, blood flow and circulation is increased throughout the body and helps to keep disease free.

**CONCLUSION:**

Obesity is becoming a common problem now a day, with increasing fast forward population. It is mainly due to improper lifestyle, wrong food concepts, lack of exercise. Ayurvedic approach provides all the necessary tools to bring back health, harmony, and peace of life. By adopting simple life style and healthy eating habits, anyone can enjoy the life optimally without much stress or expenses. Possible diseases like heart disease, stroke, diabetes, infertility, impotence, DVT, and many more can be prevented. So much health care money will be savefor betterfuture; there will be happy and healthy people in a wealthy country!

**REFERENCES:**

1. Charak SamhitaHindi commentary by acharya priya vatsharma Chaukhamba Sanskrit sansthan (Cha. Chi. Shloka no-15/15-16 page no 361)(Cha. Chi. 24/62 page no 585)
2. Shushruta Samhita Dalhan Tika Acharya Priyavat Sharma Chaukhambha
3. Sanskrit sansthan (7th edition 2002)(Su.Su.Shloka no 15/47 page no 130), (Su. Su.Shloka no 14/10 page no 102)
4. Sartha Vagbhata (Ashtang Hridaya) Marathi commentary by Dr. Ganesh Garde Anmol Prakashana, Pune
5. Ashtang Hriday Comm.by Lalchand Vaidya, Motilal Banarasidas Publication
6. Delhi Chaukhamba Bharati Academy (2001)
7. Kayachikitsa Vd. Y.G. Joshi.
8. Vidyadhar Shukla, Ayurveda Vikriti Vigyana, Chaukambha Sanskrit Pratisthan. Delhi.
9. Ayurvediya Kriya SharirbyVd. Ranjit Rai Desai, Baidyanatha Ayurveda Bhavan (2003)
10. Digestion and Metabolism in Ayurveda - C. Dwarkanath – Krishnadas Academy Varanasi, 1997
11. A.P.I.textbook of Medicine 15th Edition
12. Hutchison's Clinical methods -Edited by Michael Swash 12th Edi
13. Principles of Internal Medicine Harrison M.C. Grewhill Book Co. 12th Edi
13. Textbook of Medical Physiology, Guyton A.C.8th Edi
14. Human physiology -C.C. Chatterji, Medical Allied Agency Calcutta, 10thEdition
15. Nutritive value of Indian Foods, Published by Indian Council of Medical Research – Hyderabad Principles of Anatomy and physiology- Tortora G.C
16. Oxford textbook of Medicine - Edited by O.T. westheral, D.A. warell oxford

**DICTIONARIES:**

1. Apte V.S. (1985), the Students Sanskrit English Dictionary, ShatilaJain, Delhi.
2. Amarkosha- by Shree Amar Singh, II Edition, 1976
3. Ayurvediya Sabda Kosha Venimadhava Joshi and N.H. Joshi, Vol. 1 & 2.
4. Maharashtra Sahitya Sanskriti Mandala, Mumbai, 1968.
5. Taber's cyclopedia Medical Dictionary - Edited by CalytonL Thomas, M.D.