

AYURVEDA MANAGEMENT OF STHOULYAROGA (OBESITY)

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ABSTRACT

Obesity has become a health issue in modern India as well as globe. Overnutrition, mental depression, lack of exercises, sedentary lifestyle and psychological stress play a major role in the occurrence of obesity. BMI more than 30 is considered as obesity. Ayurveda explains obesity as Sthoulyaroga or Medoroga. Eight mahadoshas have been explained in the context of this disease. Low life expectancy, slowness, decreased libido, weakness, bad odour in the body, excessive sweating, excessive hunger, and excessive sleep are considered as sequelae of Sthoulyaroga. 1,2. In modern medicine breathlessness due to reduces ventilation of the lungs, osteoarthritis of the knee joint, IHD, stroke, gall stones, atherosclerosis, non healing ulcer, type II diabetes, hypertension, dislipidaemia, and mental depression are the complications of obesity. 3,4.

Ayurveda treatment including rookshaudhvarthana, padaghata, sarvangasweda, vanana, virechana, vyadhipratyanikaushadhaprayoga, daily walking, moderate exercise, pathyapathyaprayoga, pranayama and yogasanasand concomitant diet and regimen are effective in Sthoulyaroga. 5,6.

The present paper highlights the role of ayurveda management in sthoulyaroga.

Key words: Sthoulyaroga, Ayurveda medicine, obesity.

INTRODUCTION

Sthoulyaroga is a santarpanothavyadhi i.e. overnutrition is the prime cause of sthoulyaroga. It is seen in mental depression, patients taking antipsychotic drugs for psychiatric disorders, sedentary lifestyle, overeating indulging in daysleep, and chronic psychological stress.

Single drugs used in obesity

1. Guggulu
2. Lashuna
3. Chitraka
4. Yava
5. Madhoodaka
6. High fibre diet
7. Patrashaka

Formulations used in sthoulya

1. Tryushanadiloa
2. Rasonapinda
3. Amrita guggulu
4. Medoharaguggulu
5. Vidangadiloa
6. Navakaguggulu
7. Triphalachoorna
8. Guggulutiktakakashaya
9. Punarnavadiandoora
10. Lashuna capsules

Following actions are seen in formulations used in sthoulyaroga

1. Langhana
2. Rookshana

3. Swedana
4. Guru and apatarpana
5. Dipana
6. Pachana
7. Medhya
8. Rasayana
9. Tiktarasayukta
10. Kashaya rasa yukta
11. Vamaka
12. Virechana
13. Malavatanulomaka
14. Hypocholestremic
15. Anti platletagregating
16. Ood thinner
17. Thrombolytic
18. Antiatherogenic
19. Coronary vasodilator
20. Raktaprasadaka
21. Basti

Langhana

1. Vamana
2. Virechana
3. Asthapana
4. Anuu
5. Pipasa
6. Vayu sevana
7. Atapasevana
8. Pachana
9. Upavasa
10. Vyayama

Rookshana

1. Rookshaudwartana
2. Yava
3. Dry massage
4. Tikta drugs

Swedana

1. Rookshasweda
2. Sarvangasweda
3. Shigru
4. Lashuna
5. Katurasayuktadravya

Guru and Apatarpanadrsavya–Yava and Amalaki

Dipana

1. Shunthi
2. Pippali
3. Maricha
4. Pippalimoola
5. Chitraka
6. Lashuna
7. Panchakola

Pachana

1. Hingwashtakachoorina
2. Trikatuchoorna
3. Lavanabhaskara
4. Lashunadivati

Medhya

Medhya drugs reduce stress and improve memory .When stress is relieved , person will not consume increased quantity of food.

1. Medhyavati
2. Saraswatarista
3. Vachachoorina
4. Shankhapushpi syrup
5. Yashtimadhuchoorna
6. Guduchikashaya
7. Bramhiswarasa

Rasayana

It produces prashastarasadi dhatus.Excessive dhatus will be reduced to normalcy .

1. Chitrakadivati
2. Guggulukalpa
3. Yavachoorina
4. Yavanirmitaaharakalpana

Tiktarasayukta

1. Kalameghakashaya
2. Panchatiktakashaya
3. Mahatiktakashaya
4. GuduchikashayaGuggulutiktakashaya

Kashaya rasayukta

1. Triphala tablets
2. Triphalakashaya
3. Panchavalkalakashaya

4. Haritakichoorna	Antiatherogenic
Virechana	1. Kanchanaraguggulu
1. Trivrutleha	2. Triphalaguggulu
2. Icchabhedi rasa	3. Amrita guggulu
3. Jalodarari rasa	4. Lashuna capsules
4. Shatsakarachoorna	5. Arjunarishta
5. Panchasakarachoorna	6. Marichachoorna
6. Triphala tablet	Coronary vasodilators
Vamaka	1. Guggulukalpa
1. Madanaphalachoorna	2. Lashunarasayana
2. Ikshu rasa	Rraktaprasadaka
Malavatanulomana	1. Mahamanjishtadikashaya
1. Triphalakwatha	2. Mahatiktakakashaya
2. Triphalachoorna	3. Sarivadyasava
3. Abhayarista	4. Chandanasava
4. Dantyarishta	5. Guggulutiktakakashaya
5. Drakshakalka	Basti
Hypocholesteremic	1. Ksharabasti
1. Medoharaguggulu	2. Vaitaranabasti
2. Navakaguggulu	3. Kashaya basti
3. Amrita guggulu	Panchakarma and others
4. Kanchanaraguggulu	1. Rookshaudwartana
5. Lashuna capsules	2. Padaghata
6. Guggulutiktakakashaya	3. Vyayama
Antiplaetlet aggregating	4. Yogasanas
1. Lashunakalka	5. Pranayama
2. Shilajatuloharasayana	6. Moderate exercise
3. Marichachoorna	7. Ratrijagarana
4. Kanchanaraguggulu	8. Chintana
Blood thinners	DISCUSSION
1. Guggulukalpa	Ayurveda medicine has a positive role in the
2. Lashunakalka	management of sthoulyaroga. It is helpful in reducing
3. Lashuna capsules	body weight , production of prashastarasadidhatus,
4. Marichachoorna	shariralaghuta, karmasamarthya (good working
5. Vishatindukavati	capacity) , agnivardhana(increase in appetite),
Thrombolytic	medasakshaya (reduction in fat), and
1. Guggulukalpa	Vibhaktaghanagatratwa (strong physique
2. Lashuna capsules).Ayurveda treatment of sthoulyaroga includes
3. Marichachoorna	nidanaparivarjana,
	Vyadhipratyanikaushadhiprayoga, Vyayama ,

concomittent diet and regimen, pathyapathyaprayoga , high fibre diet, daily walking , moderate exercise , and pancha karma procedures like Vamana, Virechana, Rookshaudwartana and Padaghata.

CONCLUSION

1. Ayurveda treatment is effective in Sthoulyaroga .
2. Further development of complications can be minimisedby following Ayurveda treatment .
3. Ayurveda medicines in Sthoulyaroga are safe, cost effective and affordable also.

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