

ROLE OF MAINTAINING DIET IN LIFE STYLE DISORDER WSR TO OBESITY

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ABSTRACT

Given the impact on individual health, obese and overweight individuals can place a significant burden on the national health Schemes. Non-communicable diseases currently cause almost two thirds of all deaths worldwide. This article revolves around the details of Obesity described in various texts of Ayurveda. An attempt has been made to understand Obesity through Modern and Ayurvedic perspective and to find out the likely solutions for obesity through Ayurveda. Obesity has been described as Sthaulya or Medoroga in Ayurvedic texts. It is described under the caption of SantarpanothaVikar (Disease caused by over nourishment). Various Internal and External treatment modalities are described in the treatment of Obesity.

Keywords: Obesity, Over Nourishment, Diet.

INTRODUCTION

Change in diet coupled with increasing inactive lifestyle has sparked off epidemics of obesity in several Asian countries. There has been a significant increase in the consumption of fats and every dense food with a concurrent reduction in physical activity. With the rapid pace of industrialization and economic progress, today more and more jobs are becoming sedentary and dietary patterns are also changing with a decline in cereal intake and increase in the intake of sugar and fats. This all has resulted in increase in incidence of obesity along with its associated problems. According to survey by Nutrition Foundation of India, 45 % of women and 29% of men in urban area of the country are overweight. India is in 7th place in terms of obesity index. Earlier, obesity was a life style problem, but now World Health Organisation have classified it as a disease. Ayurveda has given more emphasis on balanced state of Body tissues while mentioning definition of health. According to *Ayurveda*, Obesity is a condition in which *Medadhātu* (Fatty Tissue) is in a state of *Vikrita Vriddhi* (Abnormal increase).

Definition of *Atisthaulya* (Obesity)

A person who due to extensive growth of fat and flesh is unable to work and disfigured with pendulous buttocks, belly and breasts is called *Atisthula* and condition is termed as *Atisthaulya*. The term obesity is defined as an excess storage of energy in the body in the form of fat. Obesity is an

increase in body weight beyond the limitation of skeletal and physical requirements as the result of excessive accumulation of body fat.

From *Ayurvedic* perspective the cause of weight gains is cyclical. It begins with balance reducing choices in diet and lifestyle that weaken the digestive fire, which in turns increases toxins, clogging the communication channels *shrotas* and thereby disrupting the formation of

tissues. The poorly formed tissue layers increases *meda dhatu* and an imbalance in *Kapha Dosha*. This in turn increases accumulation of toxins (*ama*), which leads to imbalance in *meda dhatu*. Accumulation of *ama* in *shrotas* causes an imbalance in naturally-flowing *Vata* energy. Restricted or imbalanced *Vata* energy ends up increasing *agni* – the digestive fire – leading to an increase in appetite and thirst. This leads in turn to an increase in *Kapha Dosha* and *meda dhatu* and the whole cycle starts again. To break the cycle, the *Ayurvedic* expert (*vaidya*) determines the unique nature of the individual (*Prakriti*) and the nature of imbalance (*Vikriti*). The essence of recommendation is generally comes down to addressing a few core issues: strengthening digestion (balance *agni*), removing *ama*, improving dietary habits and adjusting inappropriate daily routines and lowering stress.

Diet

Diet must be nutritionally adequate but must be lower in calories, with vitamins and mineral supplements. A mixed balanced diet is a sensible approach to long term weight reduction. The protein should be of high quality so that essential amino acid can be utilized to maintain lean body mass. Food, high in fiber should be used liberally because of their low caloric density.

DISCUSSION

Charaka has given detail description of causative factors, etiopathogenesis, sign and symptoms of Obesity. *Acharya Susruta* has added the complications of the disease & given importance to avoid causative factors of the disease. Out of the commentators, *Dalhana* has introduced the concept of *Dhatvagni Mandya*. The term '*Sthula*' (Obese) itself indicates the deposition of *Prithvi* and *Apa Mahabhuta* dominant factors in the body. *Nidana* of *Sthaulya* is divided in four categories *Aharatmaka*, *Viharatmaka*, *Manasa* and *Anya*. Besides these *Nidanas*, nowadays it is seen that due highly refined food with maximum percentages of carbohydrates & high-tech machineries which makes a person less active & prone to Obesity.

Conclusion: Obesity is a common problem in North. It is mainly due to improper lifestyle, wrong food choices and lack of exercise. All, people do not have a sense of self awareness. They are taken by external factors, by their senses and do not give importance for their existence in this universe. They don't have mind, body and spiritual connection, and not even breathing right. *Ayurvedic* approach provides all the necessary tools to bring back health and harmony.

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