CONCEPTUAL STUDY ON STHAULYA

Dr. Mahendra Singh Raghuwanshi1* and Dr. Rekha Parmar2

1Final Year PG Scholar, Department of Dravya Guna Vigyan, Parul Institute of Ayurved, Parul University, India.
2Associate professor, Department of Dravya Guna Vigyan, Parul Institute of Ayurved, Parul University, India.

*Corresponding Author: Dr. Mahendra Singh Raghuwanshi
Final Year PG Scholar, Department of Dravya Guna Vigyan, Parul Institute of Ayurved, Parul University, India.

ABSTRACT
Obesity consists a major nutritional health problem in developed and developing countries, which has reached epidemic proportions. Obesity is defined as the condition of excessive fat accumulation to such an extent that affects the individual’s health. **Objective:** The purpose of the present review was to explore the obesity-related diseases and the medication for treatment of obesity. **Method and material:** The method of this study included bibliography research from both the review and the research literature which carried out mainly internationally over the last five years and referred to obesity. **Results:** The rapidly increased incidence of obesity is due to environmental factors that influence a genetically pathological predisposition. The body mass index (BMI) is an internationally accepted index to estimate body weight, which allows a comparison of prevalence rates worldwide. Obesity has been recognized as an important contributing factor in the development of chronic and serious diseases, such as cardiovascular disease, diabetes mellitus type 2, hypertension, stroke, heart failure, dyslipidaemia, uric acid, sleep apnea which is the cause of sudden death in sleep and other diseases. The majority of research studies indicate that weight loss is the main goal of treatment of obesity. Taking medication as an option for the treatment of obesity should be the ultimate therapeutic tool because it is associated with many side effects. **Conclusions:** The results of the present review illustrate that obesity is a public health issue which is rapidly increasing and thus needs to be addressed seriously. Specific diet combined with physical activity can achieve the desired loss of body fat and are the most effective and long-lasting ways to treat obesity.

**KEYWORDS:** nindita purusha, dhatvagni, obesity-related diseases to obesity- medication-complications.

INTRODUCTION
The word sthaulya is not found there, but some scattered references like medas, medini, pivasi are available in Atharvaveda. In Yajurveda a disease named "Upachita" has also been described in this reference. Veda appreciated exercise and hard work and slashed upon laxity, in context of health. Atharvaveda has advised to strengthen and hardened the body like a stone, in other words indicated hazards of flabbiness of the body and obesity.

Charaka has described scientific study on Sthaulya. Sthaulya has been classified under "Ashta Nindit Purusha" (eight desplicable personalities).

Sushruta has narrated the aetiopathogenesis of Sthaulya Roga on the basis of an endogenous entity being caused due to "Dhatvagni Mandya".

Sthaulya is considered as the physical condition of the body, result of vitiated Meda Dosa, as symptom of disrupt Medo Vaha Srotas, Rasa Nimitaja disorders.

Vriddha Vagbhatta and Vagbhatta have elaborated aetiopathogenesis of Sthaulya on the basis of formation of Ama and disturbance of the process of Dhatu Parinamana, i.e. inter cellular metabolism and mechanism of respective of Agni, which later on understood as process of metabolism in modern era.

STHAULYA
ETYMOLOGY
The word sthaulya is derived from Mula Dhatu “Sthu” with suffix “Ach” pratya, which stands probably for bulky or big or thick.

स्थुऱस्य भाव स्थौऱयम्
स्थौऱयति िे अि्

NIRUKTI OF STHAULYA
स्थुऱयति वधेिे उदरादद य स्थौऱ
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”
DEFINITION OF STAULYA
मेदोमांसातिवूद्रत्वाजऱससपगुदरस्िन:
अयथोऩचयोत्साहो
नरोडतिस्थुऱ
उच्यिे

A person in which excessive and abnormal increase of Medodhatu along with Mamsadhatu is found, it will result into pendulous appearance of buttocks, belly and breasts and whose increase bulk is not matched by a corresponding increase in energy.

NIDANA: (Causative Factors) All the causative factors described in Ayurvedic classics can be classified into four broad categories
1. Aharatmaka Nidana
2. Viharatmaka Nidana
3. Manas Nidana
4. Anya Nidana

1. Aharatmaka Nidana: Aharatmaka Nidanas like Guru, Madhura, Sheeta, Snigdha dominant diet, Navanna and excessive intake of food etc. are responsible factors for Medoroga. Ahararasa plays a major role for increasing Medadhatu in Medoroga. So, Acharya Sushruta has mentioned Sthaulya and Karshya depend upon the quality and quantity of Ahararasa.

2. Viharatmaka Nidana: Viharatmaka Nidanas like Divaswapna (day sleep), Avyayam (lack of exercise) and Avyavaya (lack of intercourse) etc. are responsible factors. Decreased physical activity increase Kapha and deposition of Meda excessively.

3. Manas (psychological) Nidana: Acharya Charaka mentioned Harshanitya (Uninterrupted cheerfulness) and Achintana (Lack of anxiety) etc. are responsible for Medovriddhi.

4. Anya Nidana: Acharya Charaka has mentioned a specific Nidana Beejadosha (hereditary factor) which plays a major role for Medovriddhi.

CONCLUSIONS
Meda and Kapha potentiating diet, sedentary lifestyle, less mental thinking along with genetic predisposition factors are play a major role in aetogenesis of Medoroga. There is no specific treatment for obesity, only diet and exercise can play important role in management of obesity.

REFERENCES