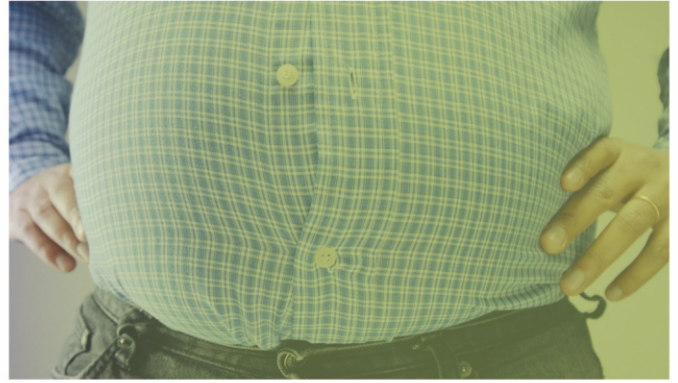


The Obesity Epidemic and the Role of Ayurveda

The ease of day-to-day physical and physiological activities in our body is an indicator of health, as per Ayurveda. Being overweight or obese negatively affects the ease of doing our daily activities. Sthowlya is mentioned as a reason for morbidity in Ayurveda and makes treatment of other diseases difficult. Besides, obesity is also associated with many complications. Considering all these factors, managing obesity or overweight is important.

There are many misconceptions about Sthowlya, the beauty of Ayurveda is that these misconceptions are addressed in Ayurveda. Besides, treating the cause of Sthowlya is possible through Ayurveda, which is difficult with modern medicine. Hence, when planned carefully, Ayurvedic management of Obesity/Sthowlya could benefit the patients.



Panchakarma and Udvarthana may hasten the weight loss process as it triggers the achievement of Samatwa/equilibrium of Dosha and Dhathu in the body. There are many formulations available that can assist patients in reducing their body weight.

Besides, the Dinacharya, Ruthucharya, Pathyapathya, and Yoga can help overcome the challenges of an imbalanced lifestyle and mind. As it is well-known, abnormal lifestyles or eating disorders have a significant association with the psychology of people.

This issue of SDP Niramaya summarizes the literature and gives a broader perspective on Obesity management. We plan to cover specific issues in further editions of SDP Niramaya.



Inside

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Obesity is an all-time problem, and Ayurveda is an all-time solution

Introduction

Obesity is certainly a modern lifestyle problem, but the ancient world was not devoid of this problem. Mentioning of Obesity/Sthowlya is found even in Veda. Ruk, Yajur and Atharvaveda mention the words Medas and give a detailed description of the condition. Yajurveda mentions Apachitha as an obesity-related condition. Hard work and exercise are prescribed by Veda as the remedies to obesity and also to prevent obesity. Later, as you all know, Ayurveda gives detailed attention to Sthowlya. Fast forward to today, Obesity is a global epidemic and hard work and exercise remain remedies for Obesity.¹

Obesity statistics at a glance²

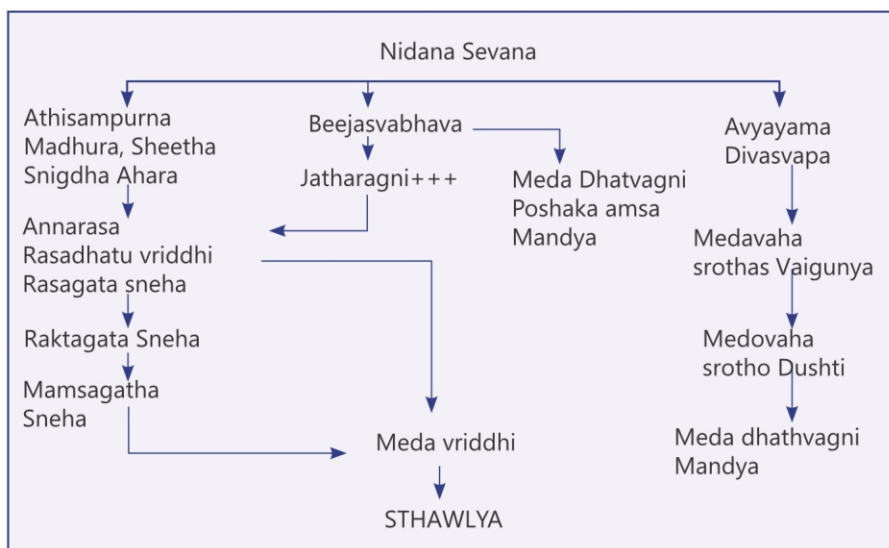
- Worldwide **obesity has nearly tripled** since 1975
- 39% of the **global population** is overweight, which equals **190 crore people**
- 13% of the **global population** is **obese**, which equals **65 crore people**
- 34 crore children and adolescents aged 5-19 are overweight or obese**
- 19.7% of **Indian adults are overweight**, which equals **28 crores**
- 3.8% of Indian adults are obese, which equals 5 crores
- Obesity kills more people compared to underweight**
- Obesity is responsible for **47 lakh premature deaths each year**
- 8% of global deaths** are the result of obesity
- 5.6% of deaths in India** are the result of obesity
- Obesity is the **4th leading cause of death**

Obesity and Ayurveda

Ayurveda regards obesity as Medoroga, a Santharpana Janya Vikara, and one with severe (Athisthula) obesity is among Ashta-Ninditha Purusha. Sthowlya can be because of the hereditary or genetic nature of the individual (Bijadosha) and exogenous factors like a sedentary lifestyle. Dosha, Dhathu, Mala and Srothasa come under endogenous factors. External factors include Achinthanam, Divaswapna,

Harshanithyam, Shleshmaja Ahara and vihara (high-calorie diet and sedentary lifestyle), Athisampurana (overeating), Aavyavaya, and Avyayama.³

In the pathogenesis of Sthowlya, all three Doshas are vitiated. Especially Kledaka Kapha, Pachaka Pitta, Samana and Vyana Vayu are the main Doshaja factors responsible for the causation of Sthowlya. Ama, which blocks Medovaha Srothas due to Khavaigunya combined with Kapha and Meda, diminishes Medo Dhathwagni. These factors result in Medo Vikrithi and Vyana Vatha pushing the Meda to various sites like the abdomen, hip, breast, back, etc. Therefore, treatment aims to reduce Vatha, Kapha, and Meda Dhathu.³



The classification of obesity as endogenous in Ayurveda answers why some people fail to reduce their body weight despite all the lifestyle measures, and others do respond well. The classification also allows us to handle hormonal, metabolic and neuro-hormonal issues as we can address Dosha, Ama, Vatha and Dosha-Doosha relationship. Hence, there is a huge scope to manage obesity effectively with Ayurveda. Understanding patients' lifestyles carefully is very significant to achieve desired goals.

It is also important to partner with patients to understand their perspectives and devise a plan to reduce body weight. Besides, while reducing body weight is easier, maintaining the lost weight is difficult; thus, there is a need to develop strong willpower among patients.

Treatment of obesity with Ayurveda

Langhana: The first aspect of treatment is avoiding the causes of obesity – all the Aharaja, Viharaja, Mansika, and others. Nitya Langhana therapy and Langhana, even in Shishira Ritu, are advised. Langhana through Vamana, Virechana, and Lekhana Basthi as per Vyadhibala and Dehabala is recommended. Rooksha Udvartana is external Langhana.⁵

Pathyapathya⁵

Ahara Varga	Pathya	Apathya
Shooka Dhanya	Yava, Venuyava, Kodrava, Nivara	Gothuma, Navanna, Sali
Shami Dhanya	Mudga, Rajamasha, Kullatha, Masura, Adhaki	Masha, Thila
Shaka Varga	Vrintaka, Pathrashaka, Patola	Madhuraphala
Drava	Thakra, Madhu, Ushnodaka, Dugdha, Thila Thaila, Asava, Arishta	Ikshu, Navaneetha, Ghritha, Dadhi
Mamsa	Rohitha mathsyas	Anupa, Audaka

Pathya	Apathya
Shrama/hard work	Sheetha Jala Snana
Jagarana	Diwaswapna
Vyavaya	Avyayama, Avyavaaya
Nithya Langhana	Swapna Prasanga (excess sleeping)
Chintha	Sukha Shaiya (sedentary lifestyle)
Shoka	Nithya Harsha
Krodha	Achintha, Mano Nivruthi

Single drugs	Gana	Formulations
Madhuka, Vidanga, Agnimantha, Chitraka, Nagara (Ginger), Guggulu, Guduchi, Harithaki, Rasanjana, Vacha, Kanchanara, Yavakshara, Shilajathu, Loha Bhasma, Madhu, Gomuthra, Bilvapatra Swarasa	Triphala, Vidangadi Lauha, Takrarista, Bilvadi panchmula, Arkadi Gana, Triyushnadi gana, Vachaharidradhi Gana Udvartana, Varanadi gana	Amrithadi Guggulu, Gomoothra Harithaki, Lodhrasava, Amrutha Guggulu, Navaka Guggulu, Dashanga Guggulu, Thrayushnadi Guggulu, Haridradi vati, Triphaladya Choorna, Vyoshadi guggulu

Yoga asana⁷

Kapalabhati and Anuloma Viloma Pranayama are extremely helpful in reducing obesity. Some of the Yoga Asanas which are helpful are Naukasana, Pavanamuktasana, Bhujangasana, Ushtrasana, Paschimotthasana, Ardha Chakrasana, Parshwa Konasana, Virabhadrasana, Garudasana.

Why is it important to treat obesity?

It is important to treat obesity because it is associated with the following complications:⁸

- * Ayushohrasa (Diminution of lifespan)
- * Javoparodha (Lack of interest in Physical activity)
- * Kricchrayavaya (Difficulty in having coitus)
- * Dourbalya (Debility)
- * Dourgandhya (Unpleasant smell from the body)
- * Swedaabadha (Excessive sweating)
- * Kshudhatimatra (Excessive hunger)
- * Pipasatiyoga (Excessive thirst)

Being overweight and obese increases the risk of various metabolic conditions such as cardiovascular disease, diabetes, stroke, etc. Besides, Ayurveda also says that treating any disease in obese patients is difficult and is associated with morbidity.

Management of obesity, what can we take from modern medicine?

A body mass index of $>25 \text{ kg/m}^2$ is considered pre-obesity, >30 is obesity class I, >35 is class II, and >40 is class III. World Health Organization (WHO) recommends physical activity like walking, cycling, or dancing – has significant benefits for health. The goals of obesity management are to keep the patient metabolically healthy, manage the comorbidities, restore self-esteem and positive body image and avoid stigmatization. Modern medicine recommends the following for the management of obesity:⁹

- * Establish prevention and treatment targets in discussion and agreement with patients.
- * Prepare the patient for a long-term partnership, the treatment needs commitment and frequent evaluation to assess progress.
- * Pay attention to understanding the patient's current lifestyle and food habits, including psychological issues, and try to make a treatment plan in accordance with the patient's current lifestyle.
- * Often, patients with obesity have other conditions like diabetes, hypertension, cardiovascular disease, etc. Hence, there is a need to address these conditions to achieve overall management of the patients.
- * Aerobic exercise, resistance training, and a reduced-calorie diet, patients' active leisure-time pursuits should be promoted, and their sedentary time should be reduced.
- * Encourage exercise for at least 30 minutes to one hour daily; the higher the intensity, the better. However, consider patients' ability to perform a specific intensity of activity.
- * Using oral medicines in addition to lifestyle changes is beneficial and necessary in the management of overweight or obesity.

Conclusion

- * Obesity is a modern epidemic.
- * It is not easy to get rid of excess body fat.
- * It is important to remove the stigma from obese people; obesity is not always because of lifestyle, there are also underlying metabolic or other disorders, and in some cases, it is hereditary (Beejadosha).
- * Addressing the causes of obesity beyond lifestyle problems is essential to achieve effective treatment.
- * Will-power of the patient is as important as the treatment; hence, good communication with the patient is crucial.
- * Addressing the concept of Ama, Dosha, Dooshya, and underlying conditions is important.

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SDP Kanchnara Guggulu

For Granthi, Gandhamala, Arbuda

Each 500 mg contains:
Kanchanara tvak 120 mg, haritaki, bibhitaka, amalaki each 24 mg, sunthi, marica, pippali, varuna each 12 mg, ela, tvak, patra each 3 mg, guggulu 250 mg

Dosage: 1-2 tablets twice or thrice a day or as advised by the physician.

Packing: 100 Tablets



SDP Varunadi Gana Kashaya

For Antar vridhhi, Medoroga, Ashmari, Adhya vatha

INGREDIENTS:

Each 10ml Concentrate Kashaya contains:
Varuna(brk), Sahachara(rt), Bilwa(rt), Shathavari(rt), Chithraka(rt), Kutaja(brk), Moorva(stm), Bihathi(rt), Kantakari(pt), Karanja(brk), Poothikaranja(brk), Agnimantha(rt), Harithaki(fr pl), Doorva(gr), Shuddha Ballathka(sd), Gokshura(ft) each 937mg

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Packing: 200ml bottle



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