

# Sthaulya- A Life Style Disorder

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## Abstract

As we moved into rapid modernization, the lifestyle of an individual has become sedentary along with lack of exercise and there is increased popularity of fast foods leading to impairment of metabolism in an individual making him prone to series of disorders called as lifestyle disorders. Sthaulya can be included under santarpanjanya vyadhi as “Medo roga”. It is a condition caused by derangement of agni, leads to amarasa, there is medodhatvagnimandya leading to improper formation of medo dhatu in excess,

More than half of the Coronary Heart Diseases (CHD) are attributable to abnormalities in the levels and metabolism of plasma lipids and lipoproteins. In India, persons suffering from CHD have increased in last 20 years. According to WHO, raised serum cholesterol levels is one of the top ten causes of death throughout the world.

Several modern drugs are available for the management of Sthaulya where most of them are potentially toxic, costly and are contraindicated in hepatic or renal impairment, gall bladder disease and pregnancy. There are many effective medicines and therapies are described in different classics of Ayurveda for treating Sthaulya. Ayurveda can intervene by modifying the risk factors aiming at the prevention.

**Keywords:** Lifestyle disorders, Medoroga, Sthaulya

## I. INTRODUCTION

When all the Dhatus in the body are at their optimum levels, each of them contribute towards the Health of the body. But when there is vikruti in any of the Dhatus, whether it is Pramanataha or Gunataha then it surely affects both the body and the mind. Sthaulya is one of the best example of disease caused due to pramanataha of the dhatu, Medo dhatu is particular in this case. This is commonly known as Sthaulya. Sthaulya is caused due to Medo dhatu vikruti but this is not the only vikruti caused due to vitiation of Medovaha srotasa. There are many other diseases which are exhibited due to the vitiation of Medovaha srotasa. Physician usually come across most of these in their day to day practice.

Thus though, the term ‘ Medoroga’ is generally considered to mean or denote ‘Sthaulya’ , there are many other diseases, that too fall in this category and are well treated by Ayurvedic Chikitsa siddhanta and Upakramas.

## II. MEDO DHATU

Medo Dhatu is one of the Sapta dhatu which provides nourishment to the Asthi dhatu. Medodhatu gives oiliness, softness, lubrication to the body parts. It helps in proper sweating due to which temperature of body remains controlled. It also provides strength to the body. Proper functioning of Medo dhatu is very necessary for lubrication and smooth frictionless operations of all activities of bones and muscles in body.

### A. Medo vrudhi lakshana<sup>1,2</sup>

Due to vikruta Medo vrudhi there is excessive slimy skin, difficulty in breathing with less exertion, bulging of abdomen, breasts and hip becomes pendulous, foul odor in body.

Medoroga or obesity is not mentioned as a separate entity but in Charaka Samhita Sootrasthana chapter 28 it is mentioned under Nindita purusha.<sup>3</sup>

In Medoroga due to vitiation of Meda dhatu and its aggravation, the srotasa get obstructed causing improper nourishment of other Dhatu and only Meda gets increased.

### B. Medovaha srotasa

Moolasthana- Vrukka and Vapavahana

Cause of vitiation of Medovaha srotasa

- Lack of Exercise,
- Sleeping during daytime
- Working in sedentary lifestyle
- Excessive intake of Fatty, heavy, cold, sweet and oily food
- Excessive intake of alcohol
- Intake of Kaphakara Dravya
- Beeja dosha

Symptoms of vitiation of Medovaha srotasa

- Accumulation of mala on places like teeth
- Burning sensation in Palm and sole
- Excessive perspiration
- Stickiness of skin
- Obesity or emaciation

Disease of Medovaha srotasa vitiation

- Atisthaulya (Obesity)
- Atisweda (Excessive perspiration)
- Prameha
- Madhumeha
- Medogranthi

### III. STHAULYA

Sthaulya has been derived from word 'Sthoola'.

'Sthoola' is the guna which does Brumhan or it brings about bulkiness. It increases the tissue weights.

*Sthoola*- of big size

*Jadyata*- Physical and mental inactivity

*Gaurava*- heaviness due to Guru guna

'Sthaulya' is condition which increases the body fat which is Vikruta Medovruddhi i.e. excessive accumulation of fat.

As per modern science obesity is condition in which the body weight is 20% more than the desired body weight. Today more than 40% of population is having 20% or above the ideal body weight.

#### A. Cause of Sthaulya:<sup>4</sup>

##### 1) Ahara:-

Madhura, Kaphakara ahara- Excessive intake of heavy, sweet, cold and unctuous food.

##### 2) Vihara:-

Avyayama- Lack of physical exercise

Divaswapana- Sleeping in day time

Lifestyle- Sedentary lifestyle or life without any stress or strain with intake of excessive unctuous food causes obesity.

##### 3) Sahaja and Kulaja:-

Hereditary predisposition, Family as well as parentreal history of obesity.

##### 4) Mental Condition/ Psychological Cause:-

Mental stress and negative feeling like grief, anger increases tendency of overeating which develops obesity.

Sometimes it is observed that people have a tendency of obesity even after eating less. This may be related with hormonal disorder or Stress or related to Vata prakopa.

#### B. Causes of Obesity as per Modern Science

- 1) *Genetic and Hereditary*- Medodoshas or Obesity at times developed due to Genetic factors or hereditary cause.
- 2) *Acquired obesity*- Medoroga developed due to excessive intake of fatty food, lack of exercise, excessive rest and sleeping during daytime.
- 3) *Malfunctioning of Endocrine gland*:- Due to malfunctioning or disorder of endocrine gland or reduced secretion of hormone of Thyroid, Pituitary, Adrenal or Testis. Metabolism gets affected causing accumulation of fat in turn, developing obesity.
- 4) Certain drugs like steroids and Antidepressants causes obesity.

#### C. Accumulation of Meda (fats) in the Body<sup>5</sup>

In normal condition Meda is located in bones as well as at the level of abdomen. Hence, Meda gets vitiated or aggravated it makes the person obese and his stomach bulges out and making hips, abdomen and breasts pendulous. Thus with the knowledge of sites of accumulation of Meda, obesity in the person can be identified.

In the obese persons, accumulation of fat is more in the abdomen, buttocks and breasts and his vitality is much less than his body size.<sup>6</sup>

Accumulation of Meda is more in females than males. In females the fats get accumulated more on buttocks causing Pear shaped Obesity, whereas in males it gets accumulated on abdomen and around the belly causing 'Apple shape obesity.

According to modern science, Obesity in an individual is calculated by means of Body mass index B.M.I.

$$\text{BMI} = \text{Wight in kg} / \text{Height in m}^2$$

While calculating BMI, use of SI units is preferred. BMI is defined as the individual's body weight divided by the square of the height and is always, expressed in the unit kg/m<sup>2</sup>.

#### D. Symptoms of Obesity

- 1) Disfigurement of body or accumulation of fats all over body
- 2) Bulging of abdomen
- 3) Inability to work
- 4) Sluggish movement
- 5) Dyspnea on exertion
- 6) Difficulty in breathing
- 7) Loss of tone
- 8) Excessive hunger
- 9) Excessive thirst
- 10) Excessive perspiration
- 11) Bad body odor
- 12) Low vitality
- 13) Impotency
- 14) Laziness, Sleepiness
- 15) Dull mood or Psychological changes
- 16) Short life span

#### E. Complication of Medoroga

According to Ayurveda there are more chances of complications or developing other disorders in obese persons or Medorogi; if not treated properly.

In Dhatuposhana karma, it is clearly mentioned that, 'Poorvam dhatu parama kuryata' which indicates that it is the preceding Dhatu that nourishes the succeeding one. In the situation where Meda dhatu gets nourishment more than it normally should, it is the Dhatu that succeed Meda viz. Asthi, Majja, and Shukra that do not receive proper nourishment. The results in Kshaya (depletion) of Sthanika (Sabeeja) and Sarvadehika (Abeeja) Shukra dhatu. This results in Indriya Shaithilya and difficulty in sexual contact along with signs of Sarvadaihika Shukraksheenata. Also Asthi dhatu or bones become porous and weak.

#### F. Treatment of Sthaulya

The treatment of Sthaulya is not as easy as the treatment of Karshya hence, Karshya is better than Sthaulya.<sup>8</sup>

Those who exercise regularly, eat food like Yava (Barley), Godhooma (Wheat) and articles prepared from them and ingest food only after the previously consumed food is digested get relief from disorders like Sthaulya, Prameha etc. developed due to excessive Santarpana.<sup>9</sup>

- 1) Nidana parivarjana, Satvavajayta, Langhana
- 2) *Samshodhana and Karashana*- Lekhana basti, Rookshana basti, Mrudu anulomana, Virechana- Gomootra
- 3) *Karshana Ahara*- Kaphanashaka, Medoghana, Rooksha, Katu, Tikta dravya
- 4) *Vyayama, Vyavaya*- Proper exercise and Proper sexual activity
- 5) *Udagharshana*-Rooksha Dravya Haritakai, Shirisha, Lodhara, Nagkeshara, Dadima, Nimbapatra, Amaratwaka
- 6) *Aushadhi Dravya* -Shilajatu, Guggulu, Kumbvha, Musta, Madhu, Triphala.
- 7) *Aushadhi kalpa*- Arogyavardhani vati, Triphala kashaya, Triphala guggulu, Phalatrikadi yoga, Punarnavadi guggulu, Guduchyadi yoga, Chandraprabha vati, Trushanadhya lauha, Gokshuradi guggulu, Navaka guggulu, Medohara guggulu, Shadooshana guggulu.
- 8) *Basti* -Lekhana basti, Nirooha basti, Vatsakadi gana/ Lekhaniya mahakashaya
- 9) Triphala kwatha with honey<sup>10</sup>
- 10) Boiled and cooled water with honey<sup>11</sup>
- 11) Lepa and udwartana:-
  - a. Application of Bilva patra swarasa, Shankha bhasma reduces bad odor of body.
  - b. Karpoora, Swetachandana, Padmakashtha, Lodhra, Shirisha, Kusha, Nagkeshara all in equal quantity for Udwartana
  - c. Baboolapatra with water
  - d. Jambu leaves, Arjuna, Kustha in equal quantity
  - e. Priyangu, Lodhra, Haritaki, Chandana
  - f. Shirisha, Rohish truna, Nagkeshara, Lodhra in equal quantity
- 12) *Useful drugs in treatment of medoroga*
  - a. *Guggulu*

**Properties of guggulu**- Katu, Teekshana, Ushna, Laghu, Hrudya, Rasayana, Balya, Snehana, Sransana, Vatanulomaka, Deepana, Tonic for nervous system, Stimulant, Shukrajanaka, Vrushya, Asthiusandhanakara, Swarya, Vranashodhaka, Vrunaropaka, Shothaghana, Raktavardhaka

#### Action:

- i. Tridoshaghana specially Vatakaphashamaka specially acting on Meda dhatu with properties like Ushana, Rooksha, Kaphaghana, Lekhana
- ii. Useful in Swarabheda, Apachi, Sthaulya, Meha, Pidaka, Granthi, Gandamala.

- iii. Reduces obstruction by Vatashamaka and Lekhana action thereby eradication excessive Meda.
- iv. Also being Balya Rasayana it alleviates debility or weakness.
- v. With its Medoghana action dilates the Romakooapa which are occupied or obstructed due to Meda and helps in proper sweating.
- vi. Indication- Jeerna Kapharoga, Vataroga, Grudhrashi, Ardita, Agnimandya, Atisara, Pravahika, Kustha, Phiranga, Shotha, Udara, Pandu, Arsha, Prameha, Medovruddhi.
- 13) *Vyayama*: Exercise is the action which gives Ayasa to the body. Exercise brings about lightness, ability of work, brings stability, stimulates digestion, reduces fats and gives proper shape and strength to all body organs.<sup>12,13</sup>
- 14) *Chankramana*: It increases appetite, strength, improves digestion, helps in Vatanulomana, relieves fatigue and increase quality span old life, also it does not give excessive pressure on joints<sup>14</sup>
- 15) *Various Asana*:  
*In sitting posture*- Vajrasana, Ardhamatsendrasana, Janushirasana, Paschimottasana  
*In lying down supine position*- Utthita trikonasaa  
*In lying down prone position*- Dhanurasana, Bhujangasana, Shalabhasaa, Mayurasana
- 16) *Pathya*  
*Ahara*:- Less fatty diet with bitter, pungent, astringent food, Yava, Moonga, Masoora, Arhara, Kulathha, Laja, Bajara, Corn, Patola, Shigru, Madhu, Buttermilk, Drinking Warm water, Drinking water before food  
*Vihara*: Physical activity suits for person, Jogging, Swimming, Outdoor games, Sooryanamaskara, Excercise should be moderately vigorous but not exhausting, Stress, Vyavaya
- 17) *Apathya*  
*Ahara*: Rice, Wheat, Masha, Milk, Milk cream, Curd, Butter, Fish, Sweet and Fatty food, Potato and other roots  
*Vihara*: Sleeping, Lack of Excercise, Drinking Water after having food, Excessive intake of food

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