

AN ETIOPATHOGENESIS OF STHAULYA ROGA WITH SPECIAL REFERENCE TO
OBESITY: A LITERARY REVIEWDr. Dharam Chand*¹, Dr. Deena Nath Singh², Dr. Shweta Mishra³ and Dr. Sanjay Prakash⁴¹M.D. Dept. of Roga Nidana Evam Vikriti Vigyan.²Assistant Professor, Dept. of Roga Nidana Evam Vikriti Vigyan.³Assistant Professor, Dept. of Kayachikitsa and Panchakarma.⁴Assistant Professor, Dept. of Dravyaguna.

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ABSTRACT

Ayurveda is an ancient holistic system of medicine from India, emphasizing balance of body, mind, and spirit for optimal health. It uses personalized dietary and lifestyle practices, herbal remedies, and therapeutic modalities to restore dosha balance and promote wellness. Acharya Sushruta and Acharya Charaka stated as the exclusive way of reaching the ultimate goal for Chaturvidha Purushartha. Acharya Sushruta said, "Madhyama Sharira is the best, even though Ati Sthoola or Ati Krishna Sharira may have complaints all the time." Obesity is caused by a combination of environmental, genetic, and behavioral factors, including bad diets, sedentary lifestyles, genetic predispositions, socioeconomic status, and cultural influences. Acharya Charaka listed Samtarpana-Janita roga in (ch. su. 23) and Sthaulya Roga among the eight most despised ailments in (ch. su. 21). Sign and symptom have been explained in (ch.su.15/37) as: loss of libido, excessive sweating, excessive hunger, weakness, bad smell and excessive thirst. The individual's BMI falls into one of the following ranges: normal weight: 18.5 to 24.9; Sthaulya (overweight): 25.0 to 29.9; Ati-Sthaulya (obese): 30 to 39.9; and extreme obesity: >40. Lipid profile: Excessive levels of high-density lipoprotein (HDL), low-density lipoprotein (LDL), and triglycerides (TG) are detected. It is historic that Ayurveda has been preserved by Sharir Dosha, Dhātu, and Mala. Body temperature, or Meda, is one of the seven Dhatus, or fat. In order to sustain life, one must establish and regulate their body temperature. Meda keeps our bodies in shape and gives the skeletal structure the necessary supports.

KEYWORDS: Ayurveda as holistic science, Sthaulya Roga, life style, genetic factors, sign and symptoms by Acharya Susrut, BMI, lipid profile test, Sharir, Dosh, Dhātu and Mala.

INTRODUCTION

Ayurveda continues to inspire and mentor people all over the world in their pursuit of optimum health, balance, and harmony in life because of its extensive philosophy, rich history, and holistic approach to health and well-being. *Ayurveda*, an age-old science and art of healing, offers priceless insights, ageless knowledge, and useful tools that enable people to take control of their health, prevent illness, promote wellness, and improve their quality of life. *Ayurveda* provides many insightful and helpful practices, it is crucial to see a qualified *Ayurvedic* practitioner or healthcare provider for a thorough assessment, precise diagnosis, and customized treatment plan that safely and effectively addresses each person's needs, preferences, and health goals.^[1]

The World Health Organization defines good health as a condition of whole physical, mental, and social well-

being rather than only the absence of illness. It is the sole path among the *Chaturvidha Purushartha* to achieve the ultimate objective, according to *Acharaya Charaka* and *Sushruta*.^[2]

Acharaya Sushruta went on to say that while *Madhyama Sharira* is the best, *Ati Sthula* or *Ati Krishna Sharira* may always have issues. *Ayurveda's Santarpanjanya Vyadhi* explains *Sthoulya Vyadhi*, and *Atisthoola Purusha* is regarded as one of the *Asthanindita Purusha*. *Sthaulya* has been mentioned in a number of *Samhitas*, *Sangraha Granthas*, and other texts. *Charaka*, for example, lists *Sthaulya* as one of the eight most undesirable disorders (*Ch. Su. 21*) and *Samtarpanajanita Roga* (*Ch. Su. 23*).^[3,4]

AIMS AND OBJECTIVE

1. To study concept of *Sthaulya Roga*
2. To study etiopathogenesis of *Sthaulya Roga*

MATERIAL AND METHODS

1. Classical text of *Ayurveda*,
2. Modern literatures,
3. Scientific journals,
4. Monograph and
5. Internet etc.

**OBSERVATION AND DISCUSSION
AYURVEDIC REVIEW****Nirukti**

स्थूल्यति वधते उदरादि वृद्ध्या य स स्थूल^[5]

(*Bhav-prakash –Prathan- Khand 45 vimarsh*)

A "Sthula" is a person who has developed extensively, especially in the *Udaradi* region, and a "Sthaulya" is the state (*Bhava*) in which they are found.^[5]

STHAULYA PARIBHASHA

Acharya Charaka had given the appropriate and precise definition of *Sthaulya*.

भेदोमांसातिवृद्धत्वात् चलस्फिगुदरस्तनः ।

अयथोपचयोत्साहो नरोऽतिस्थूल उच्यते ॥

(ch.su.21/9)

Medoroga and obesity (*Sthaulya*) is considered as synonyms in *Ayurvedic Samhita* on various places. It is characterized by excessive deposition of *Meda Dhaut* (adipose tissue) and *Mansa Dhautu* specially in particular part of body hips abdomen and breast create superfluous mobility of *Sphiga*, *Udara*, *Stana*, and abdominal extension, the metabolism (anabolism) of that kind of stout patient bothered, patient suffering from lack of interest i.e. deprived mental status.^[6]

Formation of Meda

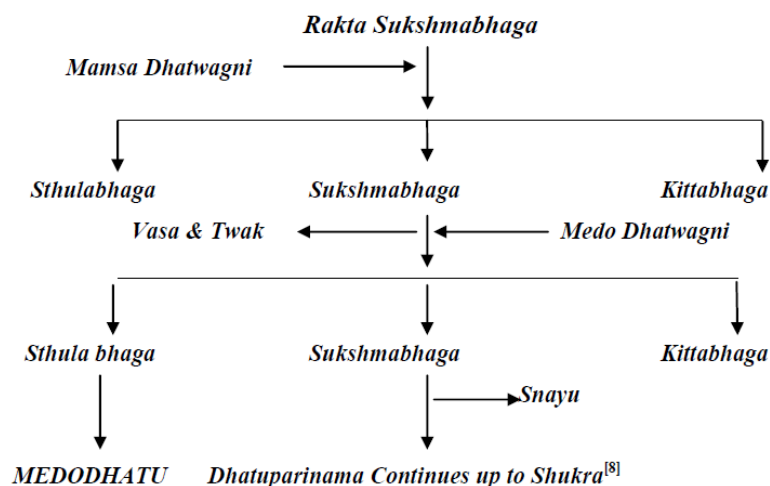
वाय्वम्बुतेजसा रक्तमूष्मणा चाभिसंयुतम् ।

स्थिरतां प्राप्य मांसं स्यात् स्वोष्मणा पक्वमेव तत् ॥^[29]

स्वतेजोऽम्बुगुणस्निग्धोद्विक्तं मेदोऽभिजायते ।

पृथिव्यग्न्यनिलादीनां सङ्घातः स्वोष्मणा कृतः ॥^[30]

According to *Charakacharya*, *Mamsa*, that again being ripened by its own *Agni* & stirred up by that *Agni* and getting combined with the quality of water and unctuous substances, becomes *Meda Dhautu*. There are three well known *Nyaya* regarding the distribution of the nutrients to the tissue elements, present all over the body.^[7]

Utpatti of Medodhatu from Raktadi Dhatus**Medodhatu Utpatti through their Respective Dhautu**

Acharaya Sushruta continued by saying that although *Madhyama Sharira* is ideal, problems could arise with *Ati Sthula* or *Ati Krishna Sharira* at all times. *Sthoulyya vyadhi* is explained in *Ayurveda's Santarpanajanya Vyadhi*, and *Atisthoola Purusha* is considered to be one

of the *Asthanindita Purusha*. Numerous *Samhitas*, *Sangraha Granthas*, and other works have references to *Sthaulya*. For example, *Charaka* cites *Samtarpanajanya Roga* (Ch. Su. 23) and *Sthaulya* (Ch. Su. 21) as eight of the most undesirable illnesses.^[3,4]

MODERN REVIEW

The World Health Organization (WHO) defines,^[9]

1. A normal weight as a BMI range	:	18.5 to 24.9
2. <i>Sthoulyya</i> (overweight) as a BMI range	:	25.0 to 29.9
3. <i>Ati-Sthoulyya</i> (Obese) as a BMI range	:	30 to 39.9
4. <i>Ati-Sthoulyya</i> (extreme obesity) as a BMI	:	>40.0

Lifestyle diseases are those that are mostly caused by an individual's everyday activities and result from an incorrect connection that develops between that person and their environment. Lifestyle diseases are mostly caused by poor eating habits, inactivity, incorrect body posture, and a disrupted circadian rhythm.^[10]

Due to its enormous morbidity and increased mortality, obesity puts a heavy cost on global healthcare systems. Modern lifestyles and fast-paced technology have made obesity a serious issue. Overeating, fast food, and junk food are big contributors to obesity, which affects people of all ages. Strokes and heart disease being overweight increases your risk of high blood pressure and abnormal cholesterol levels, all of which are linked to heart disease and strokes. Severe COVID-19 symptoms, sleep apnea, osteoarthritis, type 2 diabetes, digestive issues, and some malignancies.^[11]

The Associated Chamber of Commerce and Industries (ASSOC-HAM) revealed that 68% of working women between the ages of 21 and 52 had one or more lifestyle disorders, including obesity, depression, chronic back pain, diabetes mellitus, and hypertension. Although the idea of obesity has been around since antiquity, the present definition was approved barely ten years ago.^[12]

Certain symptoms are enumerated below that have been described in *Charak Samhita Sutra Sthana (15/23)* as shown.^[13]

Loss of Libido (कृच्छ्रव्यवायता)

Testosterone levels possess an enormous effect on sexual drive in both gender, however their complicated connection is yet unclear. The urge to engage in sexual activities may be diminished by the low levels of obesity-related self-esteem combined with low body image.^[14]

Excessive Sweating (स्वेदाधिक्य)

Over sweating, or hyperhidrosis, is a prevalent issue among the obese. Excessive sweating in obesity is linked to the following effects and considerations. Obese and/or physically unfit patients may sweat while performing everyday duties. These people can reduce their excessive sweating and achieve a healthier weight by following a medical professional's advised diet and engaging in more activity.^[15]

Excessive Hunger (अतिभुषा)

Although extreme hunger is referred to by both terms-hyperphagia and polyphagia there are some subtle distinctions to be aware of Hyperphagia is always linked to weight increase, although polyphagia can be linked to weight gain, maintenance, or decrease. Polyphagia, or excessive hunger, is a typical problem for those who are obese. Here are some consequences and things to think about when it comes to obesity and excessive hunger. Over eating is a common indicator of diabetes and a key component of hereditary illnesses like Prader-

Willi syndrome. Binge eating and these disorders frequently coexist, and if untreated, overeating can result in weight gain or obesity problems. An excessive consumption in food as a coping method for stress, boredom, or unpleasant emotions can lead to emotional eating habits, which are triggered by extreme hunger. Consuming high-fat, high-calorie foods is a common part of emotional eating, and it can exacerbate obesity and cause weight gain. Hormonal signals regulating metabolism and appetite can be interfered with by persistently high hunger.^[16]

Weakness (दौर्बल्य)

Sarcopenia or muscle loss is a frequent ailment in obese people and is commonly accompanied by weakness. A decrease in physical activity may result in weight gain. Reduced Muscle Strength exacerbates problems associated with obesity. The risk of falls and injuries is increased by weakness and loss of muscle, especially in older persons who are obese. Decreased physical strength and function can have a profound psychological effect, resulting in emotions of annoyance, reliance, and low self-worth.^[17] Weakness can have a range of effects on obese individuals that worsen the issues associated with their condition. If your thyroid, the butterfly-shaped gland on the front of your neck, is under producing thyroid hormone, you are probably feeling cold, weak, and gaining weight. If you have low thyroid hormone, which causes your metabolism to slow down, you are more likely to gain weight. Even if your thyroid is functioning at the lower end of its typical range, you may still gain weight. Treatment for hypothyroidism with medication may partially reverse weight gain.^[18]

Bad Smell (दौर्गन्ध्य)

The presence of a foul smell frequently connected with poor hygiene or bacterial over growth. Reduced sense of smell may be linked to obesity through cephalic phase reactions, which include increased consumption of high-energy meals and beverages and a delay in reaching satiety.^[19]

Buildup of moisture and perspiration in skin folds can lead to fungal and bacterial infections, including intertrigo, by creating an environment that is conducive to their growth. These infections can cause itching, redness, and an unpleasant stench, which can exacerbate discomfort and hygiene problems. Adopting a multimodal approach that addresses the root causes of body odor and promotes hygienic practices is crucial in managing smell in obese individuals. People who are obese may face prejudice and social stigma since it is believed that their body odor stems from bad habits or inadequate cleanliness. Their mental health and general well-being may be negatively impacted by these sentiments of social isolation, embarrassment, and shame.^[20]

Excessive Thirst (अति पिपासा)

Polydipsia, or excessive thirst, can indicate possible underlying health problems or exacerbate concerns related to obesity in a number of ways for those who experience it. Here are a few ways that being overly thirsty can affect obesity. Water demands are influenced by body weight, body surface area, and metabolic rate, therefore those who are obese require more water than people who are not obese.²⁴ Because of increased food consumption, metabolic production, and energy requirements, water turnover rates rise with BMI.^{25, 24} The Institute of Medicine's current recommended water intake levels (3.7 L/d for adult men and 2.7 L/d for adult women) are computed without taking obesity into account.^[21] Obese people may drink a lot of fluids, especially sugary drinks, due to their excessive thirst. Drinking too many high-calorie beverages can make you gain weight and make health issues associated to obesity worse. Feeling excessively thirsty can have a psychological effect on obese people, making them feel frustrated, anxious, or worried about other health problems.^[22]

CONCLUSION

Ayurveda can be a great source of knowledge and assistance, but managing obesity frequently calls for a multi-modal strategy that includes dietary adjustments, frequent exercise, and medical monitoring when necessary. A thorough assessment, individualized treatment programmers, and continuing support can be facilitated by consulting with licensed *Ayurvedic* practitioners and healthcare providers in order to control obesity with long-lasting effects. In general, *Ayurveda* offers a comprehensive approach to obesity treatment by encouraging balance in the body, mind, and spirit, enabling people to attain long-term health and vigour.

Personalized food plans, lifestyle changes, and herbal medicines are some of the holistic ways that *Ayurveda* addresses obesity by addressing underlying imbalances and restoring harmony. *Ayurveda* seeks to treat the underlying causes of weight problems, reduce symptoms, and make long-term weight management easier by encouraging healthy digestion, metabolism, and detoxification. Combining traditional knowledge with contemporary science, *Ayurveda* highlights the value of personalized treatment and encourages people to lead balanced lives that promote long-term health and well-being. Further research work is required to attain the best possible results in obese peoples.

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