LIFE STYLE MODIFICATION AND AYURVEDA CONSIDERATIONS TOWARDS THE MANAGEMENT OF MEDOROGA (OBESITY)

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ABSTRACT

The deposition of excess fat in body leads many pathological events and such conditions termed as obesity which can be correlated with Medoroga as per Ayurveda. The imbalance of – Vata, Pitta, and Kapha Doshas mainly initiate consequences of other diseases in obese person therefore obesity is considered as etiological causes of other diseases including diabetes and infertility, etc. The instances of obesity increases day by day due to the stressful living regimen and many peoples around the world getting affected by disorders related to the obesity. Considering such factor present article explores Ayurveda view on obesity and its management through life style pattern and medicine.

KEYWORDS: Ayurveda, Obesity, Medoroga, Shaulya.

INTRODUCTION

Overweight or obesity is one of the problems regularly faced by medical physician in their day to day practices and predominance of Kapha Dosha mainly considered as precipitating factor of disease. Improper dietary habits, indigestion, metabolic problems, stress, disturbed daily routine, hormonal therapy and insomnia, etc. can initiate pathogenesis of obesity. Ayurveda described obesity as Sthhulya or Medoroga, the disease also involves some other complications like; Krichavyavayata, Mandotsaham, Swedadhikya and Madhumeha, etc. Ayurveda mentioned that change in life style pattern improves metabolism and digestion thus helps to reduces symptoms of obesity. As per WHO person having body mass index ≥30 kg/m² can be considered as obese person. As per Ayurveda obesity involves vitiation and accumulation of Meda and Mamsa Dhatu when Kapha Dosha is predominant. Ayurveda recommended good conduction of Ahar-Vihar, herbal medicine, Yoga, Panchakarma and exercise for the management of obesity. The symptomatically disease involves excessive growth of abdomen, thigh area, breast and excessive deposition of fat over facial region. Figure 1 depicted some common side effects related to obesity.

Modification in life style also helps to balances Tri-Dosha and thus cures obesity as depicted in Table 1.

Figure 1: Consequences of obesity.
Table 1: Lifestyle Modification for Balancing Tri-Dosha in Obesity.

<table>
<thead>
<tr>
<th>Lifestyle Modification</th>
<th>Effect on Dosha</th>
<th>Biological response</th>
<th>Effect on obesity symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disciplinary life style, balanced dietary pattern, good physical activities and consumption of less spicy diet, etc.</td>
<td>Balances Vata</td>
<td>Balances Vata stabilizes mood, pacify mind and control appetite</td>
<td>Symptoms of obesity cure</td>
</tr>
<tr>
<td>Good dietary habits, consumption of digestible foods, avoidance of sugar, coffee and red meat/Deepm-Pachna materials</td>
<td>Balances Pitta</td>
<td>Control hunger, increase metabolic activities and enhances digestive fire</td>
<td>Burn calories and reduces excessive fat deposition/reduces flabbiness</td>
</tr>
<tr>
<td>Sun bath, early rising, avoidance of cold food stuffs and junk foods</td>
<td>Balances Kapha</td>
<td>Balances metabolic &amp; hormonal activities/ control appetite &amp; stress</td>
<td>Reduces weight gain &amp; inhibit excessive deposition of fat in body.</td>
</tr>
</tbody>
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Suggested Lifestyle Modification

- Avoid excessive consumption of Guru, Snigdha and Madhuradi Ahara
- One should sleep timely at night and should avoid late night awakening
- Early rising and sun bath boosts metabolic activities
- One should avoid excessive consumption of fat, salt and sugars
- Balance diet should be taken which contains nutrients, vitamins, minerals and liquids, etc.
- Food cooked properly should be consumed in right quantity at appropriate time when previously consumed food digested completely.
- One should involve in physical activity helps to burn excessive calories
- Exercise and Yoga every morning to enhance circulatory process
- Day time sleep, sleeping just after meal and excessive sleeping tendency need to be avoided.
- One should take proper rest in terms of complete sleep for about 7-8 hrs daily.

Benefits of lifestyle modification in obesity

- The change in life style enhances metabolic activities thus pacify Snighdha Guna of Medas.
- Exercise reduces massiveness of fat reduces
- The avoidance of heavy diet suppress excessive fat accumulation
- The balancing state of Medodhatu helps in lubrication and nurture bones
- Good conduction of Ahar-Vihar balances Medas & Dhatu thus maintain compactness of body
- Physical compatibility enhances longevity
- Reduction in obese symptoms cures premature ageing
- Bad odor and sweating reduced as obesity decreases
- Lifestyle modification in obesity helps in breathlessness
- Suppression in obesity cures uncontrollable hunger & thirst
- The good conduction of Ahar-Vihar balances fat accumulation and enhances vitality
- When obesity cures then irritability and mental confusion improved

Specific practices for obesity management

- Panchakarma therapy
  This practice helps in the elimination of toxins, Virechana (Purgation) & Basiti (Enema) mainly recommended for the management of obesity.
  - Udvarana
    Herbal paste and powders massaged all over the body to enhance circulatory process and improves rigidity of body. This therapy tones skin, removes looseness of body, eliminate excessive fat and pacify Kapha thus help to reduces symptoms of obesity.
  - Pranayamas
    This increase energy, increased circulation, burn calorie and reduces stress; one of the triggering factor of obesity.
  - Anupana
    Luke warm water in winter season, honey, Tila taila and juice provides benefits in early age obesity.

CONCLUSION

Oily, fried & fast foods should be avoided while whole grains, fruits, liquid diet and proteins are recommended. Bilva, Bibhitihi, Amalaki, Haritaki & Jambu offer beneficial effects in obesity. Shigru, Patol, Vartaka and Trupusha, etc. are also recommended for obese person. Psychological disturbances like stress and anger should be avoided which can precipitate symptoms of obesity.

Excessive consumption of chocolates, sugar, cheese, paneer and dairy products, etc.
Should be avoided since these material can cause fat deposition. Alcoholic drinks, smoking and narcotics need to be avoided since these things induce psychological precipitation of obesity.

*Yoga Asanas* such as; *Bhujangasan, Surya Namaskara* and *Salabhasan*, etc. helps to cure obesity. Avoidance of sedentary life style, involvement in physical exercise and balanced dietary pattern are major life style modifications recommended for obese person.

**REFERENCES**


