



BRIEF REVIEW OF ANTI OBESITY AHARA IN AYURVEDA SAMHITA GRANTHA W.S.R. TO PATHYA APATHYA KALPANA

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ABSTRACT

Obesity is included among top ten selected risk to health. Obesity causes many complications like hypertension, coronary heart disease, diabetes mellitus, osteoarthritis, infertility, impotency etc. Acharya had defined Pathya as that type of food article, drug and regimen, which do not affect the body and mind adversely. This study aimed as to evaluate importance of antiobesity Ahar & Vihar or Pathyapathya given in Samhita Grantha and to evaluate its applied aspect in daily routine life. Guru and Apatarpana diet are to be prescribed for obese. In order to control the increased Vata and Agni heavy diet is necessary, and to reduce Meda and Kapha Apatarpanakar drug and diet is necessary. In this study collected food preparation like Peya, Saktu, Yavagu etc. and Pathyapathya, Aharvarga describe by various Acaryas from Samhita grantha and applied aspect of pathya Kalpana or food regimen according to modern lifestyle. Pathya Kalpana or food regimen have main role in treatment of obesity if BMI is high.

KEYWORDS: Antiobesity food, Pathya, Apathya, Aharvarga etc.

INTRODUCTION

Obesity is a complex disorder involving an excessive amount of body fat. It increases risk of diseases and health problems, such as heart disease, diabetes and high blood pressure. Obesity is included among top ten health risk disorders. Sedentary life style, stressful life and oily and fatty food in daily diet result in this disorder.

Ayurveda is a life science including prevention of diseases as a primary aim and having holistic approach in dealing with different disease. Acharya Charaka describe Sthaulya under eight undesirable constitution (Astaniindita) based on their appearance. Sthaulya is one among Kapha predominant disease involving Kapha and Meda as main Dosa and Dushya in the pathogenesis. Acharya Charaka already mentioned that Sthaulya and Prameha having direct relations both having Kledaka Kapha and Medas dominancies in their pathogenesis.

Acharya Charaka described eight people as a undesirable constitution.^[1] *Atidirgha* (Gingiatism), *Atirhasva* (Dwarfism), *Atiguru* (whitish), *Atikrsna* (Blackish), *Atiloma* (excessive hair), *Aloma* (without hair), *Atisthula* (Obese), *Atikrsa* (too emaciated). In this *Atisthula* is a condition which is found commonly.

There are two main type of fat distribution in adult first is Gynoid Distribution (Pear Shape) in which accumulated mainly around the hips and thighs and gives pear shape and second one is Android Distribution (Apple Shape) in which storage of fat in the abdomen appears as an apple shape.

In the present study work done with the view of obesity can be treated only with Ahar Vihar and Pathya-apathya, if there are no complications. Pathya-apathya and different food Kalpana given in Ayurvedic Samhita Grantha can be beneficial to treat obesity.

AIM OF THE STUDY

- To study antiobesity diet or food regimen (Pathya-apathya) in Samhita Grantha.
- To elaborate Ahara and Vihara Padhhati for obesity according to modern life style as per the Sanhitokta Grantha.

OBJECTIVES OF STUDY

- To study details about Obesity as per Ayurveda and modern point of view.

- To compile antiobesity food given in Samhita grantha in the form of Pathya-apathya, Aharvarga, Vihar etc
- To elaborate food therapy for obesity disease as per the modern life style.

Medhyanti snihyati Anen Iti Medah I²Su. Su. 24/9
The word Meda is derived from the root Stimida Snehana which stand for Sneha, fat, oil etc. According to Charaka, Vrka (Kidney) and Vapavahan (Omentum) and according to Sushruta Vrka and kati (Place of fat accumulation) and according to Vagbhata Vrka and Mamsa (Vasa) are Mula of Meda. The word Sthaulya is derived from root Sthu with suffix ac, which stands probably for thick or solid or strong or big or bulky.

A person having heaviness and bulkiness of the body due to extensive growth especially in abdominal In region is termed as sthula, and the state of sthula is called sthauilya. As mentioned in Samhita grantha Sthauilya can be classified as:-

Charaka:- Sthula, Atisthula
Sushruta:- Sthauilya, Medoroga
Vagbhata:- Adhika, Madhya, Hina
Sarangadhara:- Medodosa

Acharya Sushrut mentioned that rasa dhatu is responsible for both sthauilya and karshya.

Causes of obesity according to different Acharya

| Causes of obesity | Charaka ^[3] | Sushrut Samhita ^[4] | Asthanga hrudya ^[5] |
|-------------------|--|---------------------------------|---|
| 1 | Atisampurana – over eating | Sleshmic ahar sevan, Adhyashan, | Guru, Snigdha, Santarpan padartha sevan |
| 2 | Guru, Madhur, Sheet, Snigdha Ahar dravya sevan | | |
| 3 | Avyayam | Avyayam, Diwaswap | |
| 4 | Vyavay | | |
| 5 | Divaswapna | | |
| 6 | Harsha Nityatvad | | |
| 7 | Avoid worries etc Manasik Vikara | | |
| 8 | Mother and father Beej Anusar | | |

Symptoms of Obesity

| Symptoms of obesity | Charaka Samhita | Sushrut Samhita Sutrasthan 15/37 | Ashtanga Hrudya su.11/10 | Ashtanga Sangraha su.24/22 |
|---------------------|----------------------------------|---|-----------------------------|--|
| 1 | Ayush Rhasa - Shortening of life | Increase appetite | Alpa Cheshta | Sphik, Udar, Stan Sthula |
| 2. | Javoparodh | Sedation, Snoring, Thakan, blurred speech | Sphik, Stana, Udar Lambanam | Dhatushaithilya. Alpa ayu, Alpabala, blurred speech |
| 3 | Kruchhavyavayata | Alpavyavayata | | |
| 4 | Daurbalya | Shithil kriya | | DaurbalyaNidra |
| 5 | Dargandhya | Kshudrashwas | Shwasa | Shwasa, Durgandhya |
| 6 | Swedabadh | Sweda, Sharir Daurgandhya | | Atiswedapravritti |
| 7 | Kshudatimatra | | | Increases of appetite |
| 8 | Pipasa Atiyogcheti | Pipasa | | Increases of thrust |
| | | Margavarodh – Prameha, Pidaka, Jwara, Bhagandar, Vidradhi, Vatvikar | | Jwar, Udarroga, Bhagandar, Prameha, Urustambha, Prameha pitika Vidradhi etc. |

Further all causative factors describe in the Ayurvedic Classics can be classified into four groups

- Aharatmik nidan (Dietary cause)
- Viharatmak Nidan (Life style Factor)
- Manonidan (Psychological Factor)
- Anyanidan (Other causative Factors)
- Bijasvabhava (Genetic Factor)
- Rasayana- Vrsyatiseva
- Brhmana therapy

Role of various Nidana in the pathogenesis of Sthauilya

The etiological factors describe by Acharya can be categorized under four categories

- Dosa Dustikara – Guru, Madhur, Sita Guna dominant diet.
- Dhatu Daurbalyakara / Khavaigunyakara – Beej svabhava, avyayama, avyavaya etc.
- Agnimandyakara – Atibhojana etc

4. Beej Dosa;- It impairs Medodhatvagni Poshakakarma which ultimately provide the base to sanchaya of Ama in Medodhatu leads to obesity.

Treatment and Dietary Regimen for obesity

As per Charak Sutrasthana aim of the Ayurvedic treatment not only removal of the causative factor of the disease but also restoration of the Doshika equilibrium. In Ayurveda obesity can be managed by three ways.

1. Nidanparivarjan
2. Sasodhana
3. Samsamana

In the present study focus on the food regimen or dietary therapy which comes under Samsamana treatment.

Aim of the treatment in Sthaulya

1. Alleviated of Vata, Pitta and Kapha along with consunsion of Medodhatu by increasing

Food Treatment for Obesity

| Samhita Grantha | Food in Obesity | Drug in obesity |
|--|---|---|
| Charak Samhita ^[10] | Tikshna Ruksha ahar, Madhu, Yava oat, Prashatika, Priyangu, sawa jai, Kodo, Moong, Kullatha, Chakramudgak, Arahar beej, Paraval | Guduchi, Nagarmotha, Triphala, Takrarishta, Vidanga, Sauntha, Kshar, Tikshna Lauha bhasma, Amalaki churna, Bruhat Panchamool, Agnimantha with Shilajatu |
| Sushrut Samhita ^[11] Su. 15/37 | Madhu, Yava, Moonga, Kondo, Shyamak, Uddalaka etc Virukshan and Chedaniya dravya | Shilajeet, Guggulu, Gomutra, Triphala, Lauhabhasma, Rasauta, |
| Astanga sangraha ^[12] su. 24/35 | Kulaththa, Yava, Jwar, Bajara, Moonga, Madhu udaka, Mastu, Takra, Tikshna Ushna Rukasha Kshar, maricha, Madhu | Vidangarishta etc arishta, shilajeet, Triphala, Guduchi Abhaya, Musta, Rasanjan, mahat panchamool, Guggulu, Agnimantha, Vidangadi Lauha, Vidanga, Nagar, Kshar, Lauhabhasma, Yava, Amalaki in equal quantity lavigated with madhu. Madanphaladi Kwath pana Kutajadi Kwath Pana Hingwadi takra/ Dadhi/ Manda/ Kolarasen Pana Vidanadi dravya with Lauhodaka Yoshadi Manth |

| Samhita grantha | Vihar | Other treatment |
|---------------------------|--|--|
| Charaka Samhita | Prajagarana, Vyavay, Vyayam, Manasik Parishram | Ruksha and ushna Basti, Ruksha ubatana |
| Sushrut Samhita Su. 15/37 | Vyayam | Lekhan Basti prayoga |
| Ashanga Sangraha 24/32 | Chinta Vyavay, Vyayam, shodhana, Ruksha snan, | Udavartan , Swedan, Asruk Strav |

Other Treatment for obesity

| Sr.No. | Samhita | Kalpana | Remark |
|--------|-----------------------|--------------------------------|--|
| 1 | Charak su 2/25 pno.56 | Medorogarthartha Yavagu | Gavedhuk, Madhu |
| 2 | Charak su 2/29 Pno 57 | Bhedini and vatanulomak Yavagu | Bhedaka -Yavakshar chitrak, Hing, amlavetas Anulomaka – Harad, Piparmool, Sauntha |
| 3. | Charak su 4/1 | Jivaniya Mahakashay | Jivak, Rhushabhak, Meda, Mahameda, Kakolo, Kshirkakoli, Mudgaparni, Mashaparni, Jivanti, Mulethi |
| 4. | Charak su 4/3 | Lekhaniya Mahakashay | Nagarmotha, kuta, Haldi, Daruhaldi, Vacha, Atis, Katuki, Chitrak, Chirbilva, Haimavati |

| | | | |
|-----|----------------------------|----------------------------------|---|
| 5. | Charak Su. 4/4 | Bhedaniya Mahakashay | Nishoth, Arka, Eranda, Kalihari, Danti, Chitrak, Chirbilwa, Shankhini, Katurohini, Swarnakshiri |
| 6. | Charak su 4/22 | Swedopaga Mahakashay | Sahijana, Eranda, Madar, Vruhhik, Punarnava, Yava, Tila, Kulthha, Udada, Ber |
| 7. | Charak su 4/23 | Vamanopaga Mahakashay | Madhu, Mulethi, Kovidar, Karbudar, Kadamba, Vidula, Bimbi, Shanapushpi, Sadapushpi, Pratekpushpi |
| 8. | Charak su 4/ 24 | Virechanopaga Mahakashay | Munakka, Gambhari Phala, Phalasa, Haritaki, amalaka, Baheda, Kuval, Badar, Karkadhu, Pilu |
| 9. | Charak su 4/15 | Mutravirechaniya Kashay | Vrukshadani, Gokharu, Punarnava, Suryavarta, Pashanbhed, Darbha, Kusha, Kasha, Gunda, Sharamoola |
| 10. | Charaka Su. 4/38 p. no. 91 | Shothahar Mahakashay | Padhal, Arani, Sonapatha, Bel, Gambhar, Choti Kateri, Hingu, Agar, Surasa, Bhumyamalaki, Jivanti, Chanda. |
| 11. | Charaka Su.22/18 p no. 427 | Ten types of langhan | Vaman, virechan, shiro virechana, Niruha, Pipasa, Vayu sevan, Atap sevan, Pachan dravya sevan, Upavas, Vyayama |
| 12 | Charak su 23/ 9 p. no. 437 | Treatment of Santarpanjanya roga | Vaman, Virechan, Raktamokshan, Vyayam, Upavas, Dhumpana, Kshaudra abhaya Prasha, Ruksha anna sevana. Triphaladi Kwatha Mustadi Kwath Vyoshadi Saktu Trushanadi Mantha |

| Sr. No. | Reference | Dravya | Guna |
|---------|------------------------------|---|--|
| 1. | Charak Su 27/245 | Madhu | Types Charak -4 Sushrut -8 Makshik- Best Rasa -Kashay, Madhur Virya – Shit Ruksha, Sandhan, Chedana, Vatkarak, Rakta, Kapha vikar nashak , Yogvahi, beneficial in small quantity. Ushna madhu Mrutukarak Ajirn due to madhu- Mrutukarak Sushrut Su 45/141 P. No. 45 Navin Madhu– Bruhan, Alpasleshmahar, Rechaka Puran Madhu (after 1 Year) – Medohar Pakwa (restoring time in honeycomb)- Tridosahar Aama Madhu- Amla, Tridosha Prakopak |
| 2. | Charak Su. 27/229 p no 411 | Takra Dadhimanda | Shoph, arsha, Grahani, Mutrakruhhha, Udar-roga, Aruchi, Snehavyapad, Pandu, Vishavikar Vat Kapha nashak, Strotovishodhak |
| 3. | Charak Su. 27/258 P. No. 415 | Brushta Tandula | Krutrim Vishvikar, Kaphaj Roga |
| 4. | Charak Su. 27/263 P. No.415 | Sattu (Prepared From Jau, Chana, Matar, Maka etc) | Vatvardhak, Ruksha, Bahuvvarcho, Anulomak, sadya balavardhak, Chaval sattu – Madhur, Laghu, Sheetal, Grahi, Raktapittaghna, Trushna, Chardi, Jwara |
| 5. | Ah. Hr. 6/ 4 P. No. 87 | Raktashali | Uttam, Truptighna. Tridoshanashak |
| 6. | Ah. Hr. 6/ 6 P. No. 87 | Yavak /Jav | Madhur ushna, Guru, Snigdha, Amlavipaki, Kaphapittakarak |
| 7. | Ah. Hr. 6/ 7 P. No. 87 | Sathidhanya | Snigdha, Grahi, Laghu, Madhur, Tridoshashamak, Sthir, Sheeta |
| 8 | Ah. Hr. 6/ 15 P. No. 89 | Godhum | Vrushya, Sheetvirya, Guru, Snigdha, Jivaniya, Vatpittaghna, Sandhankar, Madhur, Sthirkar |
| 9. | Ah. Hr. 6/ 14 P. No. 89 | Jau | Ruksha, sheeta, Guru, Madhur, Sara, vidvatkrut, Viryavardhak, Sthairyakar, Mutra, Meda, Kapha, pitta shamak, Pinas, Shwasa, Kasa, Urustambha, kantha, tvagaroganashak |
| 10. | Ah. Hr. 6/ 17 P. No. 89 | Chana | Raktapittanashak, Ruksha, Vatkarak, |
| 11. | Ah. Hr. 6/ 11 P. No. 88 | Prashatik, Kodo and Uddalak (Trundhanya) | Sheeta, laghu, Vatkarak, lekhan, kaphapitta nashak |
| 12 | Ah. Hr. 6/ 12 P. No. 88 | Priyangu (trundhanya) | Bhagnasandhankrut, bruhani, guru |
| 13 | Ah. Hr. 6/ 18 P. No. 90 | Masoor Matar | Kantivardhak Vatkarak |

| | | | |
|----|-------------------------|------------------------------------|--|
| | | Rajamasha | Vatkarak , ruksha, guru |
| 14 | Ah. Hr. 6/ 19 P. No. 90 | Kulathha | Ushna, amla, shukrashmari, shwas, pinas, kasa, Arsha, kapha, vataghna, pitta rakta vardhak |
| 15 | Ah. Hr. 6/ 21P. No. 90 | Masha (nikrushta in Shimbi dhania) | Snigdha, balavardhak, Kaphakaraka, Malavardhak, Pittakaraka, sara, Pachana, guru, Ushna, Vatnashak, Madhur, shukravardhak, Virechaka |

Pathyapathya given by different Acharya

| Sr. No. | Aharvarga | Pathya | Apathya |
|---------|---------------------------|--|---|
| 1. | Sukadhanya (cereal grain) | Puransali, Kodrav, Syamaka, Yava, Priyangu, Laja, Prasatika, Kanguni, nivara, koradusaka, Jurna | Navadhanya (Sali), Godhuma |
| 2. | Samidhanya (Pulses) | Mudga, Rajamasa, Kulatha, canaka, masura, adhaki, makusthka | Masa, Tila |
| 3. | Sakavarga (vegetables) | Patola, patrasaka, sigru, vrntaka, katutikta, vastuka, trapusa, vartaka, ervaruka, ardraka, mulaka, surasa etc | Kandasaka, Madhurarasatmaka |
| 4. | Phalavarga (fruits) | Kapittha, Jambu, amlaki, Bibhitaka, haritaki, marich, pippali, eranda, karkati, ankola, naranga, vilvapatra | Madhurphala |
| 5. | Dravavarga | Madhu, takra, usnajala, tila, sarsapataila, asavarishtha, surasava, jirnamadya | Milk preparation (kshir, dadhi, sarpi, ikshurasa) |
| 6. | Mamsavarga | rohitamasya | Anup, audaka, gramyamansa |

Pathya Vihar:- Srama, Jagarana, Nityabramana, vyavay, Chinta, Soka, Krodh

Apathya Vihar:- Sital jala sevana, Divaswapana, Avyavay, Avyayam, Atiasana, Sukhasaiya sevan, Nityaharsha, acinta.

DISCUSSION

In today's life obesity is a disorder which is prone to many complications like heart diseases, diabetes etc. In modern days Indian peoples haven't time for taking proper Indian diet, especially young generation becomes addicted to fast food due to fashion, taste and unawareness about health problems.

In Charaka sutrasthana Obesity is included among eight undesirable constitutions. In India two types of fat distribution are found mostly that are pear shape and apple shape. Meda is among one of the saptadhatu. In Sthaulya disease, due to nidana sevan like atisampurana or shleshmic ahar sevana, avyayam, Diwaswap, Nitya harshatvat, or beej dosha dushti aggravate kledaka kapha, samana vata and disturb pachak pitta which converted into asamyak rasa dhatu. Due to dhatvagnimandya and asamyak Rasa dhatu formation only accumulate meda dhatu and other dhatu becomes weak following by dhatudaurabalya with lakshana like excessive growth of fat at sphik, udar, stan, increase appetite, shortening of life, alpavyavayata, daurgandya, pipasa. Prameha pidaka, jwara, Bhagandar, Vidradhi, Vatvikar these are the complications of sthaulya.

In the present study specially focus on how can obesity control only by Ahar -vihar & pathya, aphyia if patient doesn't have any complication. The line of treatment for obesity is Nidanparivarjan, work on Medodhatvagni and concentration on Pathya, Apathya. In Charaka

Sutrasthana drug or food like Madhu described which are heavy and weight reducing result in decrease in m\Meda, Vata, Kapha. Madhu is a main food in obesity but it may administer with precaution because it may cause Ajirna and complications with Ushnodaka.

To control obesity without any medicine only by food we have to plan strictly. Avoid junk food, fast food etc. Among Sukdhanya avoid Godhum & Navadhanya instead of Jwara, Laja, Syamaka, Yava. In Shamidhanya avoid Masa and Tila. Mudga is laghu diet which is easily digest and Tridosashamak. Among Sakavarga avoid Kandasaka and take Patola, Sigru, Vrutnaka etc. From Phalavarga avoid Madhurphala and mostly take Kapittha, Jambu, Marich, Amalaki etc. Among Dravyavarga avoid milk preparation and mostly like Madhu, Takra and Ushnodaka.

Shrama, Jagaran, Nityabhraman, Vyavay, Chinta, Soka, Krodh these elements also treat obesity.

RESULT

- In Ayurveda Samhita grantha complete diet therapy is given which will be beneficial for obesity patients in the form of Patya, Apathya, Aharvarga, Vihar.
- For best Ayurvedic treatment for obesity also have to concentrate on diet regimen other than medicinal treatment.
- Modern life style more prone to obesity, then more scope for clinical and experimental study have to be design with special reference to diet, Pathya and Apathya.

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