

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 more 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 *Sthaulya* 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 reduce 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 balance *Tri-Dosha* and thus cures obesity as depicted in **Table 1**.

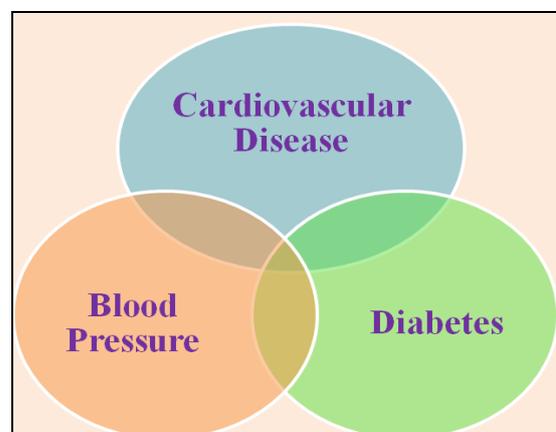


Figure 1: Consequences of obesity.

Table 1: Lifestyle Modification for Balancing Tri-Dosha in Obesity.

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

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 *Snigdha 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 & Dhatus* 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) & *Basti* (Enema) mainly recommended for the management of obesity.

➤ **Udvardana**

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**

Take 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, Bibhitaki, Amalaki, Haritaki & Jambu* offer beneficial effects in obesity. *Shigru, Patol, Vartaka* and *Trapusha*, 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 Asanaas such as; *Bhujangasan, Surya Namaskara* and *Shalabasan*, 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.

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