



## A REVIEW ON STHOULYA (MEDO ROGA) (OBESITY) WITH SPECIAL REFERENCE TO PATHYA-APATHYA IN STHOULYA (MEDOROGA)

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### 1. INTRODUCTION

According to maharshi charak has eight "nindit purush" related to human body, it has 1. aati dirgh 2. aati hasw 3. ati loma, 4. aa loma, 5. aati krishn, 6. aati gour, 7. aati sthul, 8. aati krish. In this nindit purush "aati sthul" means very obese person or sthoulya (medoroga) is very important disease. In this disease mostly occurs medovah strotas dushti and resulting increase "medo dhatu". then occurs sthoulya roga. A/c to maharshi charak medovaha strotas has two mulas.... 1. vrikka 2. vapavahan A/c to maharishi sushrut medovah strotas has two mulas.... 1. kati 2. vrikka.

### 1. OBJECTIVES

To study the pathya-apathya in sthoulya (medo roga).

### 2. MATERIAL AND METHODS

The disease sthoulya, is described in brahatrayi, and other successive texts. Various information regarding pathya apathya in sthoulya has been collected from different classical texts, journals and internet sources. Discussion and conclusion are drawn on the basis of compiled information.

### 3. DISCUSSION

Aushadha (drugs), ahara (diet), and vihara (conducts) are the three main pillars of ayurveda. Along with various medicinal preparations, acharyas also described pathya and apathya for the diseases.

The food or regime which do not adversely affect the body and are pleasant to one's mind and soul are called-pathya

Opposite to it the food or regimen which adversely affects the body and are not pleasant to mind and soul are called-apathy.

Sthoulya is a very important disease and involves dushti of medovaha strotas, so an effort is made here to understand the pathya and apathya of sthoulya (medo roga).

### 4. Hetu of sthoulya (medo roga)

#### 1. Aahar janya hetu

- Intake of food rich in guru (heavy), snigdha (oily)

guna.

- Taken of food in heavy quantity
- Adhyashan
- Excess intake of mahish dugdh and ghee
- Pishtann sevan
- Excess intake of aanup mansa
- Excess intake of alcohol

#### 2. Vihar janya hetu

- Aavyayam (no exercise)
- Divaswapna (during day sleep)
- Aavyavay
- Excess happiness
- Excess sleep
- Heredity from parents

### 6. Pathya for sthoulya (medo roga)

For the patient suffering from sthoulya (medo roga), many acharya described many foods as described here:-

#### Pathya aahar

- Ushnodak (lukewarm water) intake is very important pathya for medo roga.
- Water intake before meal not after meal.
- Water intake mix with madhu (honey)
- Old shali rice as well as shastika type of rice should be induced in diet, nivara (a type of wild rice)
- Moong, kulathi, kodo, chana, bajra, makka, masoor, arhar.
- Vegetables like baingan (brijal), parwal, amlaki, priyangu
- Takra, ela (ilaychi), sarshap tel (mustard oil)
- Intake of food rich in katu (pungent), tikta (bitter),

kashaya (astringent) rasa

- Ayurvedic single drug like guggul(comiphora mukul),lauh bhasm,shilajatu

#### **Pathya vihar**

- Take chinta(tension),ratri jagran,stree sevan (maithun)
- Exercise ,excess shram(physical work)
- Aatap sevan (intake sun light)
- Horse riding
- Early morning walking
- Aptarpan (laghu diet)
- Taking bath from luke warm water

#### **7. Apathya for sthoulya (medo roga);-** sthoulya patient should avoid- **apathya aahar-**

- New shali dhanya, wheat, udad, potato, milk, malai, rabdi, kheer, non veg food, egg, butter, ghee.
- Excess intake of water after food
- Tail abhyang (oil massege)

#### **Apathya vihar**

- Cold water baath
- Sleep during day time
- Every time rest in bed
- no Any tension of life

#### **CONCLUSION**

Pathya (wholesome) and apathy (unwholesome) food are responsible for happiness and misery respectively. The person who always avoid the intake of unwholesome food are held in high esteems by saints.wholsome food is said to be one of the major cause for the growth of living beings and the un wholesome food for the growth of disease.the practise of pathya apathya as per season will improve overall health.

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