

Review article on PathyaAhar in Sthaulya

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ABSTRACT

Obesity is a state of excess adipose tissue mass. Imbalance between energy uptake and energy consumption along with the environmental and genetic factors play an important role in determining obesity. Abundance and easy availability of food along with sedentary lifestyle has led to increase in global burden of obesity. According to Acharya Charaka Sthaulya is Santarpana Janya Vikara. He further mentioned that intake of Guru, Madhura, Sheeta, Snigadha Ahara and taking excess amount of food are the main cause of Sthaulya. In Sthula Purusha because of abnormal increase in Meda and Mamsa Dhatu there is pendulous movement of buttocks, belly, breasts and whose increase bulk are not matched by the energy. Ayurveda has holistic and scientific approach in health management, it emphasizes much more on diet and regimen along with medicines. By correcting our diet and lifestyle we can check obesity and its harmful impact on our health. The 2015-2020 dietary guidelines for Americans advocate for increasing vegetable intake and replacing energy dense food with those that are nutrient rich. One of the major sources of energy for humans is carbohydrate but choosing the right carbohydrate is of utmost important. Complex carbohydrates are more packed with nutrient on the other hand simple carb are more packed with energy. Some of the major sources of simple carbohydrates are soda, baked treats, packaged cookies, concentrated fruit juice. They are easily available and comes with fancy packing, which is eye catching. Complex carbohydrates contain fibers and digest more slowly which make them ideal food for weight control. Some of the complex carbohydrates are whole grains, fiber-rich fruits and vegetables. Other important component for reducing weight is protein. A high protein intake boosts metabolism, reduces appetite and changes several weights- regulating hormones. Various food articles mentioned in Charaka Samhita and Bhasajya Ratnavali for Atisthauya are rich in complex carbohydrates and protein. These food

items also have low glycemic index which means they do not spike the glucose level as they are absorbed slowly.

Keywords-

Santarpana Janya Vikara, Meda and Mamsa Dhatu, glycemic index

I. INTRODUCTION

In the era of modernization, we are surrounded by various machines, gadgets, smartphones etc. Technology has made our life easy going, more efficient but sedentary and has given a major setback to our health. Due to sedentary lifestyle and consumption of junk food for fast few decades there has been exponential rise in some disorders which are major factors contributing to New World Syndrome. New World Syndrome is a set of non-communicable diseases characterized by obesity, heart diseases, diabetes, hypertension, and shortened life span. Obesity is defined as excess of adipose tissue that impart health risk.^[1] It is associated with an increased risk of multiple health problems, including type 2 diabetes, dyslipidemia, obstructive sleep apnea, nonalcoholic fatty liver disease, degenerative joint disease, and some malignancies.^[2] Obesity is a complex, multifactorial, and largely preventable disease, affecting, along with overweight, over one-third of the world's population today. If these trends continue, by 2030 an estimated 38% of the world's adult population will be overweight and another 20% will be obese.^[3] The most widely used method to classify weight status and risk of disease is body mass index (BMI) which is equal to weight/height^2 in kg/m^2 . In India Patient with $\text{BMI} \geq 25 \text{kg/m}^2$ is considered obese.^[4] The recent increase in obesity can be attributed to a combination of excess calorie intake and decreasing physical activity. The current global food system focuses mainly in providing calories as cheaply as possible paying no heed to public health. We are so much attracted by packaging, advertisement, taste of different packed and fast food neglecting its impact on our health. Our

ancestors had less availability to food, medical facilities but had a healthy and long life, we on the other hand have more scientifically developed health system but life span of human is decreasing day by day. This is because present system of medicine focuses mainly on curative aspect rather than preventive aspect. Hippocrates once said "Let food be thy medicine and let medicine be thy food". This quote acknowledges the importance of healthy eating how the nutrients in various foods have healing properties. In obesity diet, exercise, and behavior therapy are recommended for all the patients with a BMI $\geq 25 \text{ kg/m}^2$.^[5]

In Sthaulya, there is vitiation of all the three Dosha but vitiation of Kapha, Vata and Meda is of prime importance. The diet and regimen which is beneficial to the body and gives the happiness to the mind is known as Pathya and opposite to that is known as Apathya. Vadiya Lolimbraj has given a very important principle regarding Pathya and Apathya. It states that if patient take wholesome food, then there is no need of medicine and if patient continuously consumes unwholesome food, then also there is no need of medicine. Ahara is the most important factor for sustenance of life. It is described as foremost pillar among the three pillars of life (i.e. Ahara, Nindra and Bhramcharya) in Ayurveda.^[6] Ahara is said to be Mahabhaishajyaby Acharya Kashyapa. Various life disorders and numerous diseases occur due to faulty dietary habits. Study has been conducted on various single Ahara Dravya like Yava, Kodrava etc. which was found effective in obesity. Combination of these various Ahara Dravya will be more helpful in management of obesity.

II. MATERIALS AND METHODS

In different Ayurvedic text various Pathya's are mentioned as Medohar, Atparpaniya, Karshniya and Lekhniyabut literature on Medoroga, elaborated in Charaka Samhita and Bhaisajya Ratnavali has been taken for present review. In Charaka Samhita and Bhaisajya Ratnavali following food article has been described for Medoroga.

Venu Yava (Bamboo seed)
Venu Yava is Rukshain Guna with Madhur and slightly Kashayain Rasa.^[7] It is Kapha and Medohar Nashak. It is believed that bamboo rice has low glycemic index compared to other varieties of rice, which is considered to be a healthier option for diabetics and obese patients. The rice has low or no fat and is rich in vitamin B. It has immense calcium and phosphorus content. Kodo, Samaka, Niwara and Priyangu Dhanya

Kodo, Samaka, Niwara and Priyangu all work in the body with Madhur-Kashaya Ras, Sheet-Veerya and Laghu Guna these are Kaphahar and Dhatushoshak which leads to Soshana of Medodhatu.^[8]

Kodo Millet are rich in vitamin B, especially niacin, B6 and folic acid, as well as the minerals such as calcium, iron, potassium, magnesium and zinc. It has high protein (11%), low fat and very high fiber content.

Instead of eating polished white rice, which has been stripped of its nutrients, one could opt for wild rice, as it contains complex carbohydrate and belong to the low glycemic index food list.

Yava (Barley)

Yava is said to be Ruksha, Sheet, Aguru and increases Vayu and Mala. It is Kashaya Ras and Madhura Anuras Pradhan, clears the obstruction of various channels as a result helpful in Medoroga.^[9] As barley contains a lot of fiber; it acts as a bulking agent in the digestive system, making a person feel fuller for longer. So, one does not get craving for snacks very often. Barley is also a rich source of B vitamin, including niacin, thiamin, and pyridoxine. It also contains beta-glucan fiber which reduces low density lipoprotein by binding to bile acids and removing them from the body via excretion.

Kulthi (Horsegram)

Kulthi is Ushna Veerya, Kashaya Ras and Amla Vipaka with its Kashaya Ras and Ushna Veerya Kulthi has Kapha-Medohar properties.^[10] Horse gram and other legume are high in protein and fiber. Protein and its peptides have antioxidant activity, hypocholesteremic effect, increased lean muscle mass, regulation of blood glucose level and satiety effects. Fibers primarily act on gastrointestinal tract, affecting different physiological effects like, alteration of gastrointestinal transit time, satiety changes, influence on the level of body cholesterol, after-meal serum glucose and insulin levels.

Chana Daal (Chick peas)

Chana Daal causes Rukshata (dryness) in the body because of its Laghu, Sheet-Veerya and Madhur-Kashaya Ras properties.^[11] It is high in fiber and help to lower cholesterol. In western culture chickpea consumption is somewhat driven through the intake of hummus. Hummus is nutrient dense dip or spread made from the cooked, mashed chickpeas blended with tahini, olive oil, lemon juice and spices. Consumers of chickpeas or hummus have shown to have a higher nutrient intake of dietary fibers, polyunsaturated fatty acids, vitamin A, E, and C. It also plays a beneficial role

in weight management, glucose and insulin regulation.

Masoor Daal (Red Lentil)

Masoor Daal also causes Rukshata (Dryness) in the body because of its Laghu, Sheeta-Veerya and Madhur-Kashaya Ras properties.^[12] It has low content of fats and is enriched with fiber. Lentil seed containing flavonoids and fiber enhances satiety and lowers the amount of food intake. Besides that, interventional studies have shown the potential of lentils to inhibit α -glucosidase and pancreatic lipase, which has the ability to decrease glucose and fat digestion and absorption in the intestine. Polyphenol rich lentils control postprandial glucose and fat which helps in management of diabetes and obesity.

Mung Daal (Green Gram)

Mung Daal possess Kashaya- Madhura Ras, Sheeta-Veerya, Katu-Vipaka, Ruksha-Laghu-Vishad Guna and Kaphnashak Karma, which are beneficial in the Chikitsa of Medoroga.^[13] Mung beans are a filling food. The high fiber and protein levels produce satiety for longer duration and increases cholecystokinin, a satiety hormone. Therefore, consuming Mung beans on a regular basis helps decrease food intake, thus lower weight and in fighting obesity. Green gram is embedded with essential amino acids including phenylamine, leucine, isoleucine, valine, lysine and arginine. Green gram Dal help meet daily protein needs without increasing fat intake. Mung beans help control cholesterol and heart disease by preventing oxidation of LDL, keep the arteries clear and improve blood circulation.

Madhu (Honey)

Madhu is Guru but Kaphashamak. It is also Yoga-Vahi in nature means carries the properties of drugs added to it. Its scraping action reduces the excess fat in the body.^[14] According to 2010 study published in the journal of American college of nutrition, honey had less effect on blood sugar than regular table sugar and that is important in controlling one's appetite since rapid swing in blood sugar level can trigger hunger, even if you don't truly need more food.

Laja (Puffed rice)

Laja is described as Ruksha, Laghu and Kapha-Medoohar.^[15] Puffed rice is made from white rice, therefore it is not a whole grain and contains small fiber. It brings less calories and little fat per serving. This nutty-tasting, low-calorie cereal makes a good choice if a person is trying to lose weight or limit sodium intake, but its high-glycemic index means it may not keep one feeling

full for too long when compared to other ready-to-eat cereals.

Tikta, Katu and Kashaya articles

Katu Rasa is specially indicated for the cure of Upachaya Rogai. eMedoroga.^[16] It also balances Kapha by its Laghu, Ushna and Ruksha Guna. Tikta Rasa also has Ruksha and Laghu Guna with Lekhana and Medoshoshak Karma.^[17] Kashaya Ras dries up Sharirik Kleda and balances Kapha Dosh because of its Ruksha and Laghu Guna.^[18]

Takra (Buttermilk)

Takra (Buttermilk) is a dietary product and is being used worldwide since many centuries. Buttermilk is liquid on It can also be used as Pathya Ahara to maintain healthy status of the body. In Charaka Samhita, Takra is mentioned in Agrya Dravyas. Due to its properties, it acts as Tridosha Shamaka, thus balance Vata, Pitta and Kapha. It can be used in form of Takrarisht main treatment of Sthoulya.

Other vegetables

Vegetables like Vartaku (brinjal), Shigru (drum stick), Tanduliya (amaranthus), Karvellaka (bitter gourd) are some vegetables that are helpful in controlling obesity. Vartaku (brinjal) is Katu Tikta Rasa, Katu Vipaka, Ushna Veerya and Medhohara. Shigru is Katu Tikta Rasa, Katu Vipaka Ushna Veerya, Rukshna Guna, Kaphvatahara, Medoharaproperty. Tanduliya (amaranthus) is Laghu, Sheeta Veerya, causes Rukshata and Pitta Kaphahara. Karvellaka is Tikta and Kapha Vatahara. Patola (Pointed guard) is Kashaya Tikta Rasa and Sarvadoshahra.

III. DISCUSSION

Excessive accumulation of Meda Dhatu leads to Sthoulya or Medoroga. Ayurvedic text have mentioned Sthoulya person under Ashtanindita Purusha and they are difficult to treat. Ayurveda has given equal importance to Pathya regarding the treatment of most of the disease. Pathya Aharaplays an important role as that of medicine especially in the disease like Sthoulya. Wholesome diet is prime cause for the growth and development of the body on the contrary unwholesome diet causes several diseases. Acharya Charaka has stated that the ideal is which rebuilds the worn-out systems, nourishes dhatus and maintains body equilibrium. Considering the pathological factors, the Acharyas have advocated numerous Pathya Aharas for Sthoulya under the caption of Santarpanotha Vikaras. Acharyas has stressed upon the use of Guru and Apararpaniya Pathya food article as a special regimen for Sthoulya. Commentator like

Chakrapani and Gangadhara had mentioned that Alpabhojanis best for Karshana. They have also emphasized on Laghu and RukshaAharaSevan,so Pathya's mentioned above are having same properties that's why recommended in Sthoulya.

IV. CONCLUSION: -

Excessive accumulation of Kapha and Meda with other factor eventually leads to Sthaulyaor MedoRoga,so specific diet management as mentioned in Pathya's in above should be followed to combat Sthoulya.

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