

Losing weight in Sthoulya-Rog (Obesity)**Dr Rajdip M Hodage¹, Dr Priti Subhash Rawal²**

1. Assit. Prof, Dept. Of Shalyatantra,

Sant Gajanan Maharaj Ayurved College, Mahagaon, Kolhapur, 416502

2. Assit. Prof, Dept. Of Panchkarma,

Sant Gajanan Maharaj Ayurved College, Mahagaon, Kolhapur, 416502

Abstract-

According to the surveys, Obesity has reached epidemic proportions in India in the 21st century, affecting about 120 million of the country's urban population. India ranks amongst the top ten obese nations. Even the risk of diseases like hypertension, diabetes, joint disorders etc is more in obese as compared to healthy individual.

Keeping these points in mind, this topic was selected and an attempt was made to find an Ayurvedic treatment which is effective, without side effects, economic, easily available to all and also accepted by the other medical fields.

Introduction-

With the evolution of civilization man has become more and more physically inactive. Modernization, affluence, science and technological development lead to still more sedentary life styles. By exposing oneself to all these factors human beings unknowingly invited a number of diseases, out of which Sthoulya is one which disturbs physical, mental as well as social health of an individual.

Sthoulya is the abnormal & excess accumulation of Medo dhatu. Frequent and/or excess intake of Kapha increasing foods, sedentary lifestyle, lack of mental & physical exercise are the most common etiological factors. Sthoulya can also occur due to Beeja Dosha i.e. hereditary causes.

In modern medical science Sthoulya is compared with Obesity and it is defined as excess of body fat that poses a health risk . It is caused by excess calorie intake, but endocrine disorders like hypothalamic disorders, Hypothyroidism, Cushing's syndrome etc. can also be the cause of Obesity. Obesity can also be drug induced or due to genetic inheritance.

General Symptoms in Sthoulya-

Pendulous belly, breasts and buttocks; Puffing and panting for breath even on mild exertion; Profuse perspiration even when it is not hot; Excess thirst, especially at night; Intense food craving; Prolonged but unsatisfying sleep; unpleasant body odour; Inflammation where skin folds rub against one

another; Generalised body ache; Loss of sexual appetite; Lack of enthusiasm for living.

Food which should avoid in Sthoulya-

All foods, which increase Kapha, tend to increase weight. You should especially avoid the following foods:

Beef and pork; butter, cheese, ice-cream, sour cream, wheat and wheat products; all products containing white sugar; alcoholic beverages; fried foods of any sort; junk foods and fast foods; all excessively sour or salty foods like pickles.

Treatment of Sthoulya-

In Modern system of medicine also the stress is given upon calorie restriction in diet, regular exercise and drugs acting as appetite suppressants . These drugs act centrally and their regular use is most of the times associated with adverse effects like dryness of mouth, constipation, diarrhoea, menstrual disorders, rhinitis, migraine etc.

For treatment of Sthoulya, the ancient Ayurvedic texts advice regular exercise, Langhana (fasting) and body purification by Panchkarma procedures like Lekhana and Rookshana Basti. Many Medohara, Lekhana and Karshana Dravya like Shilajitu, Gomootra, Madhu, Musta etc are also told . It is also said that treatment of Sthoulya is not easy, but with proper selection and combination of drugs and Panchkarma procedures, it can be managed.

Merely going on an anti-Kapha diet when you want to lose weight may be entirely inappropriate if you are a Vata person who needs Kapha promoting foods to maintain balance. It would be best for you to stabilise your diet first after removing all the

objectionable foods above. Unless your Doshas are balanced your Dhatus including Fat will never become healthy.

Change your diet gradually- Do not salt your food at all. If you want the salty taste, use "light" salt. Limit your use of sweeteners, but allow yourself regular use of honey, except in cooking. Honey has a mild fat reducing effect. Even though fruits are sweet, their fibre usually does not permit their sugars to be absorbed too quickly. The fibre in whole grains also protects against exaggerated blood sugar levels.

As you feel it is safe and sensible to do so, reduce the quantity of food you eat at each meal. As you reduce your food quantity your stomach will shrink little by little and you will find your capacity for food reduced. Excessive eating is often more a problem with overweight Vata and Pitta types than it is with overweight Kapha types whose bodies tend to hang on to excess pounds even if they do not overeat.

Reduce your overall water intake as you reduce the salt in your diet. You should drink when you are thirsty, but you do not necessarily need the 6 to 8 glasses of water daily, which some "authorities" advocate. Warm water or hot herbal teas help melt fat away. Even better is honey and lemon in warm water, with a pinch of black pepper powder.

Food for Kapha constitution

Kaphaja people need to concentrate on Bitter, Pungent and Astringent foods, which invigorate their bodies and minds, and should avoid sweet, sour and salty substances, which help them remain set in their ways. Kaphaja people should never eat fried or otherwise greasy food, and should shun dairy products. Fat is the worst possible food for Kaphaja people. Vegetables are best for Kaphaja people, who should limit the total amount of food they eat.

Grains – Kapha people need grain less than do Vata or Pitta people. The hot, drying grains wheat are best for Kaphaja people, followed by barley, rice and corn. Kaphaja people do best with roasted or otherwise dry-cooked grains. All breads should be toasted, or better yet avoided. Wheat is too heavy, cold and oily to be good for Kaphaja people.

Vegetables – All vegetables are good for Kaphaja people except potatoes, and tomatoes. Cucumbers, though sweet, are also bitter and astringent and therefore do not aggravate Kapha. Kaphaja people should avoid very sweet, very sour and very juicy

vegetables. Otherwise they can eat as many vegetables as they like as often as they like. Leafy greens and vegetables which contain seeds (like squashes) should get preference over root vegetables, which are naturally more Earthy. Raw vegetables are good; steamed or stir-fried vegetables are easier to digest. Peppers are good for Kaphaja people. Kaphaja people who overdose on chillies, or other hot pungent spices may use ghee to antidote any resulting Pitta aggravation.

Fruits – Kaphaja people should avoid both very sweet and very sour fruits, and any fruits which are very juicy. Dried fruits like prunes are good. The best fruits for Kaphaja people are apples, apricots, cranberries, mangoes, peaches, pears, and pomegranates.

Flesh Foods – Kaphaja people rarely need any flesh foods because their flesh is adequately nourished by other foods. When they do eat flesh it should be roasted, broiled, baked, or otherwise cooked dry, but never fried. They may eat chicken, eggs, rabbit, seafood, and venison.

Legumes – Kaphaja people should not overeat legumes any more than they should overeat meat, because their bodies do not require large quantities of protein. Legumes are much better for Kaphaja people than meat because of the lack of animal fat in legumes. Kaphaja people should however avoid the heaviest of the legumes, such as black lentils, kidney beans, and soybeans.

Nuts and seeds - Kaphaja people do not need the heavy, oily energy of nuts and seeds and should avoid them. They may eat sunflower seeds and pumpkin seeds on occasion.

Oils – Kaphaja people should avoid the use of oils. They may use almond, corn, safflower, or sunflower oils when necessary.

Dairy - Kaphaja people do not need the heavy, oily, sticky, cooling qualities of dairy products, which are very like Kapha's own qualities. Small amounts of ghee are good, and goat's milk is better than cow's milk because it is "Hotter". Goat's milk is good for respiratory diseases in any constitution. Yogurt increases Kapha because its qualities are almost exactly the same as those of Kapha. Honey reduces yogurt's Kapha forming qualities, and spices antidote it even further. The addition of water to this spiced yogurt dilutes it, and churning breaks up its gel

structure to make it less slimy and viscid. The resultant mixture aggravates Kapha very little and promotes digestion greatly.

Sweeteners - Kapha is increased by sweets, and Kapha people should not use any sweeteners except raw honey, which helps reduce Kapha.

Spices - Kaphaja people find spices useful to awaken their organisms; they can use all spices except salt, which increases Kapha directly. As for Vata people, ginger and garlic are best for Kaphaja people.

The above suggestions are guidelines only. You will have to discover for yourself which rules are most important for you to follow and which can be ignored safely on occasion. As far as possible, you should avoid the foods, which are inappropriate for your prakriti (constitution).

References-**Samhita :**

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