

Ayurvedic Health System Approaches to the Globally Burden Health Care Problem of Obesity

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Abstract

Overweight and obesity among children and adolescents has emerged as a global epidemic and is becoming a serious public health problem in whole over the world. To prevention and cure from the above mentioned problem whole world get an interesting to search about CAM (Complementary & Alternative Medicine) therapy. In order to overcome this problem, an ancient Ayurveda life style methods, ayurveda medical herbs and techniques can be applied with the help of modern techniques. Particularly shown its potential power to deliver significant effect on healthcare of Overweight and obesity. Ayurveda is an eternal science, deals not only with diseases; but also with way of prevention from the diseases. The guidelines mentioned in Ayurveda about lifestyle, personal and social are very important to overcome from these diseases. Objective of this paper to evaluate prevention of overweight & obesity can be promoted through .Ayurvedic Health System and prevent health burden crisis.

Introduction

Ayurveda, literally translated as 'the Science of Life', is an ancient form of healing and well-being which dates back 5,000 years. This natural healing method seeks not only to cure disease but also to rejuvenate the body & mind and maintain proper body weight & shape by increasing immunity which is effective in curing stress and promoting a positive and a relaxed mental attitude towards healthy living.

Ayurveda, much like other Eastern medicine, focuses on prevention and balance, unlike Western medicine with its strong focus on symptoms and treatment of illness rather than prevention and holistic health.

Obesity among children and adolescents has emerged as a global epidemic [1] and is becoming a serious public health problem in whole over the world. It is believed that the rise of obesity in developing countries is likely to create a tremendous public health burden [2], because obesity in children and adolescents is strongly associated with many co morbidities [3-5].

Metabolic complications associated with obesity in childhood greatly increase the risk for type 2 diabetes and early cardiovascular disease. Moreover, obesity in adolescence was shown to track to adulthood [6-7]. Aside from overall obesity, abdominal obesity has also been linked to increased cardio metabolic risk in children and adolescents.

A better understanding of the relationships between obesity and lifestyle factors is necessary for effective prevention and management of obesity in youth. Therefore, the objective of this study also to evaluate the associations between obesity measures and several lifestyle factors, including physical activity, sedentary behaviours and dietary habits

Literary Review of Over Weight & Obesity (Sthaulya)

Historical Review

Ayurveda is considered as part of Atharva –veda (A great vedic book) and thus has its origin from Veda. Over Weight & Obesity (Sthaulya) has been up in the present conceptual literary study under the following chronology:

1. Vedic Kala

In Rigveda and Yajurveda (25th Chap.) meda (fat portion of the body)and vapa(air portion of the body)has been mentioned. Atharveda (1/11/14.817/7)synonyms of herbs ,which probably stands for substance like fat (meda) In Yajurveda (12/97)a disease named “Upachita” has also been described with reference this .

All these references give clues regarding existensce of this disease even in the Vedic era.

2.Samhita Kala

Charaka Samhita (one of the great Ayurvedic book was written by great Ayurvedic teacher called Charaka.)

Over Weight & Obesity has been mentioned (in Ch. Su.21.) with its causative factors along with its pathology , sign –symptoms , prognosis and management have been narrated in detail. Ch.Su.21/3-4 eight types of

unbalancing things connecting with Over Weight & Obesity and its aetiopathogen ecis Su.21 /18-19-Average size of body i.e. well built and dual proportionate physique is considered as the best.

Sushruta Samhita

Acharya Sushruta , the father of surgery had highlighted the aetiopathogenesis of Over Weight & Obesity (Sthaulya roga) as a diseases on the base of an endogenous entity being caused due to mainly the habit of food in take.

The course and complications of the disease along with line of treatment are discussed at various places in Sushruta Samhitha .Its aetiology .clinical features had also been described with complications like diabetics , excessive masses like tumours, possibility of having fractures etc.

Kashyapa Samhitha

Kashyapa had given some new aspect of management including how expand the layers of fats (medasvidhatri Chikithsa) and suggested bloodletting method (Rakthamokshana)

Disease Sthaulya (Over Weight & Obesity)

Etymology derivation of word Obesity (Sthaulya) means heaviness of the body.

The definition emphasizes on excessive growth of body .,

Classification of Over Weight & Obesity (Sthaulya) according to the Ayurveda

For the purpose of diagnosis, prognosis and easy management of Over Weight & Obesity should be classified as per severity as well as disease duration. Hence, classification of Overweight & Obesity is essential but there is no such clear classification is found in our Ayurvedic classics. Astanga Samhitha , Astanga Hirdaya and Sharangadara have thrown little regarding classification of Over Weigh Obesity as mentioned below.

A.S.Su. 24/13-16 and A.H. Su. 14/14 mentioned types of Over Weight & Obesity i.e. Severe (Adhika) , Medium (Madhya) , Minimum (Hina) for better management while according to the indication of Treatment .

Causes (nidhana) of Over Weight & Obesity

Most of the causes mentioned by Acharya Charaka are Exogenous types. Acharya Sushruta and Vagbata had mentioned Endogenous type of causes. Vagbata had also mentioned “Ama” ,a Acidic contains of the body as a causative factor. Only Charaka had defined genetically Factors (Beejadhosha) as one of the cause besides other. In context with Over Weight & Obesity (Sthaulya) , Exogenous causes are Lipid Potentiating diet originating factors.

All the causative factors are described in Ayurvedic classics can be classified into five groups;

1. Dietary Factors (Aharathmaka Nidhana)
2. Behavioural Factors (Viharathmaka Nidhana)
3. Psychological Factors (Manas Nidhana)
4. Genetically Factors (Beeja Dhosha)
5. Other causes (Anya Nidhana)

For better understanding these causes are being tabulated as follows

1.1 Dietary Factors (Aharathmaka Nidhana)

1. Over Eating
2. Excessive consumption of sweet Foods
3. Excessive consumption of cold diet
4. Excessive consumption of Flam increasing Foods
5. Excessive consumption of Curd
6. Excessive consumption of Milk & it's preparation
7. Excessive consumption of fresh Gains
8. Excessive consumption of Ghee & It's products
9. Usage of fresh Alcohol Preparations
10. Usage of domestic Animal's meats & soups
11. Excessive consumption of sugarcane's & it's preparations
12. Excessive consumption of Rice & it's preparations
13. Excessive consumption of Wheat & it's preparations
14. Excessive consumption of over nutritional food drinks
15. Usage of Artificial & Chemical foods

1.2 Behavioral Factors (Viharathmaka Nidhana)

1. Lack of Physical exercise
2. Lack of Sexual life and also Excessive Sexual life
3. Day's Sleep and excessive sleep

4. Luxurious sitting
5. Using Perfumes garlands
6. Bathing after meals
7. Sleeping after meals

1.3 Psychological Factors (Manas Nidhana)

1. Uninterrupted Cheerfulness
2. Lack of Anxiety
3. Relaxation from tension
4. Observation of beloved things
5. Thinking being fat is Healthy

1.4 Genetically Factors (Beeja Dhosha)

1. Parental gene factors
2. Congenital gene disorders connecting with Over Weight & Obesity
3. Over nutrition & more lipid contains diet during pregnancy

1.5 Other causes (Anya Nidhana)

1. Hereditarily factors
2. Depend on the Race , Traditional habits etc

All the **Symptoms** of Over Weight & Obesity Sthaulya described in various Ayurvedic Text Books can be summarized as bellow;

1. Pendulous Buttocks (Chala Sphika)
2. Pendulous Abdomen (Chala Udara)
3. Abnormal growth the body
4. Enlargement of Abdomen
5. Lack of Enthusiasm
6. Dullness
7. Sluggishness in movement
8. Unable to bear the any physical exercise
9. General weakness
10. Low vitality power
11. Shortening of the life span
12. Difficult in sexual life
13. Fetid odor of body
14. Excessive sweating
15. Excessive hunger
16. Excessive Thirst
17. Excessive Sleep
18. Dyspnoea on exertion
19. Indistinctness of speech
20. Prostration of the Body
21. Delicacy

Ayurveda had described eight despicable constitutions of the bodies. Obesity is one of them and describes as “atisthaulya”(severe over weight). In an obese person individual medas (fat) is excessively nourished and remaining other body tissues gets mal nourished. In Ayurveda, every human being has a unique phenomenon of cosmic energy, which manifests itself throughout the three basic elements for the tridosha(03 main energies which can cause diseases due to the imbalance) i.e. vata (Nuro-Hormonal), pitta (Bile) and kapha (Flam). Each individual constitution has its own unique balance of these three energies. When this doshic balance is disturbed it causes damage to normal bodily functions leading to various health disorders and diseases. Obesity is a common problem of the affluent society today due to sedentary life habits, high calorie foods, psychological stress and lack of exercise.

General Principles of Treatment of Disease over Weight & Obesity (Sthaulya)

In texts, the principles of management of Over Weight & Obesity include the regulation of, Flam (mucosal) - (Kaphahara), Lipids – (Medhahara) and neuron-Hormones –(Vatahara). The external and internal methods of management should relate to those regulations.

Excessive Fats dissolve and regulate through Bile, Sweat, Stools and Urine By non – Pharmacological methods (Yoga, Meditation and Exercise) & Pharmacological methods such as Panchakarma (Bio –purification through make using drugs- vomiting methods & Oil and drugs enemas) and also using Oral drugs. Reducing fat also can do using Herbal powder smooth massage to the whole body.

Management of Obesity

There is a no magic way to lose weight. In an attempt to provide a regular dietary and exercise plans along with the patyapatya (behavioral factors). Avoiding of etiological factors are the basic way to control obesity.

Losing weight requires changes in the quality and quantity of foods. A weight control plan that focuses on maintaining healthy eating habits, engaging in regular physical activities and developing a healthy life style are the main objectives of the plan.

Charaka, Ayurveda classical book has instructed that guru quality (non nutrition, non digestive) foods and mal nourished food are the best regimen of obesity. This principle is contra indicated with modern regimen in which they stress on light food, but it is a fact that with the light food there is increase in the intake of food and its frequencies.

Lack of sleep, more exercise and mental activities are the key resources for reduction of weight.

Psychological counseling is done for self control to avoid etiological factors and to prepare the patient for regular schedule treatment.

According to Ayurveda the below mentioned guidelines have indicated in preventing from obesity .

There is no single treatment for obesity in Ayurveda. The treatment depends upon the makeup of the individual. However, since obesity is most often linked to kapha imbalance, certain herbs, foods, and actions are commonly prescribed. These include: Following a diet that supports your individual constitution ,Drinking warm or hot water and ginger tea , Regulate Your Time and Frequency of Eating

These conditions can cause or contribute to premature death and substantial disability the herbs, which can include gotu kola, shilajit, or amalaki Exercising regularly , Chewing fresh ginger before meals , eat foods find locally and seasonally, avoid processed foods.

Research evidence:

1. Obesity and risk factors for cardiovascular disease and type 2 diabetes: Investigating the role of physical activity and sedentary behavior in mid-life in the 1958 British cohort

Conclusion :

Applying Ayurvedic Life Style ,Ayurvedi herbals & Techniques on the prevention of over weight and Obesity in children and young people show significant improvement and also prevent global health burden crisis .& health burden Economical crisis.

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