Ayurveda Concept of Medoroga with Special Reference to Obesity and Related Complication and their Medical Management

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Authors’ contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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ABSTRACT

Obesity or medoroga is the only disease that is gaining more and more attention at the global level. This disease is prevalent in developing as well as in developed countries, in both sexes, across all ages and socioeconomic groups. Obesity is one of the prices we have to pay for rapid urbanization and a sedentary lifestyle. Obesity has been described in Ayurveda texts as medoroga or Sthaulya. Acharya Charaka has described eight varieties of impediments known as ashta nindita Purusha. Ati Sthaulya comprises one of them. Obesity is the risk factor for many diseases like diabetes, CVA, hypertension, etc. It is difficult to prevent and treat lifestyle diseases like obesity with the modern system of medicine alone. Ayurvedic science has great potential in preventing and treating lifestyle disorders like obesity. The presenter's view deals with aetiopathogenesis, symptomatology prevention, and management of Sthaulya as given in the Ayurveda classics.
Keywords: Ayurveda; medoroga; obesity; sthaulya.

1. INTRODUCTION

Sedentary lifestyles and poor eating habits, particularly ready-to-eat fast food, have made man the victim of numerous ailments in today's society. Sthaulya (obesity) is one of these disorders that has wreaked havoc on the health of a whole generation. Obesity is becoming a major health issue in India as well. Obesity (Sthauya) is a disease that can lead to a variety of illnesses, including hypertension, ischemic heart disease, diabetes, osteoarthritis, infertility, impotency, and psychological problems such as stress, anxiety, and depression. As a result, obesity can be considered a substantial contributor to health decline. Sthaulya is mentioned in practically every extant literature in Ayurveda. Atisthool purusha is one of Charaka's "Ashta Nindit Purusha"

- As well as Samtarpanajanita roga
- Sthaulya is a Sleshma Dosha illness that is seated in Medodhatu
- Ati Sthula is defined as a person "who is disfigured with pendulous buttocks, belly, and breasts due to an abnormal growth in fat and flesh, and whose increased weight is not matched by a proportionate gain in energy."
- Obesity is described as a condition in which there is an excess of adipose tissue mass.
- Obesity epidemics have erupted in various Asian nations as a result of dietary changes combined with an increase in inactive lifestyle [1-5].

There has been a large increase in fat and dense food consumption, accompanied by a decrease in physical activity. With the quick speed of industrialization and economic advancement, an increasing number of employment are becoming sedentary, and dietary patterns are changing as well, with a decrease in cereal consumption and an increase in sugar and fat consumption. As a result of all of this, the incidence of obesity and its accompanying disorders has increased. According to a poll conducted by India's Nutrition Foundation, 45 percent of women and 29 percent of males in the country's urban areas are overweight. In terms of the obesity index, India ranks seventh [6]. Obesity was once considered a lifestyle issue, but the World Health Organization now considers it a disease. When it comes to the notion of health, Ayurveda places a greater emphasis on the balanced state of body tissues. Obesity is defined as a condition in which the Medodhatu (Fatty Tissue) is in a state of Vikrita Vriddhi (Abnormal Increase) according to Ayurveda [7-10].

1.1 The study's Necessity

Obesity prevalence worldwide more than doubled between 1980 and 2014, according to the World Health Organization6. In 2014, approximately 13% of the world's adult population (11 percent of men and 15% of women) was obese. Obesity is a risk factor for a variety of diseases, including cardiovascular disease, which was the leading cause of death in 2012; diabetes; musculoskeletal problems (particularly osteoarthritis); and various malignancies. Recently, the entire world has been seeking for ways to enhance lifestyle and nutritional habits in order to prevent this disease [11-15].

1.2 Causative Factors for Obesity

The heredity component (Bijadosha), besides dietetic, regimen, and psychological factors in the causation of obesity is described in Charaka Samhita [16]. Except for these factors, the components which may vitiate Meda (Fatty Tissue) and Kapha (One of the three senses of humor of the Body) could be considered as causative factors of Obesity. Dhatvagni Mandya (Weak digestive fire at the level of body tissues) is the main cause besides other components in the etiopathology of Sthaulya [17]. In the context of obesity, exogenous causes are Meda potentiating diet and regimens whereas Dosha (Three senses of humor of the body), Dhatu (Body tissues), Mala (Excreta) Srotas (Body channels), etc. come under the endogenous factor.

All the factors can be categorized into four groups.
1. Aharatmaka Nidana (Dietetic Causes)
2. Viharatmaka Nidana (Regimonal Causes).
3. Manasa Nidana (Psychological factors).
4. Anya Nidana (Other).
Table 1. Endogenous factors of Obesity

<table>
<thead>
<tr>
<th>Ahartmaka</th>
<th>Viharatmaka</th>
<th>Manasa</th>
<th>Anya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adhyashana (Taking food after lunch or dinner)</td>
<td>Avyayama (No Exercise)</td>
<td>Harshanityatva (Happiness)</td>
<td>Amarasa (Indigestion)</td>
</tr>
<tr>
<td>Atisampurna (Binge eating)</td>
<td>Avyayava (No sexual activities)</td>
<td>Atichintana (No worries)</td>
<td>Snighda, Madhura Basti sevena (Enema which contain Oily andsweat drugs)</td>
</tr>
<tr>
<td>Ati Brimhana (Over nourishment)</td>
<td>Diwaswapa (Day sleeping)</td>
<td>Manasonivritti (Idle Mind)</td>
<td>Tailabhyanga (Oil Massage)</td>
</tr>
<tr>
<td>Guru Ahara Sevana (Taking food which is heavy to digest)</td>
<td>Sukha Shayya (Very Priyadarshana comfortable bedding)</td>
<td></td>
<td>Snigdha Udvaratana (Powder massage with oily drugs)</td>
</tr>
<tr>
<td>Madhura Ahara sevena (Excessive use of Sweets)</td>
<td>Atisnana Sevana (Excessive Bathing)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shleshmalaha Ahara Sevana (Food which will increase Kapha)</td>
<td></td>
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</tbody>
</table>

2. PATHOGENESIS OF OBESITY (MODERN PERSPECTIVE)

Adipose cell hypertrophy with the least amount of hyperplasia is the hallmark of adult-onset obesity. In addition to the increase in the size of conventional depots (e.g., In obesity, subcutaneous tissue, omentum, retroperitoneal tissues, and epicardium, as well as adipose tissue, may be extensive to tissues where it is not normally present [18]. The three primary components in the aetiology of obesity are excessive lipid accumulation, decreased lipid mobilisation, and decreased lipid consumption. Increased food intake, hypothalamic abnormalities, adipose cell hyperplasia, or hyperlipogenesis can all cause excessive lipid accumulation. By metabolic development, increased food consumption in the form of carbs, proteins, and fats eventually transforms to fats and is stored in fat depots [19]. Reduced lipid metabolism is caused by a decrease in lipolytic hormones, abnormalities of autonomous innervating thyroxine, and adrenaline, which stimulates the mobilisation of unsaturated fatty acids from adipose tissue. Abnormalities of these
two causes reduce lipid mobilisation, increase lipid authentication, and ultimately lead to obesity. Aging, inefficient lipid oxidation, inadequate thermogenesis, and immobility all contribute to reduced lipid exploitation. The major pathophysiology in middle-aged obesity is decreased lipid utilisation [20-24].

2.1 Rupa (Sign & Symptoms)

- Charaka has enlisted the subsequent symptoms as cardinal symptoms of Obesity.
- Medomamsa ativriddhi (Excessive growth of Muscle & Fat tissue),
- Chala Sphik-Udara- Stana (Pendulous Buttocks-Abdomen-Breast),
- Ayatha Upachaya Utsaha (Disproportionate strength with his physical growth) [25].

Besides these cardinal symptoms, eight disabilities of Atishthulya (Morbid Obesity) i.e. are the most prominent clinical features of Morbid Obesity narrated by Charaka [26].

- Ayusho Hrasa (Lacking in longevity),
- Javoparodha (Fewer energy levels),
- Krichchra Vyavaya (Complexity during Sexual Intercourse),
- Daurbalya (Weakness),
- Daurgandhya (Awful Smell),
- Swedabadha (Additional Sweating),
- Ati Kshudha (Too much Hunger)
- Ati Pipasa (Excessive Thirst)

2.2 Diagnosis

Specific criteria for diagnosis of obesity:

1. Age-specific weight for height table
2. Body Mass Index (BMI)
3. Skinfold Measurements
4. Body girth measurement [27]

2.3 Classification of Sthalya (Obesity)

The demonstration of sthalya can be elaborated based on contributory factors, demonstration, etc.

2.4 Hina Sthalya (BMI 25-30 kg/m²) – Overweight

A mild degree of overweight without any complications or secondary diseases with less than 1-year duration is considered as Hina [28].

2.5 Madhyama Sthalya (BMI 30-40 kg/m²) – Obese

A reasonable degree of flabby with the least complications lacking secondary diseases having a period of 1 to 5 years can be considered as Madhyama Sthulya [29].

2.6 Adhika Sthalya (BMI > 40 kg/m²) – Morbid Obese

Excessive stage of overweight with complications and secondary diseases, with all 8 detrimental effects and having a period of more than 5 years can be considered as Adhika Sthulya [30].

2.7 Types of Obesity

2.7.1 Android

Male type of obesity where surplus fat is marked in the upper half of the body. The lower portion of the body is thinner beyond percentage and judgment with the upper part. It is common in females too:

- Undergone hormone treatment.
- Around menopause due to thyroid gland’s disturbance Vital organs affected – Heart, Liver, Kidney & Lungs Major risk factor for heart diseases [31].

2.7.2 Gynaecoi

Ordinary in both sexes but females more affected. Excess fat declaration is in the lower part of the body. The spine is never erect due to heavy hips and thighs.

- Vital organs affected: Kidneys, uterus, intestines, bladder.
- These organs may affect the heart.

2.8 Neither Android nor Gynoid

The whole body is affected. The fat tissues in their body hinder the movement of all the internal organs and consequently affect their functioning [32].

2.9 Upadrava (Complications)

Chronic steadiness of Obesity leads to the deformity of several systems, and organs thus eventually leading to death. The following
complications are described in Ayurveda. Sushruta has described that the complications happen due to grave impediment of various body channels particularly Medovaha Srotas [33] (A body channel that regulates fatty tissue in the body).


2.10 Complications which are Described in Modern Science


2.10.1 Sadhyasadhyata (Prognosis)

Krīchchrasadhyā (Difficult to cure) nature of Obesity has been described by most of the Ayurvedic classics. Furthermore, lack of immune power is mentioned as a general characteristic as well as a somber drawback of Obesity [34]. The bad prognosis of Sahaja (Congenital) diseases is described in Charakasamhita [35]. Therefore prognosis of Obesity can be constructed based on general principles of prognosis depicted in Ayurvedic classics [36] which is as follows:

2.10.2 Sukhasadhya

Jatottara Hina Sthaulya having a chronicity of 1 to 5 years and without complications and having BMI between 25 to 30 kg/m².

2.10.3 Kricchasadhya

Jatottara Madhyama Sthaulya having the chronicity of 5 to 10 years with the least complications and having BMI between 30 to 40 kg/m².

2.10.4 Asadhya

Sahaja (Congenital) Sthaulya is Asadhya, Jatottara Adhika Sthaulya having chronicity of more than 10 years and with all the complications and having BMI of more than 40 kg/m².

2.10.5 Sthaulya Chikitsa (Organization of Obesity)

The first line of management of Obesity is to avoid the contributory factors. Nitya langhana therapy (Reducing Therapy) and Langhana even in Shishira Ritu (Winter Season) are advised for the patients of Obesity by Vagbhata [37].

Types of Langhana therapy i.e. Vamana, Virechana (Biopurification therapies), etc. are advised for practice according to Vyadhibala (strength of the disease) and Dehabala (strength of the patient) by Charaka [12]. Amongst Shadvidha Upakrama (Sixfold Therapy), Langhana and Rukshana (Drying) therapies are more appropriate for the treatment of Obesity. Vagbhata included all therapies underneath two main headings i.e.

- Langhana (Reducing therapy)
- Brimhana (Nourishing therapy)

Langhana, the line of treatment for Obesity has been additional divided into Samshodhana (Biopurification therapies) and Samshamana (Alleviating Therapies) [38].

2.10.6 Samshodhana

All Obese patients with Adhika Dosha (Increased Bio humor) and Adhika Bala (More strength) should be treated with Samshodhana therapy including Vamana (Medicated Emesis), Virechana (Medicated Purgation), etc. [39] Being a syndromic condition, Samshodhana treatment is highly recommended for obese patients possessing endurance and strength [40]. Ruksha, Ushna, Tikta Basti (Enema containing dry, hot, and bitter drugs) are also suggested by Charaka. [41] Ruksha Udvartana (Dry powder massage) is the Bahya Shodhana (External therapy) indicated for the management of Obesity [17]. Exigency use of Taila (Oil) is recommended [42].

2.10.7 Shamana

Amongst the Shat Upakramas, Langhana and Rukshana can be administered in them [43]. Alleviation of Vata, Pitta, and Kapha especially Samanava Yu, Pachaka Pitta, and Kledaka Kapha (Biohumors) along with reduction of Medodhatu by increasing Medodhatvagni is the main goal of treatment of Obesity. Administration of Guru and Apatarpana articles which possessed
ditional Vata Shleshma (Alleviating Vata-Kapha-Meda) properties is considered as an ideal for Sanshamana therapy [44]. In Ashtanga Samgraha usage of Laghu (Light), Ushn (Hot), Ruksa (Dry), Tikshna (Sharp), etc. are suggested for Obesity management as they possess Medonashaka, Kaphanashaka, and Stha ulyahara actions [45]. Lekhaniya (Drugs having scrapping action) Dashemani (Ten) Gana (Group) mentioned by Charaka can be useful in managing obesity [46].

3. DOSE PERIOD AND METHOD OF TREATMENT

Pragbhakta i.e. intake of medicine before meals is insisted for Krishikarana (losing weight) purpose [47]. Among Panchavidha Kashaya Kalpana (Five pharmaceutical processes),

- Kalka Kalpana (Paste)
- Karshana (To reduce fat)
- Durjara (Difficult to digest)

is attributed to have properties, and the same is advocated in the treatment of Obesity. The use of Avishadkara, Mridu, Sukhakara Aushada in steady increasing dose with caution is advised for sthaulya management [48]. Further, it has been emphasized to believe

- Agnibala (Strength of the Digestive fire),
- Dehabala, Doshabala (Strength of the vitiated body humor) & Vyadhibala before fixation of dose and duration of treatment of Obesity [49].

3.1 Sthaulya Pathyapathya (Suitable-Unsuitable for the Patients of Obesity) Pathyapathya Ahara (Food)

Table 2. Pathyapathya Ahara (Food)

<table>
<thead>
<tr>
<th>Pathya (Suitable)</th>
<th>Apathya (Unsuitable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuka Dhanya (Food grain)</td>
<td>Yava, Venyava, Kodrava, Nivara</td>
</tr>
<tr>
<td>Shami Dhanya (Pulses)</td>
<td>Mudga, Rajmasha, Kullatha, Masura, Adhaki</td>
</tr>
<tr>
<td>Shaka Varga (Vegetables)</td>
<td>Vrintaka, Patrashaka, Patola</td>
</tr>
<tr>
<td>Drava (Liquid Stuff)</td>
<td>Takra, Madhu, Ushnodaka, Dugdha, til taila, Asava, Arishta</td>
</tr>
<tr>
<td>Mamsa (Meat)</td>
<td>Rohita Matsya</td>
</tr>
</tbody>
</table>

Anupa, Audaka

3.2 Pathya / Apathya Vihara (Regimen)

Table 3. Pathya / Apathya Vihara (Regimen)

<table>
<thead>
<tr>
<th>Pathya</th>
<th>Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrama (Hardwork)</td>
<td>Sheetala Jalasnana (Use of cold water for bath)</td>
</tr>
<tr>
<td>Jagarana (Late nights)</td>
<td>Divaswapa (Day sleeping)</td>
</tr>
<tr>
<td>Vyavaya (Sexual activity)</td>
<td>Avayama, Aryavyaya (less exercise and less indulgence in sexual activity)</td>
</tr>
<tr>
<td>Nitya Langhana (Regular use of Reducing therapy)</td>
<td>Swapna Prasanga (Excessive sleeping)</td>
</tr>
<tr>
<td>Chintana (Thinking)</td>
<td>Sukha Shaiyya (Comfortable bedding)</td>
</tr>
<tr>
<td>Shoka (Sorrow)</td>
<td>Nitya Harsha (Happiness)</td>
</tr>
<tr>
<td>Krodha (Anger)</td>
<td>Achintana, Manaso Nivratti (Idle mind)</td>
</tr>
</tbody>
</table>

3.3 Diet

Diet must be nutritionally sufficient but must be lesser in calories, with vitamins and mineral supplements. A mixed balanced diet is a reasonable move toward to long-term weight reduction. The protein should be of soaring quality so that necessary amino acids can be utilized to maintain lean body mass. Food, high in fiber should be used generously because of its low caloric density.
4. DISCUSSION

Charaka has given a detailed explanation of causative factors, etiopathogenesis, signs, and symptoms of Obesity. Acharya Susruta has added the complications of the disease & given consequence to avoid contributory factors of the disease. Out of the commentators, Dalhana has introduced the perception of Dhatvagni Mandya. The term ‘Sthula’ (Obese) itself indicates the acknowledgment of Prithvi and Apa Mahabhuta overriding factors in the body. Nidana of Sthaulya is divided in four categories Aharatmaka, Viharatmaka, Manasa and Anya. Besides these Nidanas, nowadays it is seen that due to highly sophisticated food with maximum percentages of carbohydrates & high-tech equipment which makes a person less active & prone to Obesity. Nowadays, Nidanas of Sthaulya are changing e.g. beforehand Manasonivrtti and Haransanityatva were said to be the Nidanas of Sthaulya but these are now changing to increasing stress which causes episodes of binge eating leading to Obesity. Hereditary factor is also coming up as the famous cause for Obesity. Etiopathology of Obesity can be interpreted two ways, according to Charaka Samhita in which there is just increased Jatharagni (Digestive fire) which causes utmost ingestion and leads to maximum absorption of Prithvi and Apa Mahabhuta foremost factors in the body leading to increased Medodhatu in the body. According to Dalhana, there is a state of Medodhatvagnimandya, which leads to extreme arrangement of inappropriate Medodhat leading to Obesity. There is abundant growth of Medodhatu in Obesity which is having Prithvi and Apa Mahabhuta dominance. It is a condition of Vriddha (Increased) Medodhatu. It requires the drug which can cause a attenuation of Medodhatu for its cure. Ayurveda recommends various management modalities like Shodhan and Shaman. According to the stage of the disease and potency of the patient appropriate management modality can be selected [50-51].

5. CONCLUSION

Charaka has mentioned Sthaulya (Obesity) beneath the caption of Santaranoththa Vikara and it should be treated with Apatarpan (Reducing Therapy). Though Sthaulya is mentioned as Krichchasadhy Vikara based on BMI one can say that if a person’s BMI lies between 25-30 kg/m² it can be termed as Sadhya (Curable) but if it goes beyond 30 kg/m² then it becomes complicated to cure. Nidanas of Sthaulya, mentioned in classics are now altering. Increasing pressure, faulty dietary habits, and decreased consciousness regarding work out are becoming the famous causative factors. Kapha Prakriti (Kapha principal body constitution) persons are more flat to Sthaulya so they should be advised of appropriate diet regimens and work out. In Society, the Percentage of the inhabitants anguish from Sthaulya is increasing day by day so they should be made aware of the disease and its severe complications before it reaches its epidemic level. Reducing on the whole energy intake is key to losing weight. Increasing physical activity can also be helpful together with calorie reduction in achieving weight loss and sustaining a healthy body weight, as well as improving overall health. Conglomerate food and drink corporations, physical activity and sports organizations, NGOs, employers, and local NHS staff all need to work collectively to help communicate the messages about why we need to look at our lifestyles, but also to modify the environment so the healthier alternative becomes the easier choice. Avoidance is the most important key factor for this disease. Patients should be educated to follow the lifestyle changes recommended by Ayurveda. The use of Biopurification methods along with drugs can give better results in obesity.

CONSENT

It is not applicable.

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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