

The *Samprapti Vighatan* Of *Atisthaulya* With Special Reference To Obesity Reversal.

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Abstract :

Obesity is a condition in which body has excessive fat stored in the body. Earlier it was considered as cosmetic concern and social stigma but later on scientific studies and researches have proved it a medical problem which can increase the risk of other disease like cardiovascular disease, diabetes, hypertension and certain cancer of esophagus, colon, rectum, endometrium, breast, renal and many more. From few decades the percentage of obesity has increased which is alarm for all of us to take this medical problem seriously.

Obesity is caused due to multiple factors like unhealthy diet, no physical activity, genetic issues, hormonal imbalance, etc. It's a life style disorder and this condition can be reversed by adopting proper health regimen, including physical activities, in some cases one may need medication and surgical assistance.

Our *Ayurveda* is a science of life, *Ayurveda* is a science which tell us the how one should have daily regimen that is *Dincharya* and seasonal regimen that is *Ritucharya* to avoid any kind of disease. Obesity can be reversed by adopting the proper daily regimen life, dietary regimen that is *Ahara Vidhi* and in some cases by medication and *panchkarma*. The concept of obesity can be compared with *sthaulya* of *ayurveda*, we can reverse the condition of obesity by breaking the chain of pathophysiology that is *samprapti vighatan* of disease. The aim of this article is to understand the *samprapti* of obesity and to reverse the condition by finding the cause and by doing *vighatan* of its *samprapti*.

Keywords : Obesity, Disease, *Ritucharya*, *dincharya*, lifestyle, *samprapti vighatan*, pathophysiology.

Introduction

Worldwide obesity has nearly tripled since 1975. In 2016, more than 1.9 billion

adults , 18 years and older,were overweight. 39%of adults aged 18 years and were overweight in 2016 and 13%were obese.Most of the world's Population live in countries where obesity kills more people than underweight. BMI [BODY MASS INDEX] is a calculator and indicates wheither person is obese or not . A person with body mass index (BMI) equal to or more than 25 is considered overweight, and equal to or more than 30 is considered as obese[1]. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular disease and cancer[1].In last few decades it has been increased and it will become penalty for the world ,if not taken seriously . The morbidity and the mortality rate of death due to obesity is increasing ,even in paedretic population children are found to be obese.

In *Ayurveda*, *Acharya Charaka* has described *Asthounindita Purusha* and out of which he emphasized in detail about two pathological condition Viz. *Atisthoola* and *Atikrusha*^[2]. *Atisthoola purusha* is considered worst among them due to its complicated pathogenesis variable complication and treatment^[3]. The word *Atisthoola* is made up of prefix 'Ati' and 'Sthoola' *dhatu*. Ati means excessive and Sthoola means bulky. The meaning of *Atisthoola* is excessively fat^[4]. There is so much increase in fat and muscles that hips, abdomen and breast become pendulous^[6] obesity is increasing ,even in paedretic population children are found to be obese. Obesity has been described as *Sthaulya* or *Medoroga* in *Ayurvedic* texts. It is described under the caption of *Santarpanottha Vikar*^[7]. It occurs due to

excessive indulgence of *snigdha guna* ,*kaphaja Aahara –vihara* ,*guru ahara* and no physical activity. Excessive *medho dhatu* along with *Mamsa Dhatu* is found, which result into pendulous appearance of buttocks, belly and breasts is called as *Sthoola*. The condition of *atisthoolta* can be reversed by breaking the pathogenesis that is by *Samprapti vighatan*.

Objective

For occurance of any kind of *roga* or disease, some factors [*hetu*] are require to imbalance the dosha and to impure the *dhatu*s , the *samprapti* or pathogenesis undergoes the six stages *sanchaya, prakop ,prasara,sthansharya ,vyakti and bheda* which is also kown as *shatkriyakala*^[8]. Obesity this disease do undergoes this stages ,by breaking the chain in *shatkriyakala* and by doing *samprapti vighatan* one can reverse the condition of obesity.

Materials and Methods

Samprapti vighatan means to break the cycle of process which give rise to a *Roga* . It requires a brief History taking regarding the *nidaan sevan* , dietary habbits and *vihara* a patient do.To know this stage , *Nidaan panchak* should be taken into consideration. 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

Nidaan panchaka

Nidaan

The knowledge of *Nidana* not only aids the physician towards therapeutics but also in advising about *Pathyaapathya*. The vitiation of *Meda* and *Sleshma* are said to be responsible for *Sthoulya*. In

short, *Nidana* of *Sthoulya* can be categorized under four categories;

- *Aharaja Nidana- Adhyashana* (Taking food after lunch or dinner), *Atisampurna* (Binge eating), *Ati Brimhana* (Over nourishment), *Guru Ahara Sevana* (Taking food which is heavy to digest), *Madhura Ahara sevana* (Excessive use of Sweets) , *Shleshmala Ahara Sevana* (Food which will increase Kapha),

- *Viharaja Nidana- Avyayama* (No Exercise), *Avyavaya* (No sexual activities), *Diwaswapa* (Day sleeping) , *Guru Ahara Sevana* (Taking food which is heavy to digest), *Sukha Shayya* (Very comfortable bedding) ,

- *Manasika Nidana Manasonivritti* (Idle Mind), *Priyadarshana* , *Harshanityatva* (Happiness), *Atichintana* (No worries)

- *Anyana Nidana- Amarasa* (Indigestion) , *Tailabhyanga* (Oil Massage), *Guru Snigdha Udvartana* (Powder massage with oily drugs]

In some cases *beeja bhavaja* (genetic reasons)

Samprapti

When the normal physiology of healthy human being get disrupted due to imbalance *dosha*, abnormal functioning of *dhatu*, *strotas dusti* ,the pathogenesis of occurring disease is termed as *samprapti*. Involvement of *Dosha*, *Dushya*, *Srotas*, *Agni*, *Ama* etc. is mandatory for disease manifestation. They are known as *Samprapti ghatak*.

In obesity with reference to *Atisthaulya* , the *samprapti ghataka* are as follows

1. **Dosha** -*Kapha and Vata*
2. **Vikalpasamprapti** -*Guru, Snigdha, Sheeta and Abhishyandi gunas of Kaphadosha*
3. **Dushya**- *Medo, Mansa, Rasa*
4. **Srotasa** -*Medovaha, Mansavaha, Rasavaha*

5. **Srotodustiprakara**- *Sanga*

6. **Rogamarga**- *Bahya*

7. **Vyaktasthana**—*Sarvashareera*

8. The process occurs as follows

Sthaulyata

Samprapti vighatan

Above *samprati vighatan* can be done and condition of obesity can be reversed by following measures

1. *Nidaan parivarjan* – to do intermittent fasting that is *langhana*, avoid excessive *snigda madhur dravya*.

The concept of *pathya* and *apathy* also applicable in *samprapti vighatan*.

2. Medication – *Akasha* and *Vayu Mahabhuta* dominant *Dravya* are attributed to have *Laghavakara* action, so these can be used for management of *Sthoulya*. *Katu* and *Kashaya* Rasa are having *Karshana, Upchayahara* properties, while *Tikta* Rasa is having *Lekhana* and *Medo Upshoshana* Karma.

3. *Panchkarma- Basti -Ruksha, Ushna & Tikshna Basti* are suggested by Acharya *Charaka* for *Sthoulya Chikitsa*. A number of *Basti Kalpa* are also mentioned in Ayurvedic texts but *Lekhana Basti* is considered as the best therapy for *Sthoulya/Medovridhi*. *Sharangdhara* has given a clear description regarding the properties of *Lekhana Dravya* and characteristics of *Lekhana Basti*

Purvaroop

Purvarupa are the symptoms that appear prior to the complete manifestation of the disease. None of the Ayurvedic texts has described the *Purvarupa* of *Sthoulya*. Acharya *Charaka*, in *Nidana Sthana*, has mentioned similar pathogenesis of *Prameha* and *Sthoulya* the reason being that in both there is vitiation of *Kapha* and *Meda*. These are as follows:

Atinidra ,Tandra , Alasya , Visra Sharira Gandha ,Anga Gaurava ,Anga Shaithilyatae.

Roopa

According to *Charaka, Cala Sphika, Cala Udara, Cala Stana, Ayathopcayotsaha, and Ati Meda-Mamsa* Vrddhi are very obvious in all the patients of *Sthaulya*, hence these may be considered as cardinal symptoms or *Pratyatma Lakshana*.

Discussion

Samprapti vighatan is the process in which we can interrupt the pathogenesis of occurring disease or the process where we can prevent it from *getting worse*. In a case of obesity with special reference to *Atisthulyata* we can reverse the condition ,as obesity is a lifestyle disorder.

By correcting the daily regimen that is *dietary* habits ,regular exercise,avoiding certain type of foodstuff which are of *snigda ,madhura and guru , divaswapa* that is sleeping in nature we can reverse the condition of obesity in patients of mild to moderate obesity. In case of severe obesity , one also requires medication and certain type *chikitsa* karma like *lekhan basti* and *Vaman* , and *kriya* mentioned in *ayurvedic* texts. *Samprati vighatan* also works on the concept of *guna* , as *sneha ansh of dhatus* contributes in *medovruddhi* the *panchmahabhautik samghatan* of it is *prithvi* and *jala mahabhoot* ,for *samprapti vighatan* one needs to have *dravya* in medication exactly opposite to above that is *akash* and *vayu*. The opposite *gunas* helps in *vighatan of samprapti*.

Acharya Charaka explained *Apatrapana Chikitsa* in the *Santarpaniya adhyaya* viz. *Ullekhan, Virechan,Raktamokshan,*

Vyayam, Upwasa, Dhumpana, Swedana and mostly *Ruksha annasevana*. *Samprapti* in this case tells us that *Aaharaja, Viharaja* and *Manasa* (*Guru, Snigdha, Sheeta and Abhishyandi*) factors are associated with *Kapha Dosha Vriddhi* which ultimately resulted in *Srotorodha* and *Medo DhatwagniMandya* and thereby into excessive increase in *Meda dhatu*. When there is *Dhatwagni Mandya* it causes quantitative increase in respective *Dhatu* . All the *Srotas* get *Avarodha*, by increased *Meda* and due to *Avarodha*, *vata* gets confined to *kosta* and causes *Jatharagnivruddhi*. As *Sthoulya* is considered as *Santarpanjanya vikara*, *Apatrapana* becomes its special regimen.

Conclusion

Charaka has mentioned *Sthaulya*(Obesity) under the caption of *Santarpanottha Vikara* and it should be treated with *Apatrapan* (Reducing Therapy).

Nidanas of Sthaulya, mentioned in classics are now changing. Increasing stress, faulty dietary habits and decreased awareness regarding exercise are becoming the prominent causative factor.

Sthoulya can be successfully managed with *Ayurvedic Apatrapan chikitsa*. Combined use of *Nidanaparivarjana, Shodhana, Rukshana* and *Basti chikitsa* as per *Dosha Avastha* gave remarkable relief to the patient with significant weight reduction. Obesity should be managed because it becomes the risk factors of cardiovascular disease,hypertension ,diabetes mellitus and various types of cancer, soon it become the medical issue ,hence it becomes mandatory to get rid of the disease .

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