

Sthaulya

Obesity

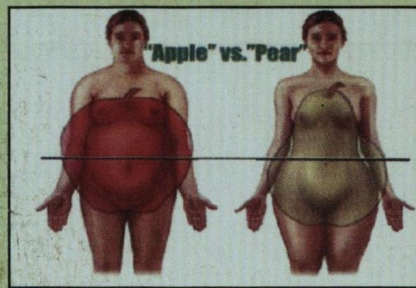


CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is Sthaulya ?

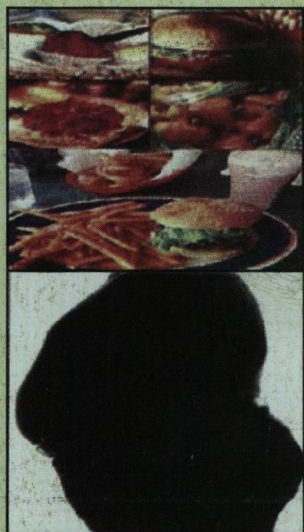
Excessive physical growth of body in general is called Sthaulya.

The Body Mass Index (B.M.I.) of 30 or higher in males and 28.6 or more in females indicates obesity.



What are its features ?

- 1) Sluggish movements
- 2) Debility (low exercise tolerance)
- 3) Excessive hunger
- 4) Excessive thirst
- 5) Short life span
- 6) Increased Blood pressure
- 7) Psychological consequences like hesitation



What are the causes of Sthaulya ?

The lifestyle, mainly food habits contributes. Heridity is also an important factors in causing obesity.

Dietary habits:

- a) Over eating
- b) Intake of heavy, sweets, cold & unctuous food

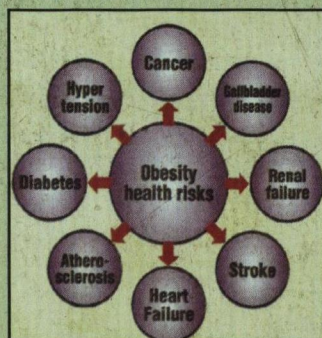
Life style causes:

- a) Lack of exercise
- b) Day sleep
- c) Purposeless cheerfulness & lack of seriousness
- d) Lack of mental exercise

What are the risk factors ?

Life threatening :

- Hypertension
- Diabetes
- Atherosclerosis
- Heart failure
- Stroke
- Renal failure
- Gallbladder diseases
- Cancer



Other :

- Menstrual abnormalities
- Pregnancy complications
- Weight related musculoskeletal disorders
- Stress Incontinence
- Varicose veins
- Osteo arthritis
- Flat feet
- Psychological disorders

How it is managed through Ayurveda ?

- Heavy and non-nourishing food should be avoided
- Ruksha-ushna basti (Enema of unctuous and hot drugs)
- Body massage with unctuous herbal powders
- Drugs like : **Guduchi** (*Tinospora cordifolia*)
Musta (*Cyperus rotundus*)
Haritaki (*Terminalia chebula*)
Bibhitaki (*Terminalia belerica*)
Amalaki (*Emblica officinalis*)
- Takrarista
- Honey
- Shilajatu
- Vidangadi Lauha
- Physical & Mental exercise



DOs (Pathya) ✓

Ayurveda advocates specific dietary and lifestyle changes for Sthaula

Dietary :

- ✓ Fresh healthy food at regular intervals
- ✓ Low fat diet
- ✓ High fiber diet
- ✓ Plenty of fresh vegetables and fruits

Lifestyle :

- ✓ Gradual increase in night awakening i.e. vigil
- ✓ Physical exercise (regular & moderate)
- ✓ Mental exercise
- ✓ Strong motivation and will to loose weight



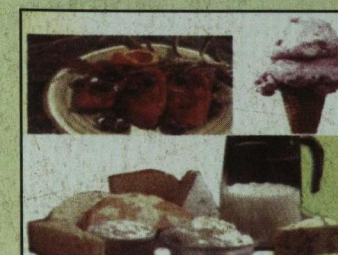
Don'ts (Apathya) ✗

Dietary :

- ✗ Over eating
- ✗ Heavy, sweet, cold, unctuous food, milk products etc.
- ✗ Fried food
- ✗ Preserved, canned food

Lifestyle :

- ✗ Day sleep
- ✗ Physical rest
- ✗ Mental rest
- ✗ Sluggish routine



C.C.R.A.S. contribution :

P.E. extract of Guggulu In lipid disorders & obesity