

EFFECTIVENESS OF DIET THERAPY IN MANAGEMENT OF OBESITY

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ABSTRACT

Obesity in our country is a growing concern. There are several different options for weight loss; calorie controlled diets seem to outperform low fat diets with reported weight loss. Use of meal replacements can lead to weight loss. High protein, low carbohydrate or very low carbohydrate diets have also been evaluated. Diet therapy can facilitate approximately excess weight loss than other term. Life style modifications or behavioural modification interventions rely on analysing behaviour to identify.

INTRODUCTION

Obesity is a health problem of worldwide prevalence. Changes in life style, food and economic status create many lifestyle diseases like obesity, diabetes mellitus etc. Obesity is defined as a body mass index (BMI) of 30.

According to Ayurveda, It is a condition causing reduction in physiological excellence in human body. In Ayurvedic classics the disease is described with due importance to its pathological implications at tissue metabolism (Dhatuparinama) and digestive process (Agnivyapara). This rising tide of obesity is becoming one of the most presenting health issues. It is not a single disease but cluster of symptoms with many causes including genetic, nutritional and sociological factors. Diet and lifestyle both plays significant role in development and control the obesity. Obesity has been described by the term “Shhaulyaroga” in a various Ayurvedic classics.

According to Ayurveda, obesity is the excess amount of body fat. In this way excess weight of muscle bone fat and water in body can be labelled as obesity. Obesity is the condition which the natural energy reserve stored in the fatty tissues of body increased to point a point where it is associated with certain health conditions or increased mortality.

Ayurveda include Atisthoulya person in Astanindatiya purushas. Ayurveda further stated that Atisthula and Atikrisha persons are more despised among above despised persons. Charaka stated that people who are Atisthula are more liable to be at health risk than those whose weight is at the normal or under normal range for their body types.

Causes of Medo / Sthoulya Roga :

1. Lack of exercise (Avyayama)
2. Day sleep (Divaswapna)
3. Diet which causes increase in Kapha (Shleshmala aahara sevana)
4. Life style which causes increase in kapha (Slesmah vardha kavihara)
5. Excessive intake of food which are difficult to digest (Atisampurana)
6. Hereditary (Beejaswabha)

Pathogenesis of Medoroga:

Though sthoulya is a medo dushya predominant disorder, in pathogenesis of sthoulya, all the three doshas are vitiated especially Kledakakapha, Pachaka Pitta, saana & vyana vayu. In Physiological condition jathragni nourishes subsequent Dhatwagni & Bhutagni. Sthoulya results from derangement of Dhatwagni. According to sushruta, it is Rasanittajavyadhi. Due to intake of kapha predominant aahara, Diwaswapna and Avyayama vitiated Rasadhatu circulates whole body , produces medas and causes sthoulya. While vagbhatacharya says intake of large quantity of indigested food leads to formation of ama from aahararasa. This ama along with kapha resides in Dhatus which causes strotorodh, this in turn causes movement of vata in kostha which aggravates agni. Usually Mandagni is considered as root cause for the formation of ama.

Material & Method :

- This randomized clinical trial was conducted irrespective of age, sex, marital & economic status at OPD of Ayurveda&Unani Tibbia Hospital, New Delhi. Patients were selected randomly of either age above 16 years.
- The trial was conducted on 60 patients diagnosed on the basis of sthoulya lakshan mentioned in ayurvedic classics.
- Study was done on a fixed time schedule of OPD between 9am to 2pm.

Inclusion Criteria : Patients with sthoulya lakshans were selected for the clinical trial. Patients with body mass index to 30 were selected for this study.

- Lack of enthusiasm
- Weakness
- Increased perspiration
- Increased thirst
- Increased appetite

Exclusion criteria :

- Obesity due to diabetes.

- Obesity with obsessive compulsive disorder.
- Childhood obesity.
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Specific Diet for Clinical Trial :

- Flax seeds (*Linum usitatissimum*) or Madhuli (*Eluisine coracona*) Common Name Ragi, Madua

Properties of flax seed : Hot, Pungent, Heavy, Purgative, Strengthening and low in cholesterol & sodium and rich in lignans.

Properties of Madhuli : sweet, Light, Hot, Dry and balance kapha(Cough).

Following ingredients are used as food preparation in equal quality of other daily intake of food items.

Flax seeds intake according to age and medical conditions.

- 10 gms twice daily with luke warm water in divided dose.
- Madhuli used as a chapatti and other preparations as upma and etc.

Laboratory investigation: The following laboratory investigations were conducted for the treatment.

- Total cholesterol
- Low Density Lipoprotein (LDL)
- High Density Lipoprotein(HDL)
- Very Low Density Lipoprotein (VLDL)
- Blood sugar random

Observation & Result : The clinical trial was conducted on 60 patients individuals. Maximum patients were from urban Delhi.

1. Distribution of patients according to sex :

GENDER	NO. OF INDIVIDUALS	PERCENTAGE
MALE	9	30
FEMALE	51	70

Maximum no of patients, 51 were from female gender. Those also from 20 to 60 years of age group.

2. Distribution of Patients according to age :

AGE GROUP	NO. OF INDIVIDUALS	PERCENTAGE
< 20 YEARS	02	6.6
20 - 40 YEARS	33	53.6

41 – 60 YEARS

25

38.3

3. Distribution of patients according to occupation :

OCCUPATION	NO. OF INDIVIDUALS	PERCENTAGE
SERVICE	15	24.4
BUSSINESS	11	19.3
HOUSE WIFE	30	50.0
STUDENT	04	6.3

After the completion of trial at the end of, the following clinical symptoms mentioned for obesity in Ayurvedic classics.

SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
Lack of enthusiasm	74%	90% got relieved
Weakness	63%	73% got relieved
Increased perspiration	51%	67% got relieved
Increased thirst	53%	62% got relieved
Increased appetite	60%	94% got relieved

Discussion :

Due to complex etiology, obesity is a challenging medical condition. But in Ayurveda, in treatment aspect, emphasis has been given for “GURUAPATARPANA” concept. Almost all diets of flaxseed and Madhuli are having above said properties. Due to Medohara and Guru apatarpana properties of above diet, it decreased appetite to intake properly. Hence intake of food might have resulted in weight reduction.

Conclusion:

The main objective for taking up this work assess the effect of “Flax seed and Madhuli” in obesity. Maximum patients were intake both food items in different ways. The efficacy of Diet was assessed by different laboratory investigations, measurement of body weight. The significance of results in laboratory investigations and total body fat fulfilled the objective of intake of proper Diet. Moreover as the food item is showing significant result in Diabetes mellitus effect, this can be prophylactically used in diabetes patients with obesity.

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