



Effect of Aavarana in Sthoulya.

Dr. Shinde Ajay Shivaji¹, Dr. Rushabh Dudhedia², Dr. Roopa Bhat³

¹Post Graduate Scholar, Dept. of Kaya Chikitsa, Dhanwantari Ayurveda College, Hospital, Research Centre, Siddapur, Uttara Kannada, Karnataka.

²Post Graduate Scholar, Dept. of Kaya Chikitsa, Dhanwantari Ayurveda College, Hospital, Research Centre, Siddapur, Uttara Kannada, Karnataka.

³Professor and HOD, Dept. of Kaya Chikitsa, Dhanwantari Ayurveda College, Hospital, Research Centre, Siddapur, Uttara Kannada, Karnataka.

ABSTRACT

Sthoulya Roga comes under the '*Medoroga*' which is produced due to *Atisantarpana* and *Dushita Meda Dhatwagni* and it is a metabolic disorder. *Sthoulya* is an *Aavarana janya Vyadhi* produced due to *Aavarana* of vitiated *Meda* to the *gati* of *Vayu* in *Kostha* which results into *Kosthagni Vruddhi* but due to impaired *Aahara Rasa* the prognosis becomes difficult to manage. In 2016, WHO global estimated as about 13% of world's population were obese.

Keywords: *Sthoulya, Aavarana, Obesity, Medo dhatu, Kapha dosha.*

INTRODUCTION

A person is called to be obese if his/ her buttocks, abdomen and breasts show movement during physical activities due to accumulation of excess fat disproportionate to his/ her age or weight. Pathology of *Sthoulya* mainly involves *Annavaha, Rasavaha, Raktavaha, Mamsavaha, Medovaha Strotas*. *Sthoulya* has included in *Ashta Ninditiya Purusha* by *Acharya Charaka*. As per *Acharya Sushruta*, *Sthoulya* is a *Rasa Nimmittaja Vyadhi* produced due to indulgence in *Nidana's* like *Ati Kapha* and *Medovardhak Aahar Seavana* and sedentary life style, there is accumulation of more fat in body which results into *Medo Roga*. Patient suffering with *Sthoulya* develops *Lakshana's* like excess weight gain, hunger, thirst, sweating, foul smell from body, weakness to perform daily activities etc. Excess obese person may end up into complications like Cardio Vascular Diseases, Osteoarthritis, Diabetes Mellitus, Thyroid Diseases, PCOD and Infertility etc.

MATERIALS AND METHODS

This study is based on the literature review of the relevant Ayurvedic original texts with commentaries, analysis made by different scholars. The concept of *Aavarana* and

pathogenesis of *Sthoulya* (Obesity) is obtained by searching various medical research databases like PubMed, Google scholars and other national research databases. The study of various Ayurvedic texts were made critically and an effort is made to understand the role of *Aavarana* in *Sthoulya*.

Etymology of *Aavarana*:

According to *Shabdakalpadruma*, the word *Aavarana* is derived from,

‘Aa’ *Upasarga* + ‘Vru’ *Dhatu* + ‘Lyut’ *Pratyatmaka*.

‘Vru’ *Dhatu* means *Valayita*, *Vestita*, *Ruddha* and *Samvita*.

According to *Ayurvediya shabdakosha* the word *Aavarana* means *Aavarodha*, *Sang*, *Gatinirodha* i.e. obstruction to the *Gati* of *Vata*. *Vata* dosha generally possesses the quality of *Chala* which is responsible for all its functions.

Shabdakoshakar says that *Balawan Dosha* due to its vitiation impedes the *Durbala Dosha* and hampers the normal *Gati* of the *Aavrita Dosha*.

Definition of *Sthoulya*:

मेदोमांसातिवृद्धत्वाच्चलस्फिग्दरस्तनः।

अथोपचयोत्साहोनेरोऽतिस्थूल उच्यते ॥

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A person is considered too obese when there is an excessive increase in fat and muscle tissue in the regions of buttocks, abdomen, and breasts, which become pendulous and suffer from deficient metabolism and energy^[1].

Causative factors in *Sthoulya*:

Various factors like *Madhura Rasatmaka Aahara Sevan*, *Divaswapa* i.e. day sleep, *Guru*, *Sheeta*, *Snigdha Aahar*, *Adhyashana* i.e. eating before previous meal is digested, *Avyayam* and *Achinta* i.e. sedentary life style with no any worries, grief etc. causes *Sthoulya*. *Acharya Charaka* added *Beeja Dushti* i.e. hereditary factor as one of the causative factors in *Sthoulya*^[2].

Concept of *Aavarana* in *Brihatrayee*-

In any type of *Aavarana* there will be two components; one is *Avaraka* (*Achadaka*) – which causes obstruction and another one is *Avruta* (*Achadita*) which gets obstructed. The entire pathological mechanism wherein an *Avaraka* will cover and block the *Avruta* is called as *Aavarana*.

When one *Dosha* is obstructed by another *Dosha* or *Dhatu* (tissue), it can lead to an aggravation of symptoms related to the obstructing *Dosha*, known as *Swakarmavruddhi*. For example, if *Vata* is obstructed by *Pitta*, the symptoms that manifest could be related to *Pitta* aggravation, such as burning sensations (*Daha*), thirst (*Trishna*), dizziness (*Bhrama*), sensitivity to cold (*Sheetakamata*), and inflammation (*Vidaha*). Moreover, the *Dosha* that gets obstructed may experience a decrease in its normal functions, known as *Swakarmahani*. This interplay of *Doshas* and their obstruction can lead to various signs and symptoms based on the particular *Doshas* involved and their relative strengths ^[3].

Acharya *Charaka*, *Sushruta* and *Vagbhata* have elaborated on different types of mutual obstructions (*Anyonyaavarana*) based on the interactions of the five types of *Vata*. Total 42 types of *Avarana* occurs which includes *Dosha Avarana*, *Dhatu Avarana*'s, *Mala Avarana*'s, *Anna Avarana* and *Anyonya Avarana*'s etc. This detailed understanding helps Ayurvedic practitioners diagnose and treat conditions by balancing the *Doshas* and removing obstructions to restore health and well-being.

Medavritta Vata Lakshanas-

When *Vata* gets covered by *Meda* it gives rise to symptoms like swelling in various body parts which is movable, unctuous, soft and cold. Also, loss of appetite is seen ^[4]. This is also called as *Adhya vata* and it is difficult to cure.

Effect of Aavarana in Sthoulya:

Aavarana is one of the mechanisms mentioned in *Ayurveda* to explain the pathogenesis of diseases, peculiarly due to the vitiation of *Vata*. If *Vata* get *Aavarana* then its functions get hampered resulting into different *Vyadhi*'s. In *Sthoulya* the above said *Nidana*'s causes *Kapha Vruddhi*, *Aama* formation and also *Daurbalyata* in endocrine gland secretion e.g. hypothyroidism etc which results into *Sanga* to the *Rasavaha*, *Raktavaha*, *Mamsavaha*, *Medovaha Strotas* etc. So *Medas* gets deposited in large quantity which makes the person incapable to perform regular activities and person develops into different *Lakshana*'s. As the *Mula Sthana* of *Medovaha Strotas* are *Vrukka* and *Vapavahan* which are organs of *Udara* ^[5]. *Udara Vruddhi* occurs due to excess deposition of improperly formed *Medas*. Because of this *Vata* gets obstructed in *Udara* and it begins to act fast inside *Koshtha*, results into *Agni Vruddhi* in *Koshtha* which provokes the hunger, thirst of the *Rogi*. So, the person eats large quantity of food. This combination of *Vayu* and *Agni* is harmful to the body which eventually leads to complications and even death ^[6].

Role of Aavarana in different Lakshana's in Sthoulya Roga ^[7]:

- **Ayatha Upachayo Utsaha-** *Sthoulya Rogi* gets lack of desire to work as except *Medo Dhatu*, the other *Rasa*, *Rakta*, *Mamsa*, *Shukradi Dhatu*s remain undernourished due to the *Aavarana* of *Kapha Dosha* and *Medo Dhatu*.
- **Maithuna Asamarthata-** Obese persons are unable to perform sexual activities because of physical limitations while performing sexual activity and low self-esteem.

Also, obesity is often linked to other health issues such as cardio vascular disease, diabetes, and hormonal imbalances, which can affect sexual function.

- **Ati Sweda-** Sweating occurs more in obese person because of *Vruddhi*, *Vilayana* of *Kapha* and *Medo Dhatu* as *Sweda* is *Mala* of *Medo Dhatu*.
- **Daurgandhya-** *Medo Dushti* and *Ati Sweda* produce foul smell in *Sthoulya Rogi*.
- **Ati Kshudha & Ati Pipasa-** Due to of obstruction by vitiated *Medas*, *Vata* gets *Aavarana* and moves inside *Kostha* so, *Agni Vruddhi* in *Kostha* occurs. Also, due to the improper formation of *Dhatu*s, the patient develops more hunger and thirst.
- **Kshudra Shwasa-** *Sthoulya Rogi* may develop shortness of breath because of only *Medo Dhatu* has nourished properly in their body. So, the *Rasa*, *Rakta*, *Mamsa* etc. *Dhatu*'s doesn't get enough nutrition.
- **Ati Nidra-** Obese person have *Kapha Dosha* in excess quantity in his body. This *Kapha Dosha* does *Aavarana* to *Manovaha Strotas* and *Tama guna* increases. Hence the patient gets more sleep.
- **Vatadi Dosha Vruddhi-** *Aavrutta Vata* in *Sthoulya* further can produce complications like *Prameha*, *Prameha pidaka*, *Jwara*, *Bhagandara*, *Arsha*, *Vidradhi* and various *Vata Vyadhi*'s.

Some other Lakshana's -

- **Pittashmari-** Excess deposition of cholesterol is one of the main causes in the formation of gall bladder stones. Three main causes (3F) in cholelithiasis are Fatty, Forty and fertile women where Fatty indicates *Sthoulya* ^[8].
- **Dhamani pratichaya-** *Dhamani* can be defined as the vessels that carry *rasa dhatu* and *rakta dhatu* etc. *Pratichaya* can be defined as '*Atipurana*' or coating within the vessels. It is correlated as *Sanga* and *Vimarga gamana* of *Meda dhatu* which accumulates in the arteries of body. Hence the patient develops symptoms like *Murcha*, *Aakshepaka*, *Pada Tala Harsha*, Hypertension etc. *Dhamani pratichaya* is explained by *Acharya Caraka* under *Kaphaja Nanatmaja Vikara*'s ^[9].

CONCLUSION:

Sthoulya is a disease which is produced due to the *Aavarana* to *Vata Dosha*. This *Aavarana* formed due to the faulty diet and sedentary lifestyle which results into *Dushti* of *Kapha dosha*, *Medo Dhatu*. So *Aavarana* is produced to the movement of *Vata Dosha* and this pathology get worsen if not controlled which results into death of patient also. Hence to overcome from obesity one must break the *Aavarana Samprapti* and even if *Sthoulya Roga* happens in the patient, it should be treated as earlier as possible to avoid further complications.

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