

Role of Nidan in Management of Obesity

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Abstract: Around the world, obesity, diabetes and cardiovascular diseases are affecting the health and wellbeing of millions of people due to incorrect lifestyle like, unhealthy diet, sedentary lifestyle, stress, etc. Obesity can lead to many serious health problems like, heart diseases, diabetes, etc., which can cost millions to treat and can reduce life expectancy. Modern drugs for the treatment include appetite suppressants and lipase inhibitors, which has its own side effects. Ayurveda advocates healthy lifestyle through ahar, vihar, aushadh and different kind of karmas to prevent all kind of diseases. By following the lifestyle as described in Ayurveda, one can prevent himself from obesity and reduce its risk which will be discussed in full paper.

Keywords: obesity, diabetes and cardiovascular diseases, body mass index (BMI).

1. INTRODUCTION

Obesity and overweight are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight in KG, divided by square of his/her height in Meters.

BMI- more than 25 is overweight

BMI- more than 30 is obese

Apart from prescribing treatment to various diseases, Ayurveda also emphasizes on an ideal method of healthy living.

2. NIDAN (ETIOLOGICAL FACTORS)

Sedentary lifestyle with little exercise, incorrect diet – more junk and fatty food, alcohol consumption, emotional distress, hereditary, nutrition and pregnancy – If children are under nourished in the mother's womb, as they grow up, they usually develop abdominal fat even with the normal diet.

Symptoms:

Short term- Breathlessness, Increased sweating, Snoring, Difficulty in sleeping, Tiredness, Joint pain, Long term- Hypertension, Diabetes, High cholesterol levels, Heart disease, Stroke, etc.

Treatment:

Obesity in Ayurveda is described as sthoulya or medoroga. It is described under the caption of santarpanotha vikar (disease caused by over nourishment). It is also considered as one of the eight types of undesirable conditions as described by Acharya Charak.

Treatment includes – 1) Nidan Parivarjan, 2) Sanshodhan, 3) Sanshaman

1) Nidan Parivarjan – It says that the root cause of samprapti process, nidan must be avoided for best management of the disease. The following nidan should be avoided.

Nidan of sthoulya-**a) Aharatmak nidan (dietary):**

Santarpana (over nourishment), adhyasan (over eating), excessive consumption of guru ahara (heavy food), madhur (sweets), sheet (cold), navannasevan (fresh grains), nava madya (fresh alcoholic preparation), gramya rasa (domestic animal's meat), bhojanottar jalapan (drinking water after food), etc.

b) Viharatmak nidan (regimens):

Avyayam (lack of physical exercise), avyavaya (lack of sexual life), diwaswap (daytime sleep), asanasukh (luxurious sitting), swapnaprasangat (excessive sleep), bhojanottar snan (bath immediately after meals), bhojanottar nidra (sleeping soon after meals), etc.

c) Manas nidan (psychological):

Harshnityatwat (uninterrupted cheerfulness), achintanat (lack of anxiety), manasonivrutti (relaxation from tension), etc.

d) Anya nidan (other factors):

Heredity, snigdha udavartan, etc.

2) Shodhana – Aggravated doshas are eliminated after mobilizing them from their respective sites by urdhva or adaha marga from the body is known as shodhana therapy.

Two types- a) abhyantar shodhan- vaman, virechan, nasya, basti, raktamokshan

b) bahya shodhan- udavartan, avagah, parishek, lepan, etc.

3) Shaman therapy- This therapy can be implanted through seven different ways- deepan, pachan, kshudhanigraha, trishanigraha, vyayam, atapasevan, and marutsevan.

Compound drugs: Triphala guggul, varunadi ghanvati, medohar guggul, navak guggul, arogya vardhini, mahasudarshan ghan vati, etc.

Yoga and Pranayama- Paschimottanasan, halasan, bhujangasan, trikonasan, sarvangasan, etc.

3. CONCLUSION

We need to reassess entire lifestyle if we want to avoid problems associated with obesity. Modern drugs have lot of complications hence it is better to follow Ayurvedic principles for healthy lifestyle. We can combine this healthy lifestyle with safe & effective treatment of Ayurveda to prevent and manage obesity.

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