

# Sthaulya Obesity



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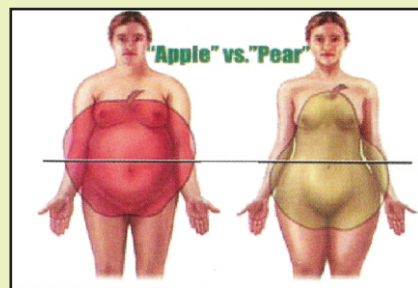
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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH  
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
Government of India

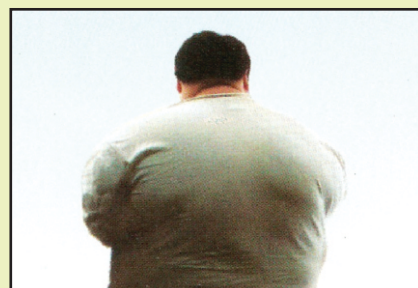
## What is Sthaulya ?

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

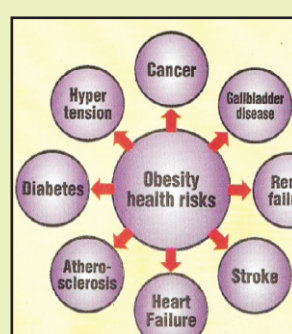
### Life style causes:

- 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

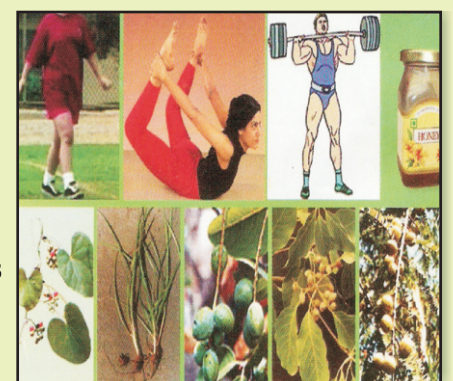


### Other :

- 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 bellerica*)  
**Amalaki** (*Emblca 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



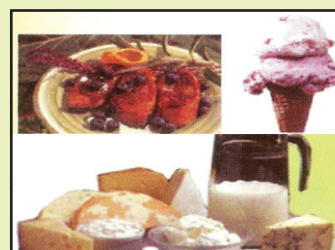
## Don'ts (Apathya) ✗

### 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