

### Critical review of medovridhi (obesity) due to sedentary life style and junk food.

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<b>*Corresponding author:</b>	<b>Abstract:</b>  <p><i>Acharya sushruta</i> said to be <i>swastha</i> whoes <i>dosha, dhatu, agni, mala</i> are in the state of in equilibrium along with mental, sensory and spiritual happiness. <i>Medovridhi</i> is a condition is of excess body fat for their height, <i>medovridhi</i> can affect any person from young children to older adults. there are many causes of <i>medovridhi</i> such as overeating, genetics, hormones, lack of physical activity, sedentary lifestyle, junk food etc. Among them sedentary life-a kind of life which has less or no physical activity at all e.g. desk jobs, sleeping too much, sitting for long hours without reasons. Junk food like-like fried chicken, ice-cream, pizza, sandwiches, chips etc. is an unhealthy diet that is high in trans and saturated fats. In obesity (<i>medovridhi</i>) there is imbalance state of <i>med dhatu</i> which affect health of a person and prevalence rate of <i>medovridhi</i> is very high (16.6 in Maharashtra). <i>Medovridhi</i> is a burning issue for all the countries, it causes the number of health problems. <i>Acharyas of Ayurveda</i> had mentioned the above condition and explained in detailed causes, sign, symptoms, and treatment.</p>
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## INTRODUCTION:

Main objecties of *Ayurveda* have been devide into tow aspects namely: *swsthasya swasthya rakshanam*-to protect and maintain the health of a healthy person(preventive and social medicine) *aturasya vikarprashanam*-to treat the disease and giving relief to sick person (therapeutics) according to *Ayurveda* *ahar* (diet) plays very important role for good physical and mental health. In obesity (*medovridhi*) there is imbalance state of *med dhatu* which affect health of a person and prevalence rate of *medovridhi* is very high (16.6 in maharashtra).

*Medovridhi* is burning issue for all the countries, it causes number of health problems.

*Ayurvedic acharyas* had mentioned the above condition and explained in detailed causesss,sign,symtoms nad treatment In current era sedentary life style and junk food causes number of health problems to avoid these problems one must to know the hazards of sedentary life a kind of life which has less or no physical activity at all e.g. desk jobs, sleeping too much, sitting for long hours without reasons.

Lifestyle and consumption of junk food like fried chicken, ice-cream, pizza,

sandwiches, chips etc. is a unhealthy diet that is high in trans and saturated fats.

## AIMS AND OBJECTIVES:

- To understand the *medovridhi* (obesity) due to sedentary life styale and junk food.
- To highlite the health problems of *medovridhi* due to sedentary life style and junk food.

## MATERIAL AND METHOD:

- Literature research Review of literature regarding the causes of *medovridhi* in *brihtrai* and available commentaries on it as well as research article searched from various website.

## TYPE OF STUDY-Conceptual study

- Conceptual review of *ahar* means the food we consume improper food i.e. junk food and sedentary life style leads to, and *medovridhi* is the major cause of obesity related diseases.

## CONCEPT OF MEDOVRIDHI

*Atisthaulya* is considered as one of the eight despicable condition as described by Acharya charak1.a person in whome there is excessive accumulation of *meda*(fat|adipose tissue) and *mamsa* (flesh|muscles tissue) lea dining to

flabbiness of hips, abdomen and breast has been categorized as *atisthula*. *Meda* is body tissue predominant in *prithvi* and *ap mahabhutas* similar to kapha dosha, it is characterized by *snigdha* (unctuous), *guru* (heavy), *sthula* (space occupying), *picchila* (slimy), *mridu* (tender/soft) and *Sandra* (dense) *guna* (qualities) consumption of *guru* (heavy to digest), *sheet* (cold), *snigdha* (unctuous), *madhuradi kaphawardhaka* (sweet and *kapha* increasing) along with lack of exercise and sedentary life style result in excessive nourishment of *meda* while other bodily elements (*dhatu*s) are deprived of nourishment disproportionately increased *meda* is accountable for several serious consequences reported in *Charak Samhita* like *ayushrassa* (decreased of life span), *javoparodha* (decreased in enthusiasm and activity), *krichravyaayata* (difficulty in sexual act), *dourbalya* (decreased of strength), *dourghandhya* (bad odour), *swedabhaw* (excess perspiration) hunger and thirst<sup>2</sup>.

**CONCEPT OF SEDENTARY LIFE STYLE-** sedentary life-a kind of life which has less or no physical activity at all e.g. desk jobs, sleeping too much, sitting for long hours without reasons.

Hazards of sedentary life style- physical inactivity may increase the risk of certain

cancers. Physical activity may contribute to anxiety and depression physical inactivity has been shown to be a risk factor for certain cardiovascular diseases. People who engaged in more physical activity are less likely to develop coronary heart diseases. Sitting too much may cause decrease in skeleton muscle mass. Physical inactivity link to high blood pressure and elevated cholesterol levels. Worldwide, it is estimated that a sedentary life style is responsible for 6% of coronary heart diseases, 7% of type 2 diabetes, 10% of breast cancer and 10% of colon cancer cases. In fact, it was recently reported that inactivity [sedentary lifestyle] is responsible for more annual deaths than smoking.

### HAZARDS OF JUNK FOOD:

1] Junk food ups liver disease risk – people who consume soda, sweeten beverages, pizza, and salty foods, biscuits, and *yog ghrut* may be prone to liver diseases, stated a study done by researchers at *Bambino Jesu Hospital in Itali*.

2] pizza and sodas may cause harmful to kidneys – junk food or processed food, may cause long term damage to your kidneys and trigger diabetes.

3] fatty food can damage the brain - the components of one's diet, both healthy

and unhealthy , have a rapid impact on aspects of the brain that affect *hippocampal* size and function . obesity inducing junk food could also give you dementia through high blood pressure and cholesterol , which interrupt blood supply to the brain , says another study done by brown university, us. High level off fatty and sugary food damage the brain by interrupting its supply of insulin .

4] fast food could be harming bone development in children – the researcher looked at bone mineral density [ BMD ] and bone mineral content [BMC ] of 1007 children at birth and at four and/ 6 years of age .

**DISCUSSION:** In present era most people live sedentary lifestyle so they don't give time to do physical activity and they do not pay attention what n how theory are eating. Some people eat routinely in restaurant , school going children eat junk food everyday so in children obesity is increasing day by day. In *Ayurveda* text , you are what you eat, is perfectly saying because junk food and sedentary lifestyle leading to obesity related diseases. Following only healthy

diet is not a thing, that matters but you may know also the hazards effect of junk food and sedentary lifestyle. In *chark Samhita guna's of medovardhak ahar* [diet] which similar to *guna's* of junk food, so it is important to avoid the *medovardak ahar* and *medovardhak vihar*.

**CONCLUSION:** By knowing the hazards of obesity due to sedentary life , junk food , one can avoid these things and minimize the risk of obesity related disorder. Life expectancy will be increased if one should knowing the hazards of obesity due to sedentary lifestyle and junk food .

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