



### Review on *Nidanas of Medoroga*

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#### Abstract:

Today most of the people are obsessed with loosing weight. Obesity is defined as the condition where one is at least 20% more than the ideal bodyweight. Obesity is caused by a sedentary lifestyle, lack of physical activity, an irregular diet and sleep pattern and stress. Everybody is busy and living stressful life. As a result of growing challenges of modernization, man has responded by readjust in his customary behavior. He has tried successfully to maximize his intellectual and physical capabilities for deriving highest amount of productivity. Man has adapted himself to the fast paced by modifying his dietary and lifestyle preference to suit the modern era.

**Keyword:** Obesity, BMI, Sedentary lifestyle, Physical activity

#### Introduction:

Obesity can be compared with '*Medoroga*' in *Ayurveda*, and said that, comparatively it is easy to help an underweight person rather than a overweight person. Like other diseases, obesity is mainly the result of

factors like heredity, environment or food, but it is difficult to change environment but relatively carry to change food habits and lifestyles. Excess of fat is a disadvantage rather than an asset; it may "lengthen the waist line" but "shortens the life line" of the individual by imposing an extra burden on all systems of body. An excess accumulation of energy in the form of body fat >25% in males and >30% in females is considered as obesity which is becoming a global health problem. The overweight/obese problem can either be due to an actual increase in fat component or due to malfunctioning. Body is made up of Saptadhatu but obese are nourished excessively by Medo dhatu and other remaining tissues get malnourished, kapha gets accumulated in between. When kapha increases in abnormal fashion, fat metabolism is hampered and persons become obese. When the agni is being vitiated, the Ama is built up in the body, leading to obesity. Obesity is a state of excess adipose tissue mass. 'Overweight'.

**Aims and Objects:**

Review and critical analysis of *nidan*s of *Medorog* (Obesity) according to Ayurveda

**Materials and Methods**

Information on *nidana* of *Medorog* (Obesity) is collected from different Ayurvedic and contemporary medical textbooks, magazine, journal, internet. It is a review article and data has been collected from all available sources.

**NIDANAS OF MEDOROGA****Aharatmak Nidan**s:

- *Atibhojan*
- *Guru Aharsevan*
- *Madhura Aharsevan*
- *Sheeta Aharsevan*
- *Snigdha Aharsevan*
- *Navanna sevan*
- *Atimamsa sevan*
- *Shleshma Aharsevan*

**Viharatmak Nidan**s:

- *Avyayam*
- *Diwaswapna*
- *Avyavay*
- *Sukhshaiyya*
- *Snan sevan*

**Manas Vyapar**atmak Nidans:

- *Achintan*
- *Priyadarshan*
- *Manasonivrutti*
- *Saukhyena*
- *Harshaniyatvat*

**Any**a Nidana:

- *Amarasa*
- *Snigdha Madhura Bastisewan*
- *Tailaabhyanaga*
- *Beejadoshaswabhaw*at

**Part of Aharat**maka Nidana in Sthaulya:

Ahararasa assumes a significant part for expanding Meda Dhatu in Sthaulya. Thus, Acharya Sushruta has said that Sthaulya and Karshya relies on the quality and amount of Ahararasa. Based on Samanya Vishesh Siddhanta (Ch. Su. 1/44) the unnecessary food utilization of comparative substance (Dravya Samanya), comparative quality (Guna Samanya) or comparative in real life (Karma Samanya) make to the over creation of Dhatu. In a similar way increment admission of Aharatmaka Nidana which are depicted above causes over creation of Medodhatu.

**Part of Viharat**maka Nidana in Sthaulya:

All the Aharatmaka Nidana eventually diminishes actual work, which exasperates Kapha and prompts Meda statement. Viharatmaka Nidana like Divaswapna having Abhishyandi property prompts blockage of the miniature channels (Srotas) of the body, explicitly in Medovaha srotas (Ch.Vi. 5/16). In addition, decreased metabolic rate during rest is a significant factor for beginning of abundance fat.

**Job of Manas Vyap**ara in Sthaulya:

Due to transformation of current way of life, an individual has decreased his actual work and rather than that, the psychological work is expanded. Subsequently now a days the infections brought about by psychogenic variables are seen broadly more. Acharyas likewise referenced some psychogenic reasons for Sthaulya in Ayurvedic messages, in light of the fact that Sthaulya is additionally thought to be under the gathering of psychosomatic infections.

**Role of Beej**aDosha:

Acharya Charaka has mentioned that BeejaDosha plays a major role for

Medovriddhi (Ch. Su. 21/04). Defect of Beejabhagavayava i.e. part of Beeja, which resembles with Genes, may lead to defective development of that organ. Also, Bhava Mishra has mentioned that increased proportionate of Meda and decreased proportion of Shukra in Beeja at the time of conception predisposes towards development of stout but weak body (B.P. Ma. 40/4-6). Moreover, over nutrition particularly with Madhura Rasa during pregnancy is mentioned as a causative factor for birth of obese child, which indicate role of hereditary factor in genesis of Sthaulya. (Ch. Sa. 8/29).

#### **Different components:**

Rasayan Vrushya Dravya Atisevana: Charaka has referenced Rasayana and Vrushya dravyas for the sustenance of Karshya (Ch. Su. 21/33). Abundance extravagance of Rasayana (Ch. Su. 21/33) and Vrushya medications may cause Sthaulya. Again over extravagance of Brimhana Basti, Taila Abhyanga, Snigdha Udavartana (Ch. Su. 21/33 and Su. Su. 15/40), these all are causative variables of Sthaulya. As of late it is obvious from different investigations that through rectum and huge intestinal mucosa measure of supplements might be retained and is absorbed. Consequently, over extravagance of Brimhana and Vrishya Basti may cause Sthaulya.

#### **Purva Rupa:**

Purvarupa of Sthaulya isn't referenced in our works of art. As indicated by Charak, any place Purvarupa of illness are not referenced, the powerless indication of Rupa ought to be considered as Purva rupa of the concerned illnesses. Keeping the perspectives on

Acharya Charak as a primary concern, Lakshana of Kapha vriddhi like Alasya, Angashaithilya, Madhurasyata, Atinidra, Atipipasa and so on might be considered as Purvarupa.

#### **Rupa:**

Acharya Charak has depicted 8 explicit Rupas which are as per the following:

1. *Aayushohraso*
2. *Javoprodha*
3. *Kricchavyavayata*
4. *Daurbalya*
5. *Daurghandhayam*
6. *Svedabadha*
7. *Kshuditmatram*
8. *Atipipasa*

#### **Observation and Discussion:**

The following factors play an important role in Samprapti of Sthaulya (Medoroga).

- *Dosha : Kapha – Kledaka,*
- *Pitta - Pachaka,*
- *Vata - Samana and Vyana.*
- *Dushya : Rasa and Meda Dhatu*
- *Agni : Jatharagni, Bhutagni*
- *Rasa and Medadhatvagni*
- *Srotasa : Medovaha, Mamsa,*
- *Rasavaha, Swedavaha Srotasa*
- *Srotodushti : Sanga*
- *(Margavarodha)(16).*
- *Adhithana : Sarvanaga*
- *Udbhavasthana : Amashaya*
- *Prasara : Rasayani*
- *Roga Marga : Bahya*
- *Vyakti Sthana : Sarvanga*
- *specifically Udara, Sphika, Stana and*
- *Gala pradesha.*

#### **Result:**

In Ayurveda, Pathya Apathya and Nidan parivarjan is a unique concept to adopt

which is not mentioned in any other science. so using this unique concept it is possible to cope with Medorog or to prevent from Medorog as prevention is better than cure.

### Conclusion:

It can be concluded that medorog can be prevented by do in nidan parivarjan according to *ayurveda*.

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