

ASHTA DOSHAS IN ATISTHAULYA - AN OVERVIEW

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ABSTRACT

The present era is more challenged with various life style disorders. Due to continuous changing lifestyles like fast and stressful life, environmental factors, dietary habits etc has made the man victim of many lifestyle diseases. *Atisthauilya* is one of the leading diseases which affects the physical, mental and social health of a person, *Acharya Charaka* has included it among "*Ashtauninditiya Purusha*" because of their unpleasant appearance, unmanageable health conditions. It is a *Sleshmaja Nanatmaja Vyadhi*, which can be correlated to obesity as there is similarity of the symptoms in both. Obesity is one among the metabolic disorder which has high mortality and morbidity. This article concentrates on *Atisthauilya* and *Ashtadoshas* in *Atisthauilya* as it influences the health of the affected individual in terms of decreasing the life span (*Ayushohrasa*) due to *Kshaya* of *Dhatus*. *Javoparodha* (Retarded movements/Impaired body movements) and *Dourbalyata* (General debility) affects the productivity of the individual. *Krucchavyavayata* (Difficulty in sexual act) may lead to infertility. Due to *Swedabhada* (excessive sweating) there will be *Dourgandhya* (bad odour of the body) which leads to embarrassment in public life. *Atikshut* (Excessive hunger) and *Atipipasa* (Increased thirst) creates repeated demand for the food and water and causes discomfort to the individual. It has been clearly explained in *Ayurveda* as '*Vikaraan Darunaan Krutva Nashayantyashu Jeevitam* means there will be development of severe diseases which may prove to be fatal when it affects the individual.

KEYWORDS: *Atisthauilya, Ashta doshas , Nanatmaja vyadhi, Charaka, Obesity*

INTRODUCTION

Prevalence of obesity has increased three folds between 1975 and 2016 and continues to increase. It is more prevalent in women compared to men. According to WHO estimation in 2016, more than 1.9 billion adults were overweight, of these over 650 (13%) million were obese (11% men, 15% women).^[1] 12.6% women and 9.3% men in India are obese.^[2]

The prevalence of *Atisthauilya* is increasing very rapidly throughout the world. *Atisthauilya* is one of the disease which is associated with an increased risk of major and minor complications. Hence *Ayurveda* has focussed a lot on this disease. *Acharya Charaka* has included *Atisthauilya* among "*Ashtauninditiya*" because of their unpleasant appearance, unmanageable health conditions. The word *Atisthauilya* is made

up of two words 'Ati' and 'Sthula' where 'Ati' means excessive and 'Sthula'^[3] is derived from the root 'Sthu' which means stout, big, bulky or increased growth of fat. The meaning of *Atisthaulya* is excessive growth of fat, it is defined by *Acharya Charaka* as the person with excessive increase of *Abaddha Meda* (fatty tissue) and *Mamsa dhatu* (~muscular tissue), there will be *sphik, stana and udara lambana* (pendulous buttocks, breasts, belly) i.e

Synonyms of Atisthaulya

Sl. No	Synonyms	Charaka Samhita	Sushruta Samhita	Ashtanga Hrudaya	Ashtanga Samgraha	Madhava Nidana	Bhavaprakasha	Bhaishajya Ratnavali	Yogaratra
1	ATISTHA ULYA	+	+	+	+	+	+	+	-
2	STHAULYA	+	+	+	+	-	+	+	+
3	MEDOROGA	-	+	+	+	+	-	+	+

Nidananas of Atisthaulya

The law of nature says that without the cause effect is not possible, in the context of *Atisthaulya* Some of the *Nidananas*^[5] (etiological factors) are *Shleshmala Ahara Sevana* like *Madhura Rasa Pradhaa Aharasevana* (Excessive sweet intake), *Bhojnottara Nidra* (sleeping after meal), *Avyayama* (lack of physical exercise), *Achintanat* (lack of mental worries), *Beejadosha swabhava* (hereditary), *Diwaswapna* (day time sleep), *Manasonivritti* (mental relaxation) etc, Even in the context of obesity also sedentary lifestyle i.e, reduced physical activity, faulty food habits like excessive consumption of food, plays a major role in aetiopathogenesis of this disease,

disproportionate increase in size of whole body along with the movement (*chalatva*) of it. Such a person is called *Atisthula*^[4] This increased bulk is not matched by a corresponding increase in energy. This disease has been described by *Acharyas* in *Ayurveda* with different names (synonyms) like *Atisthaulya*, *Sthoulya*, *Medoroga*, *Medodosha* etc this is given in the below table.

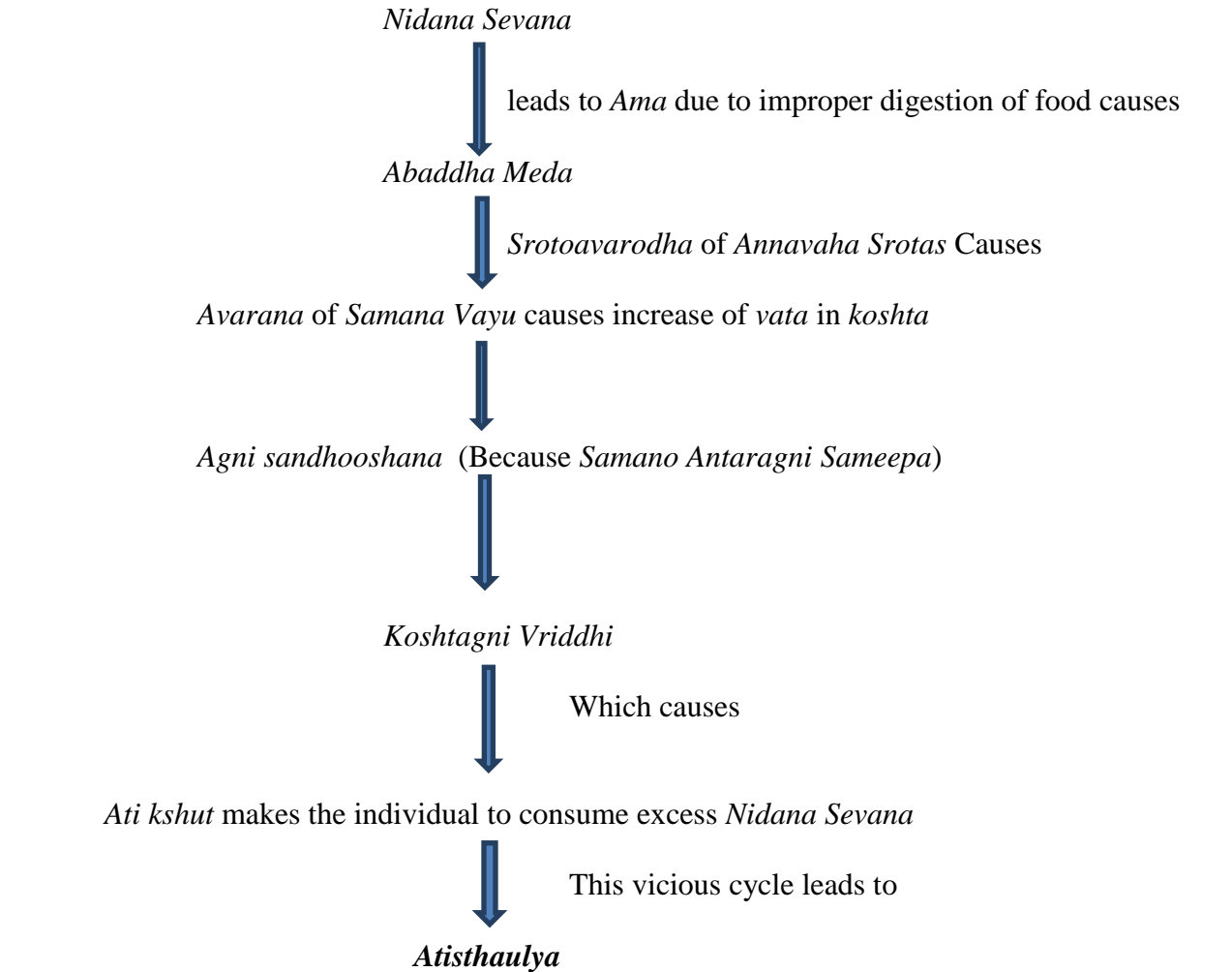
Specifically there is no mentioning of *Poorvaroopa* in *Atisthaulya*, however *Medovaha Sroto Dushti Lakshanas* due to *Medovaha Sroto Dushti Nidananas* such as *Avyayama* (Lack of exercise), *Divaswapna* (Sleeping during day time) etc leads to *Atinidra* (Excess of sleep), *Dourgandhya* (Bad odour), *Angagaurava* (heaviness of the body), *Shaitilyata* (weakness of the body) can be taken as *Poorvaroopa* of *Atisthaulya* (Premonitory signs and symptoms of *Atisthaulya*).

Samprapti of Atisthaulya^[6]

Nidana sevana (*Atibhojana Kapha vruddikara ahara vihara* i.e excess consumption of *madhura rasa*, *diwaswapna*, *avyayama*, *Bija dushti* etc) leads to *Vridhhi* of *Meda* and *Mamsa Dhatu* i.e

(‘*Medomaamsati Vriddhatvaat*’) occurs and so *Atisthaulya* is considered as *Meda* and *Mamsa Pradhana Santarpanotta Vikara*.^[7] *Atisthaulya* is also explained as a *Meda pradoshaja vikara*, its a *dushya* dominant

disorder particularly, *Medodhatu Vriddhi* takes place and hence *Atisthaulya* can also be termed as *Medoroga* ^[8].



Samprapti Ghataka

- **Dosha-** It is a *Kapha Pradhana Tridoshaja Vyadhi*.
- kapha:** *Kledaka*, **Pitta:** *Pachaka*, **Vata:** *Samana* , *Vyana*
- **Dushya:** *Meda Dhatu*, *Mamsa Dhatu*
- **Agni:** *Jataragni*, *Medodhatvagni*
- **Agni Dushti:** *Jatharagni Vriddhi*, *Medodhatvagni Maandyata*
- **Srotas:** *Medovaha Srotas*

- **Srotodushti:** *Sanga (Margaavarodha ,Aamata)*^[9]
- **Udbhava sthana** - *Amasayottha Vyadhi*.
- **Sanchara sthana** – *Sarvasarira*
- **Vyakta sthana** – *Sarvanga especially Udara, Sphik, stana and Gala Pradesha*.^[10]

- **Rogamarga- Bahya Rogamarga** (In *Atisthaulya* as there is involvement of *Mamsa* and *Medodhathu* it comes under *Bahya Rogamarga*)

- **Svabhava – Chirakari.**
➤ **Sadhyasadhyata – Kruchra Saadhya Vyadhi**

Roopa (Symptoms) in Atisthaulya

SL.NO	ROOPA	CS ^[11]	SS ^[12]	AH ^[13]	AS ^[14]	MN ^[15]
1.	<i>Kshudra Shwasa</i> (exertional dyspnoea)	-	+	-	+	+
2.	<i>Ati Pipasa</i> (Increased thirst)	+	+	+	+	+
3.	<i>Krathana</i> (snoring)	-	+	-	-	+
4.	<i>Sarva Kriyasu Asamrthata</i> (unable to do the activities)	-	+	-	-	+
5.	<i>Ayatha Upachaya</i> ((improper body structure)	+	-	-	-	+
6.	<i>Chalasphik Udara Stana</i>	+	-	-	+	+
7.	<i>Alpavyavaya/Krucchravavayata etc</i>	+	+	-	-	+

Ashta Doshas in Atisthaulya ^[16]

Ashta Doshas are the complications in *Atisthaulya* which affects the individual and are

1. *Ayushohrasa* (Decreased life span)
2. *Javoparodha* (Retarded movements/Impaired body movements)

1. *Ayushohrasa* –(Decreased life span):

3. *Kricchra Vyavaayata* (Difficulty in sexual act)

4. *Daurbalya* (General debility)
5. *Daugandhya* (Bad odour of the body)
6. *Swedabadha* (Excess sweating)
7. *Kshudhatimatra* (Excessive hunger)
8. *Pipasatiyoya* (Increased thirst)

All the *Dhatu*s should be equally nourished then only person will have *Sukhayu*



In *Atisthaulya* condition

Only *Medodhatu* gets nourished in excess, causes improper nourishment of successive *Dhatu*s because it obstructs the *Poshaka Dhatu* to move on to next *Dhatu* and leads to *Kshaya* of *Asthi*, *Majja* etc (*Uttarottara Dhatu*s)

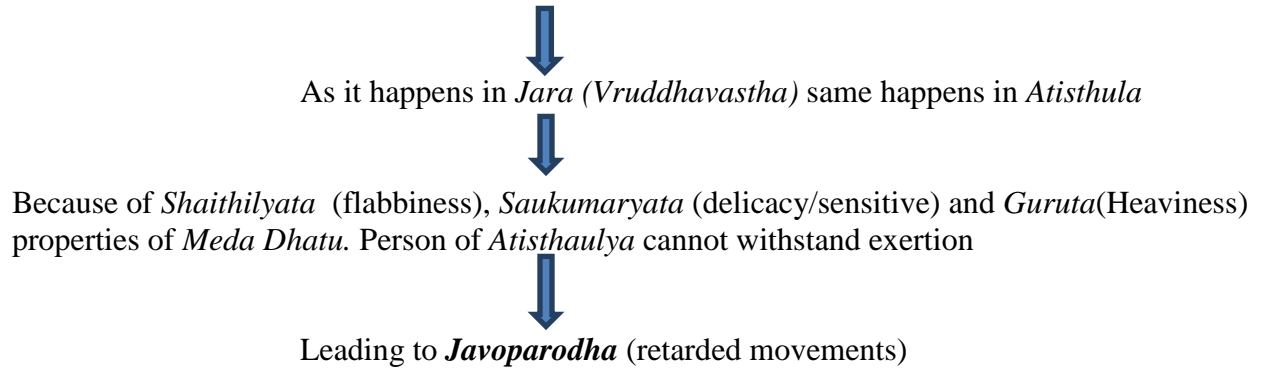


Ayushohrasa

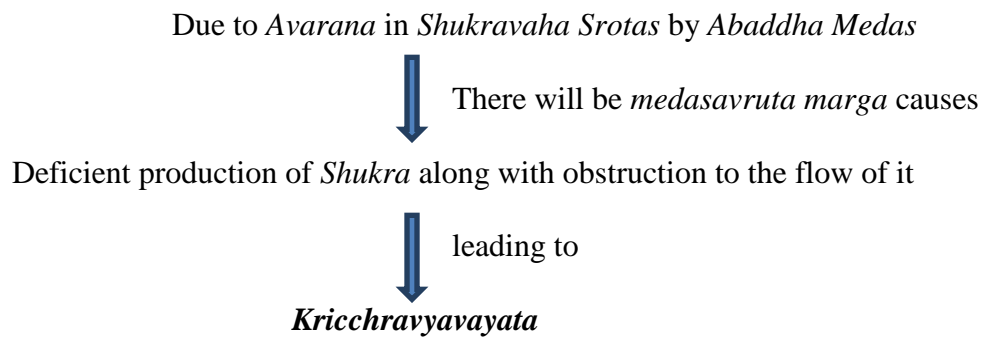
Life expectancy will be decreased because of over production of *Medo Dhatu* at the expense of other *Dhatu*s therefore other *Dhatu*s won't get nourishment properly i.e insufficient *Dhatu Poshana*. Hence Obesity leads to various comorbidity conditions thereby decreasing the life expectancy of the obese.

2. *Javoparodha*- (Retarded movements/Impaired Body Movements)

Java(vega)+Apara(jarayu)

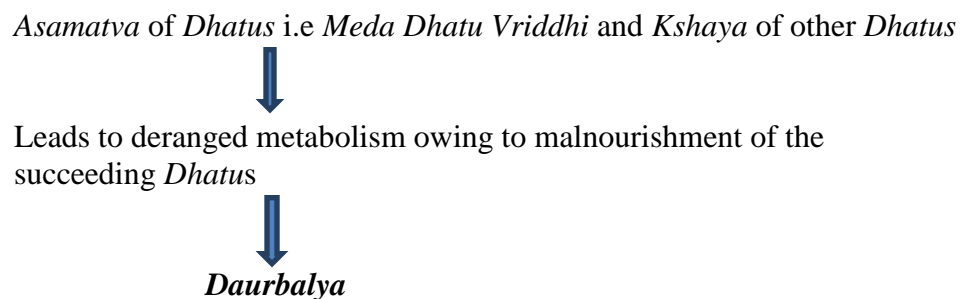


3. *Kricchra vyavayata* (Difficulty in sexual act) :



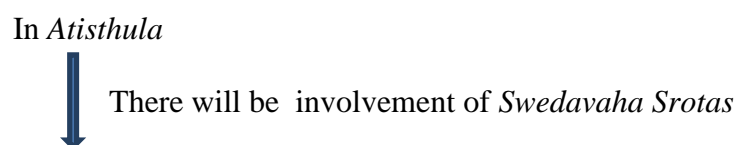
The deficient production of *Shukra* will be present because of the *Avarana* caused by *Medas* in *Shukravaha srotas* leading to *Kricchravyavayata*(sexual act becomes difficult).

4. *Daurbalya* (Debility):

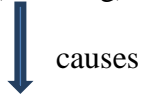


As the equilibrium of the *Dhatus* are disturbed there will be mal nourishment of *Dhatus* (*Asthi*,*Majja* etc) which leads to *Daurbalya*

5. *Daurgandhya* (Bad odour of the body) :



Hence excessive *Sweda* (sweating) occurs which is the *Mala of Medo Dhatu*^[17]



Daurgandhya

6.Swedabhada (Excessive sweating):

On account of *Kapha Dosha* along with *Meda Dhatu ativriddhi*



Vishyandi, Bahutva and Guru Gunas of Meda
leads to

Ativruddi of Sweda (Vikruta Kleda)



Swedabhada

7&8 Athi kshut and Ati pipasa(Excessive hunger and Increased thirst)

Due to *Medavrtavata*,

Tikshnagni occurs leads to



Atikshut

Atipipasa.

DISCUSSION

Ashta doshas in *Atisthoulya* leads to morbidity condition which indicates the severity of the disease. In *Ashtauninditiya Adhyaya*, *Acharya Charaka* has given detailed information regarding *Ashta Doshas* in *Atisthaulya* Eg: *Atipipsa*, *Atikshut* etc the same *lakshanas* have been explained as *Roopa* by *Acharya Sushruta* and *Vagbhata*. It is difficult to treat this disease because of the involvement of *Medas*, *Agni* and *Vata Dosha* which will be in excess in such a

patient, *Apatarpana Chikitsa* reduces *Medas* but elevates *Agni* and *Vayu*. Hence in *Ayurveda* it is said, “*Karshyamevavaram sthaulyaat nahi sthulasya bhesajam*” - Being lean is considered to be best than being obese i.e *Karshya* (Emaciation) is better than *Sthaulya* (obesity).

CONCLUSION

Ashta Doshas are the morbidities which can be found in *Atisthaulya* which leads to study the disease in detail. In *Atisthaulya* there will be improper nourishment or under nourishment of successive *Dhatus* which influences the lifespan of the individual.

Atisthaulya leads to *Javoparodha*, as the body weight increases it decreases the body movements, this has not been given any importance in the contemporary science. *Kricchravyayaayata*, difficulty in sexual act due to the *Sthula Deha* and less production of *Shukra* may lead to infertility. *Dourbalya* is the weakness felt by the individual due to the *Asamatva* of *Dhatu*s. *Dourgandhya* is due to excessive sweating. In brief *Atisthaulya* not just changes the appearance of an individual but also it deteriorates the health of an individual Hence Assessment of *Ashta Doshas* in *Atisthaulya* is helpful for the management of the same.

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