

Obesity and Its Management Through Ayurveda

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ABSTRACT

Obesity is the most common disorder of nutrition in affluent societies. It is associated with increased mortality, predisposes to many other diseases and reduces the individual's happiness and efficiency. Charaka has described Sthaulya among the eight most unwanted diseases and Samtarpanajanita roga. In pathogenesis of Sthaulya, Kapha (Kledaka Kapha), Vata (Samana & Vyana Vayu), Meda (fat /lipid) and Medodhatvagni Mandyata are main responsible factors. The obesity calculated on the basis of reduction of total body weight of patient, BMI = (Weight / Height ratio), Measurement of skin-fold thickness, Circumference ratio (Waist/Hip ratio), Computed tomography etc. analysis of symptoms of obesity in our samhitas i.e; lakshanas of atisathula person. The present day society expects peak physical and mental performance from each of its member and obese person is unable to find out himself physical and mental fit for it. It occurs as a result of lack of physical activities with increased intake of daily diet results into the clinical entity, which can be called as obesity. Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health leading to reduced life expectancy and /or increased health problems.

Keywords: -Obesity, samtarpan janya roga, sthauilya, sthauilya management

INTRODUCTION

Obesity, also called Sthaulya or Medoroga in Ayurveda, is a chronic condition characterized by excessive accumulation of fat in the body. It is not only a cosmetic concern but also a risk factor for several lifestyle disorders such as diabetes, hypertension, cardiovascular diseases, osteoarthritis, and infertility. Modern lifestyle—marked by sedentary habits, irregular eating patterns, stress, and lack of exercise—has made obesity one of the most pressing health challenges worldwide.

Ayurveda, the ancient science of life, views obesity not merely as excess body weight but as an imbalance of Doshas, Dhatus (tissues), and Agni (digestive fire). Its holistic approach aims to treat obesity by correcting metabolism, purifying the body, and restoring the balance between mind, body, and spirit.

Samprapti of Sthouilya

Nidana Sevana (Madhura Rasa, Snigdha Ahara, Pistanna sevana, Diwaswap, Avyayama, Achinta)

Kaphadoshavridhhi

Medodhatwagnimandya

Medo dhatu vridhhi

Sthulata

Causes of Obesity in Ayurveda

According to Ayurvedic texts, the main causes of Sthaulya include:



Aharaja (Dietary Causes)

Excessive intake of heavy, oily, sweet, and junk foods (Guru, Snigdha, Madhura Ahara).

Irregular eating habits and overeating.

Viharaja (Lifestyle Causes)

Sedentary lifestyle, lack of physical activity.

Excessive day sleep, night awakening.

Stress and lack of mental discipline.

Manasika (Psychological Causes)

Emotional eating due to stress, anxiety, or depression.

Dosha Involvement

Predominant aggravation of Kapha Dosha along with impaired Medo Dhatu Agni (lipid metabolism).

Dosha	Kapha and Vata
Vikalpasamprapti	Guru, Snigdha, Sheeta and Abhishyandi gunas of Kaphadosha
Dushya	Medo, Mansa, Rasa
Srotasa	Medovaha, Mansavaha, Rasavaha
Srotodustiprakara	Sanga
Rogamarga	Bahya
Vyaktasthana	Sarvashareera

Symptoms of Obesity (Sthaulya Lakshana)

Asakta sarvakarmasu

Kshudraswas

Trishna, moha, nidra

Kshutpipasa atiyoga

Svedati vriddhi

sharira daurgandha

Alpa maithuna shakti

Enlargement of udara,

Excessive accumulation of fat, especially around the abdomen.

Shortness of breath, lethargy, and low stamina.

Excessive sweating with foul odor.

Increased appetite and thirst.

Lack of self-confidence, fatigue, and psychological distress.

Ayurvedic Management of Obesity

Ayurveda emphasizes a comprehensive approach through Ahara (Diet), Vihara (Lifestyle), Aushadhi (Medicines), and Shodhana (Detoxification therapies).

Pathya Ahara (Dietary Management)

Prefer light, dry, warm, and easily digestible foods.

Include barley (Yava), millet, green gram (Mudga), horse gram (Kulatha), bitter gourd, bottle gourd, and leafy greens.

Drink warm water infused with ginger, honey, or Triphala.

Avoid sweets, fried foods, dairy, and fast foods.

Practice mindful eating with controlled portion size.

Vihara (Lifestyle Practices)

Regular physical exercise, yoga, and pranayama to burn excess fat and improve metabolism.

Daily practices like Udvartana (medicated powder massage) to reduce subcutaneous fat.

Proper sleep cycle – avoiding day sleep and late-night habits.

Meditation to reduce stress-induced overeating.

Aushadhi (Herbal Medicines)

Certain Ayurvedic formulations are effective in managing obesity by enhancing digestion, balancing Kapha, and improving metabolism:

Triphala – improves digestion and acts as a mild detoxifier.

Guggulu (Commiphora mukul) – reduces fat and cholesterol.

Medohara Churna – balances Medo Dhatu.

Navaka Guggulu, Shilajit, Punarnava, Haridra (Turmeric), Musta (Cyperus rotundus).

Shodhana (Panchakarma Therapies)

Vamana (Therapeutic emesis): Eliminates aggravated Kapha.

Virechana (Purgation): Removes excess Pitta and toxins.

Lekhana Basti (Medicated enema): Helps in scraping excess fat.

Udvartana (Herbal powder massage): Reduces fat deposits and improves circulation.

Yoga and Pranayama for Obesity

Asanas: Surya Namaskar, Trikonasana, Bhujangasana, Pawanmuktasana, and Dhanurasana.

Pranayama: Kapalabhati, Bhastrika, and Anulom-Vilom for enhancing metabolism and reducing stress.

CONCLUSION

Obesity is not just about excess body weight but an imbalance that affects the entire physical and mental health of an individual. Ayurveda offers a holistic, sustainable, and side-effect-free approach to obesity management through a balanced diet, healthy lifestyle, herbal remedies, detoxification, and yoga. By adopting Ayurvedic principles, one can achieve not only weight reduction but also overall well-being and longevity. Traditional Indian medicine is based on good clinical practice and holds much promise in the treatment of obesity. These herbal & shodhan chikitsa most important useful to treat obesity . understand how these natural medicines from traditional medicinal plants act. Nearly all the medicines currently available to treat overweight and obese patients are chemical or biochemical and greater attention should be directed towards the use and research of herbal medicines& shodhan chikitsa with minimal side effects in the management and treatment of obesity.

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