

Role of Medovaha Strotas in Sthoulya W.S.R. to Strotodushti

Dr. Sujit Ravindra Sonawane¹ and Dr. U. K. Bande²

¹PG Scholar, Final year, Dept of Kriya Sharir

²M.D. Ph D. Kriya Sharir, Prof. & HOD, Dept. of Kriya Sharir

Yashwant Ayurvedic College, Post Graduate Training & Research centre, Kodoli, Panhala, Kolhapur, Maharashtra

Abstract: *Ayurveda* is the science which deals with the prevention as well as cure for the every diseases. In *Ayurveda*, there are various principles mentioned for the maintenance of Health are *Dinacharya*, *Ritucharya*, *Ratricharya*, etc. Now a day's there are various lifestyle disorders developed due to the unhealthy food habits, diet, not maintaining proper lifestyle. In which *Sthoulya* is one of the important developing lifestyle disorder. *Sthoulya* can be correlated with the Obesity in modern science. For every disease formation, there is importance of its Pathogenesis i.e. *Samprapti*. In *Ayurveda*, for every disease, the line of treatment for disease is by Breaking the *Samprapti* of the disease. *MedovahaStrotodushti* is one of the main cause for the formation of *Sthoulya*. Therefore, understanding the *StrotasDusthi* of *MedovahaStrotas* is main *Nidana* for the management of development of *Sthoulya* disease. So, Study of Role of *MedovahaStrotas* in the development of *Sthoulya*.

Keywords: Sthoulya, MedovahaStrotas, Strotodushti.

