

Understand the Concept of Nidanarthakararoga W.S.R. to Obesity

Dr. Anand V. Kalaskar¹, Dr. Nishant S. Taralkar², Dr. Tejashree D. Kupekar³

Associative. Professor and M.D. Kayachikitsa - Vikriti Vigyan (BHU)1

MD Scholar, PG Department of Rog Nidana Evum Vikriti Vigyan^{2,3,4}

Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, India

Abstract: *Ayurveda is a holistic science of life described many fundamental principles related to the Dosha, Dushya, Srotasa, Vyadhi utpattian and Vyadhi cikitsa etc. Ayurveda furthermore presented many aspects related to the prevention of Vyadhi and avoidance of Nidana in terms of Nidanaparivarjana. Nidanaplays a key role in manifestation of any diseases. Sometime disease itself acts as Nidana and plays a key role in the onset of another disease. This concept is undertaken by Acarya Charaka under the title Nidanarthakara roga (a disease itself become causative factor for some other disease). The disease manifest first is termed as primary disease, while disease manifest as consequence of primary disease termed as secondary disease. In the today's time, it is crucial to know the Nidanarthakaratva of any disease. The presenting era is more challenging for medical sciences on account of emerging of various lifestyle diseases. Obesity is one among them. Unhealthy diet habit, sedentary lifestyles are the various Nidanas for Obesity. Now days obesity is burning issue for society due its critical consequences. Sometime obesity itself act as Nidana for various diseases e.g. hypertension, diabetes mellitus, infertility, heart diseases, some form of malignancies etc. To prevent these consequences, we have thorough knowledge of the obesity and its Nidanarthakaratva. Here an attempt made to enlighten the knowledge of Nidanarthakara vyadhi and to elaborate the Nidanarthakaratva of obesity.*

Keywords: *Ayurveda*

