

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 *StrotasDushti* 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.

I. INTRODUCTION

Ayurveda is the science which deals with the prevention as well as cure for the every diseases¹. In *Ayurveda*, there are various principles mentioned for the maintenance of Health are *Dinacharya*, *Ritucharya*, *Ratricharya*, etc². 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 disorders. *Sthoulya* can be correlated with the Obesity in modern science.

In all 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. *Strotodushti* is the main concept regarding any disease formation. There are four types which are ;*Atipravrutti* (excess flow), *Sanga* (obstruction), *Siragranthi* (obstruction in channels) and *Vimrgagamana* (deviation from normal path) are common *Dushti Lakshana* of *Srotas*³. *MedovahaStrotodushti* is one of the main factor for the formation of *Sthoulya*. Therefore, understanding the *StrotasDushti* of *MedovahaStrotas* is main *Nidana* for the management of development of *Sthoulya* disease. So, Study of Role of *MedovahaStrotas* in the development of *Sthoulya*.

Aim & Objectives

Aim –

Role of *MedovahaStrotas* in *Sthoulya* w.s.r. to *Strotodushti*.

Objectives –

- To study the *MedovahaStrotas* in *Sthoulya*.
- To study the concept of *Strotodushti*.

II. MATERIALS & METHODS

Strotodushti is important in the management of all diseases. There are 13 types of *Srotas* are explained in *Ayurveda*. Both Acharya told that basically the *srotas* are of two types that are *bahyasrotas* and *abhyantarosrotas*. *Bahyasrotas* are



nine in number according to susruta⁴, and these bahyasrotas are called as bahyachhidrabhy charaka Acharya⁵. Acharya's mentioned diseases according to every *Strotas*. *Sthoulya* is the disease which is developed due to the vitiation of *MedovahaStrotas*. Obesity is the abnormal and excess accumulation of *Medadhathu*. Frequent and excess intake of *kapha* increasing factors, sedentary lifestyle, and lack of physical exercise are most common etiological factors.

Concept of Strotas–

According to *Charakacharya*, *Srotas* is a structure through which *Stravanam* occurs. Manifestation of a disease occurs in the body as a result of the defective *Strotas*⁶. According to some *Acharyas*, number of *Strotas* is countable; according to some it is enumerable.

Strotodushti –

***Samanya Strotodushti Hetu*⁷ :**

Samanya Hetu of *Strotas* includes ;*Ahara* (food) and *Vihara* (activity) which are similar to *Dosha Guna* and opposite to *Dhatuguna* are responsible for vitiation of *Strotas*.

***Samanya Strotodushti Lakshanas*³ :**

This are 4 in numbers which are ;*Atipravrutti* (excess flow), *Sanga* (obstruction), *Siragranthi* (obstruction in channels) and *Vimrgagamana* (deviation from normal path) are common *Dushti Lakshana* of *Strotas*.

MedovahaStrotas –

Moolasthanas –

Acharya's explained *Moolasthanas* for every *Strotas*. The *Moolasthanas* of *MedovahaStrotas* is *Vrukka*, *Vapavahana* according to *Charaka*⁸ and *Kati*, *Vrukka* according to *Sushruta*⁹.

***Dushti Hetu*¹⁰ –**

It includes *Avyayama*, *Diwaswapa*, Excessive intake of *Medya dravyas*, also excessive intake of *Varuni*.

***Dushti Lakshana*^{11,12} –**

Acharya Charaka, described that vitiation of *MedovahaStrotas* includes *Poorvaroopas* of *Prameha*. Ex. *Trushna*, *Mukhamadhurya*, etc.

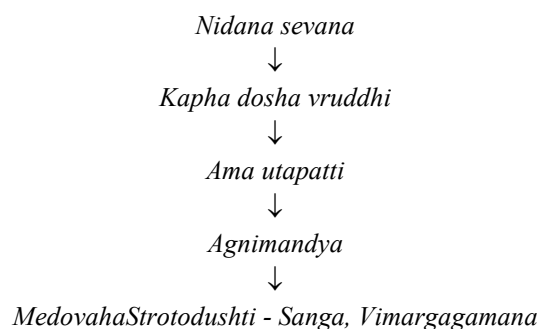
***Viddha Lakshana*⁹ –**

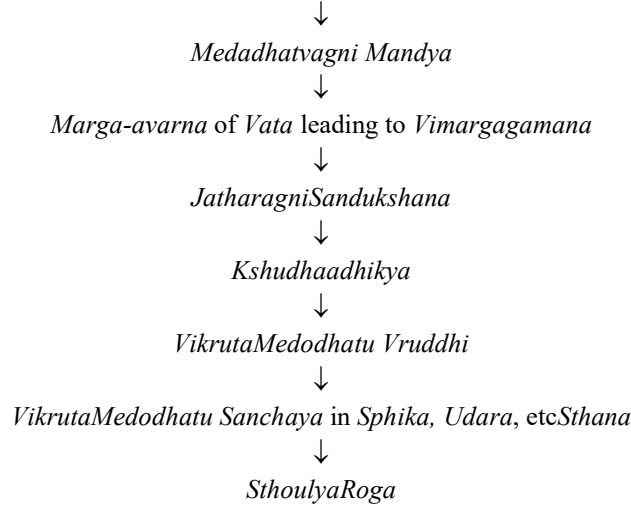
Sushruta mentioned the *ViddhaLakshanas* for every *Strotas* vitiation. It includes *Swedagamanam*, *Snigdhagata*, *Talushosha*, *Sthula Shopha*, and *Pipasa*.

Introduction of Sthoulya –

In Ayurveda obesity has been described as *Sthoulya* or *Medoroga* in *SantarpanothaVikara* i.e. the disease caused by over nourishment¹³. *Kapha* is an ayurvedic humour which is dense, heavy, slow, sticky, wet & cold in nature. In a balanced state, *kapha* gives nourishment to the time & govern all organs. However, when it is aggravated; *kapha* which is heavy & dense in nature abnormally accumulates in wearer channel of the body, causing their blockage¹⁴.

***Samprapti of Sthoulya*¹⁵ –**





Role of Medovaha Strotas in Sthoulya -

In the case of obese person, *Medovaha Strotas* (fat channel) is affected & the site of metabolic disturbances is an obese individual is *Medha dhatu* caused mainly due to excess intake of *Madhura & Snigdha Ahara*¹³. When the body produces more fat tissues, it causes an increase in weight.

Being obese can have a serious impact on health, carrying extra fat leads to serious health consequences such as cardiovascular disease (mainly heart disease & stroke), type of diabetes, musculoskeletal disorders like osteoarthritis & some cancers (endometrial, Breast & colon). This conditions cause premature death & substantial disability¹⁶.

III. CONCLUSION

Sthoulya is a major lifestyle disorder whose prevalence has increased drastically over a past few decades. *Sthoulya* developed due to the vitiation of *Medovaha Strotas*. This is due to the fact that man has forgotten many principles told by *Ayurveda* especially while describing *Swasthavrutta* such as *Dinacharya*, *Ritucharya*, *Achara Rasayana* and has become slave of modernization. *Ayurveda* considers *Sthoulya Roga* as a disease due to *Atisantarpana*- overnutrition.

REFERENCES

- [1]. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Sutrasthana, adhyaya 30th, Shlok no. 26, Chaukhambha Publications, New Delhi, Reprint 2017, 187.
- [2]. Shri Brahmarshankar Mishra, Shri Ruplalaji Vaishya, Bhavaprakasha, Purvardha, adhyaya 5th, Shlok no.12-13, Chaukhambha Sanskrit Bhawan, Varanasi, Reprint 2016, 110.
- [3]. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Vimanasthana, adhyaya 5th, Shlok no. 24, Chaukhambha Publications, New Delhi, Reprint 2017, 252.
- [4]. Agnivesha, Charaka Samhitha with Ayurveda Dipika commentary of Chakrapanidatta 7th Sloka 12th Chaukhambha Orientalia; Varanasi; Reprint 2007; Pp 738; Page No. 338.
- [5]. Agnivesha, Charaka Samhitha with Ayurveda Dipika commentary of Chakrapanidatta; Edited by Vaidya Jadavji Trikamji Acharya; Vimansthana Adhyaya 5th shlok 7th Chaukhambha Orientalia; Varanasi; Reprint 2007; Page No.: 250.
- [6]. Agnivesha, Charaka Samhitha with Ayurveda Dipika commentary of Chakrapanidatta; Edited by Vaidya Jadavji Trikamji Acharya; Sutrasthana Adhyaya 30th, shlok 12th, chakrapani tika, Chaukhambha Orientalia; Varanasi; Reprint 2007; Page No.: 185.
- [7]. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Vimanasthana, adhyaya 5th, Shlok no. 23, Chaukhambha Publications, New Delhi, Reprint 2017, 252.



- [8]. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Vimanasthana, adhyaya 5th, Shlok no.8, Chaukhambha Publications, New Delhi, Reprint 2017, 250-251.
- [9]. Sushruta, Kaviraj Ambika datta Shastri, Sushruta Samhita, Sharirasthana, adhyaya 9th, Shlok no.12, Vol.1, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2015, 95-96.
- [10]. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, Vimanasthana, adhyaya 5th, Shlok no. 16, Chaukhambha Publications, New Delhi, Reprint 2017, 251.
- [11]. Chakrapani, Charaka Samhita by Agnivesa, edited by Vaidya Jadavaji Trikamji Acharya, sutrasthana, adhyaya 28th, Shlok no.15, Chaukhambha Publications, New Delhi, Reprint 2017, 179.
- [12]. Dr. Brahmanad Tripathi, Madhava Nidana, adhyaya 33rd, Shlok no.5, Chaukhambha Surabharati Prakashan, Varanasi, Uttarardha, Reprint, 2018, Page no. 8.
- [13]. Bhagwan das R.K .Sharma, Chaukhamba Samhita 1st ed. Varanasi, Chaukhamba Sanskrit Series; 2009, Vol 1 Santarpaniya adhyaya, Chapter 23, Verse 6.P-395
- [14]. Prachi Mishra Et. Al; Role of Ayurveda in the management of Obesity (Sthoulya). International Ayurvedic Medical Journal 2017 {Cited January, 2017}
- [15]. Sushruta, Kaviraj ambikadutta shastri, P.M.Mehta, Sushruta samhita, sutra asthan, adhyaya 15th, shlok no. 46, Vol.1, Choukhambha Sanskrit sansthan, Varanasi, reprint 2015, 83.
- [16]. <http://www.who.int/features/90/49/en/-6/12/18-10.30pm>

