

CRITICAL ANALYSIS OF AHARA VARGA IN *STHAULYA* WSR TO *CHARAKA SAMHITA*

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ABSTRACT

Ahara, Nidra, Brahmacharya are three *Upasthambha* of body. If equilibrium of these three is maintained *Svasthavastha* is achieved. Any disturbance to these results in *Vyadhi- Utapatti*. *Acharya Charaka* has described the features of healthy body, having equal distribution of *Mamsa* (muscular tissue) and properly distributed build up. For living healthy and disease-free life, in our *Samhitas*, there is description of *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen) and *Ahara Vidhi Visheshayatanani* (dietic rules and regulations). Due to wrong habits of food intake eg. Bakery items- Pizza, Samosa, *Viruddha Ahara*, excess Non-veg food, results in production of disease like *Sthaulya*. Similarly while treating patient, proper balance of these

three, especially *Ahara* should be maintained. Due to defective food habits (quantitative and qualitative) number of diseases may developed. Many times such patients try to reduce weight by doing dieting, without consulting a *Vaidya* or Doctor. To reduce weight, diet and medicine are equally important. Properly consumed food provides fuel to the fire of digestion, they promote mental as well as physical strength, strength of tissue elements and complexion and they are pleasing to the senses. While treating *Sthaulya* proper selection of food according to their properties is important to avoid any nutrient deficiency in the body. Here an attempt has been made to analyze *Ahara Varga* described by *Acharya Charaka* to treat *Sthaulya Vyadhi*.

KEYWORDS: *Sthaulya*, Obesity, *Ahara Dravya*, *Guna*, *Doshagnata*, *Charaka Samhita*.

INTRODUCTION

For all the living beings, *Anna* is the sustainer of life.^[1] In *Charaka Samhita*, *Ahara* is mentioned as one among the *Traya Upastambha* (*Ahara*, *Nidra* and *Brahmacharya*) which supports the body.^[2] Equilibrium of all these three factors maintain healthy status of the body. Any *Ayoga- Atiyoga* or *Mithya-yoga* of these three results in *Vyadhi-utapatti*. Here *Ahara* plays very important role. This *Ahara* is available in four forms e.g. *Pan*, *Ashan*, *Bhakshya*, *Lehya* etc.^[3] Consumption of food is advised as per the constitution of the patient. E.g. in *Pitta Prakriti* patient- *Madhura*, *Shita Virya* diet is advisable. Depending on action of this food on our body diet can be considered as *Santarpanjanya* and *Apatarpanjanya*. As said earlier same *Ahara*, depending upon its properties may act as any of above two. *Santarpanjanya Ahara* causes disease like *Prameha*, *Pidika*, *Kotha*, *Kandu*, *Panduroga*, *Jwara*, *Kushtha*, *Amadosha*, *Mutrakrachha*, *Arochak*, *Tandra*, *Klaibya*, *Atisthaulya*, *Sotha*, etc.^[4]

Among all above diseases *Sthaulya* is an important one. If keep untreated may give arise to other conditions e.g. DM, Hypertension, Osteo-arthritis etc. *Atisthula* is included in *Astau Nindita Purusha*.^[5] Owing to an excessive increase of fat and muscle tissue, the buttock, abdomen and breast become pendulous and his strength is rendered disproportionate with his physical growth. This type of person is called *Atisthula*.^[6] There are *Astaudosha* of *Atisthula Purusha*. 1) Deficient in longevity, 2) Slow in movement, 3) They are weak, 4) They find it difficult to indulge in sexual intercourse, 5) They emit bad smell, 6) They have much of sweating, 7) They have much of hunger, 8) They have much of thirst.^[7]

Sthaulya can be correlated with obesity. Obesity is a condition characterized by an excess of body fat. Obesity can be considered to result from an imbalance between the amount of energy consumed in the diet and the amount of energy expended through exercise and bodily functions.^[8] Globally more than 1.9 billion adults are overweight and 650 million are obese. Approximately 2.8 million deaths are reported as a result of being overweight or obese. In India, more than 135 million individuals were affected by obesity. According to ICMR-INDIAB study 2015, prevalence of obesity varies from 11.8% to 31.3% and 16.9% to 36.3% respectively.^[9] Among *Sthaulya* and *Karshya*, *Karshya* is less harmful than *Sthaulya* even though both of them are equally in need of treatment.^[10] When subjected to diseases, the volume of suffering in the case of *Sthula* person is far greater than in *Krusha*. To treat

patients of *Sthaulya* proper *Yojana* of *Ahara* is important.

Treatment

Sthaulya is mentioned under *Santarpanjanya Roga*^[11] and *Acharya Charaka* has recommended *Vamana*, *Virechana*, *Raktamokshana*, *Vyayama*, *Upavasa*, *Dhuma*, *Svedana* for all *Santarpanjanya Roga*.^[12] In treatment of *Santarpanjanya Roga*, intake of *Abhayaprasha* with honey and *Ruksha Anna* are included.^[13] *Trayushnadi Mantha*^[14] and *Vyoshadhya Saktu* are also indicated in *Santarpanjanya Roga*.^[15] *Guru* and non-nourishing diet is prescribed for *Karshana* in the case of *Atisthula*.^[16] Diets and drinks that alleviate *Vata* and *Kapha* and which can reduce *Meda*.^[17] Administration of *Takrarishta*, *Madhu*, *Nagara*, *Yava Churna* and *Amalaki Churna*.^[18] Intake of *Prashatika*, *Priyangu*, *Shayamaka*, *Yavaka*, *Yava*, *Jurnahva*, *Kodrava*, *Mudga*, *Kulattha*, *Chakramudgak*, *Adhaki Beeja*, *Patola*, *Amalaki* as food followed by honey water.^[19] *Arishta* may be used as *Anupana*.^[20] One desirous of reducing over corpulence should indulge in vigil, sexual act, physical exercise and mental exercise.^[21]

Chikitsa-traya

In the treatment of *Sthaulya Ahara*, *Aushadh* and *Vyayama* are included. If one takes *Aushadh*, but does not follow proper diet plan then he can not combat obesity. One can not take *Aushadh* for long duration. Consistency of *Vyayama* is important for losing weight. If one does not follow this then he can suffer from various disorders like lipoma due to sudden break in doing exercise. So *Ahara* is an only tool that one can follow without much effort for long duration. *Ahara* is included in *Yuktivyapashray Chikitsa*.^[22] So *Ahara* has prime importance for tackling obesity. Now a days, person for aiming weight loss start following diet without consulting a doctor and reading articles on social media in the form of eating only salads, sprouts, packaged oats, green tea, supplements, etc. Eating only salads in raw form is heavy to digest. Eating only sprouts results in excess of protein along with deficiency of other nutrients and also they are heavy to digest. Packaged oats contain preservatives along with flavouring agents, which is harmful for health. Supplements provide particular nutrient, so by using this one can suffer from deficiency of other essential nutrients. For losing weight rapidly, some opt to perform bariatric surgery. This is associated with many complications like acid reflux, chronic nausea and vomiting, infection etc. immediate side effects and dumping syndrome, malnutrition, ulcers, bowel obstruction and hernias etc. long term risks. Such surgeries should be done in life threatening conditions.

MATERIALS AND METHODS: Here more emphasis is given to the properties which will help to reduce weight. E.g. Laghu/ Aguru property, Kapha-doshghnata etc.

Charaka Samhita Sutra Sthana 27 Adhyaya.

Sr no.	Ahara Varga Prakara	Ahara Dravya	Guna	Doshaghata	References
1.	Shuka Dhanya (Corns with bristles)	Rakta Shali (Red rice)	-	Trimala Paha	Cha.Su. 27/11
		Shashtika	Aguru	Tridoshaghna	Cha.Su. 27/13
		Koradusha	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/16
		Shayamaka (Little millet)	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/16
		Hastishyamaka (A variety of Shyamaka)	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Nivara (Udika)	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Gavedhuka (Ghulunca)	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Prashantika (Red bristled Udika which grows in land)	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Ambhah Shyamaka	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Lauhitya	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Anu	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Priyangu	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/17
		Mukunda	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/18
		Jhinti	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/18
		Garmuti	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/18
		Varuka	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/18
		Varaka	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/18
		Shivira	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/18
		Utkata	Laghu	Kapha-pittaghna, Vatala	Cha.Su. 27/18
		2.	Shami Dhanya (Pulses)	Jurnahva (Millet)	Laghu
Yava (Barley)	Aguru			Shleshma Vikaranut	Cha.Su. 27/19
Venu Yava (Bamboo seed)	Ruksha, Medaghna			Kapha-pittaha	Cha.Su. 27/20
Mudga (Green gram)	Laghu, Ruksha			Kapha-pittaghna	Cha.Su.27/23
Kulattha (Horse gram)	-			Kaphahara, Vatahara	Cha.Su.27/26
Makushtha (Moth bean)	Ruksha			-	Cha.Su.27/27
Chanaka (Chick pea)	Laghu, Ruksha			-	Cha.Su.27/28
Masura (Lentil)	Laghu, Ruksha			-	Cha.Su.27/28
Harenu (A type of pea)	Laghu, Ruksha			-	Cha.Su.27/28
Adhaki (Pigeon tea)	-			Kapha-pittaghna, Vatala	Cha.Su.27/33
3.	Shaka Varga (Vegetables)	Rajmasha	Ruksha, Guru	Kaphanut	Cha.Su.27/25
		Avalguja (Bakuchi)	-	Kapha-vatanut	Cha.Su.27/33
		Amla Changeri (Yellow woodsorrel)	-	Kapha-MarutePrashasyate	Cha.Su.27/92
		Patola (Trichosanthes cucumerina Linn.)	-	Kapha- pittahara	Cha.Su.27/96
		Kalaya (Pea) (Lathyrus sativus Linn.)	-	Kapha- pittahara	Cha.Su.27/97
		Vartaka (Brinjal) (Solanum	-	Kapha- pittahara	Cha.Su.27/97

		<i>melongena Linn.)</i>			
		<i>Kathillaka</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/96</i>
		<i>Kusumbha (Carthamus tinctorious Linn.)</i>	<i>Ruksha</i>	<i>Kaphashamaka, Pitta Vardhaka</i>	<i>Cha.Su.27/110</i>
		<i>Tanduliyak (Amaranthus tricolor Linn.)</i>	<i>Ruksha</i>	-	<i>Cha.Su.27/94</i>
		<i>Amlika kanda</i>	<i>Laghu</i>	<i>Kapha- vataghna</i>	<i>Cha.Su.27/121</i>
		<i>Rajkshavaka(Euphorbia microphylla Heyne)</i>	<i>Laghu</i>	<i>Tridosha Shamaka</i>	<i>Cha.Su.27/90</i>
		<i>Langalaki (Gloriosa superba Linn.)</i>	<i>Laghu</i>	-	<i>Cha.Su.27/108</i>
		<i>Urubuka (A variety of Ricinus communis Linn.)</i>	<i>Laghu</i>	-	<i>Cha.Su.27/108</i>
		<i>Gandira (Euphorbia antiquorum Linn.)</i>	-	<i>Hanyat Kapham</i>	<i>Cha.Su.27/106</i>
		<i>Chitraka (Leadwort) (Plumbago zeylanica Linn.)</i>	-	<i>Hanyat Kapham</i>	<i>Cha.Su.27/106</i>
		<i>Palanka</i>	<i>Guru, Ruksha</i>	-	<i>Cha.Su.27/100</i>
		<i>Alabu (Langenariasiceraria Standl.)</i>	<i>Guru, Ruksha</i>	-	<i>Cha.Su.27/112</i>
		<i>Mandukaparni (Centella asiatica Urban)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/95</i>
		<i>Vetragra (Salix caprea Linn.)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/95</i>
		<i>Kuchela (Cissampelos pareira Linn.)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/95</i>
		<i>Vanatiktaka (Cyclea peltata)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/95</i>
		<i>Karkotaka (Momordica dioica Roxb.)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/96</i>
		<i>Shakuladani (Picrohiza kurroa Royle ex-Benth)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/96</i>
		<i>Vrushapushpa (Adhatoda vasica Nees)</i>	-	<i>Kapvha- pittahara</i>	<i>Cha.Su.27/96</i>
		<i>Sarangeshta</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/96</i>
		<i>Kembuka</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/96</i>
		<i>Nadi</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/97</i>
		<i>Gojihva (Onosma bractiatum Wall)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/97</i>
		<i>Tila parni (Gynandropsis gynandra Briquet)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/97</i>
		<i>Karkasha</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/97</i>
		<i>Nimba (Margosa) (Azadirachta indica A Juss.)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/97</i>
		<i>Parpataka (Fumaria parviflora Lam.)</i>	-	<i>Kapha- pittahara</i>	<i>Cha.Su.27/97</i>
4.	<i>Phala Varga (Fruits)</i>	<i>Amla paravat(Guava) (Psidium guajava Linn.)</i>	<i>Ati-agniNashaka</i>	-	<i>Cha.Su.27/134</i>
		<i>Jambu (Black berry) (Syzygium cumini Skeels)</i>	<i>Guru</i>	<i>Kapha-pittaghna, Vatakara</i>	<i>Cha.Su.27/140</i>
		<i>Amalaki (Indian gooseberry)</i>	<i>Ruksha</i>	<i>Kapha - pittahara</i>	<i>Cha.Su.27/147</i>

		(<i>Emblica officinalis</i> Gaertn.)			
		<i>Bibhitaki</i> (Belleric myrobalan) (<i>Terminalia bellerica</i> Roxb.)	MedoJanDoshan Hanti	Kaphotkleda- pittaroga Vinashanam	Cha.Su.27/148
		<i>Vrikshamla</i> (<i>Tamarindus indica</i> Linn.)	Ruksha	Vata- shleshmaniShasyate	Cha.Su.27/151
		<i>Matulunga</i> (A variety of lemon) (<i>Citrusdecumana</i> Linn.)	Laghu	Vata – shleshma samuttheshu sarveshu ev upadishyate	Cha.Su.27/154
		<i>Shushka Badara</i> (<i>Ziziphus jujube</i> Lam.)	-	Kapha-vataghna	Cha.Su.27/141
		<i>Bala Bilva</i> (<i>Aegel marmelos</i> Corr.)	-	Kapha-vata Jit	Cha.Su.27/138
		<i>Tinduka</i> (<i>Diospyros peregrine</i> Gurke)	Laghu	Kapha-pittaghna	Cha.Su.27/147
		<i>Karchura</i> (<i>Hedychium spicatum</i> Ham ex Smith)	-	Vata-kaphaghna	Cha.Su.27/155
		<i>Parpataki Phala</i>	-	Kapha-pittaghna, Vatala	Cha.Su.27/162
		<i>Akshikiphala</i>	-	Kapha-pittaghna, Vatala	Cha.Su.27/163
5.	Harita Varga (Greens, Salads)	<i>Jambira</i> (Lemon) (<i>Citrus medica</i> Linn.)	-	Kapha- vataghna	Cha.Su.27/167
		<i>Shushka Mulaka</i> (Tender radish)	-	Kapha- vata Jit	Cha.Su.27/168
		<i>Surasa</i> (Tulasi) (<i>Ocimum sanctum</i> Linn.)	-	Kapha- vataghna, Pittakrut	Cha.Su.27/169
		<i>Kharahva</i> (<i>Trachyspermum roxburghianum</i> Sprague)	-	Kapha- vataghna	Cha.Su.27/172
		<i>Grinjanaka</i>	-	Vata- shleshma Hita	Cha.Su.27/174
		<i>Gandira</i> (<i>Euphorbia antiquorum</i> Linn.)	Ruksha	Kapha- vatahara	Cha.Su.27/171
		<i>Jalapippali</i> (<i>Commelina salicifolia</i> Roxb.)	Ruksha	Kapha- vatahara	Cha.Su.27/171
		<i>Tumburu</i> (<i>Zanthoxylum alatum</i> Roxb.)	Ruksha	Kapha- vatahara	Cha.Su.27/171
		<i>Shringavera</i> (Ginger) (<i>Zingiber officinale</i> Rosc.)	Ruksha	Kapha- vatahara	Cha.Su.27/171
6.	Mamsa Varga (Meat)	<i>Aja mamsa</i> (Goat meat)	Na- ati Guru	Adoshala	Cha.Su.27/61
		<i>Gaura tittira</i> (Meat of Grey partridge)	Laghu	Pitta-shleshma Vikarshu Sarakteshu, Mandavateshu Shasyante	Cha.Su.27/68
		<i>Lava</i> (Meat of common quail)	Laghu	Sannipata Prashaman	Cha.Su.27/69
		<i>Shalllaka</i> (Pangolin meat)	-	Vata-pitta-kaphaghna	Cha.Su.27/71-72
		<i>Shuka</i> (Meat of green parakeet)	Ruksha, Laghu	-	Cha.Su.27/74-75
		<i>Shashah</i> (Meat of hare)	Ruksha, laghu	-	Cha.Su.27/76
		<i>Ena</i> (Meat of blackbuck)	Laghu	Tridoshashamaka	Cha.Su.27/77-78
7.	Madya Varga (Intoxicants)	<i>Jagala</i>	Ruksha	Kapha-vata Hita	Cha.Su.27/181
		<i>Arishta</i>	-	Kaphakrutan Rogan Hanti	Cha.Su.27/182

	liquors)	<i>Pakva- rasa Sidhu</i>	-	<i>Shleshma Vikaraghna</i>	<i>Cha.Su.27/184</i>
		<i>Apakva- rasa Sidhu</i>	<i>Lekhana</i>	-	<i>Cha.Su.27/185</i>
		<i>Dhatakyasava</i>	<i>Ruksha</i>	-	<i>Cha.Su.27/188</i>
		<i>Madhu</i>	<i>Laghu</i>	<i>Kaphaghna, Alpa Marutam</i>	<i>Cha.Su.27/189</i>
		<i>Amla kanji</i>	-	<i>Vata-kaphapaham</i>	<i>Cha.Su.27/192</i>
		<i>Jirna Madya</i>	<i>Laghu</i>	-	<i>Cha.Su.27/193</i>
8.	<i>GorasaVarga</i> (Milk and milk products)	<i>Ushtra Dugdha</i> (Milk of camel)	<i>Ruksha, Laghu</i>	<i>Shastam Vata - kapha</i>	<i>Cha.Su.27/220</i>
		<i>Ekshapha Dugdha</i> (Milk of animals having one hoof)	<i>Ruksha, Laghu</i>	-	<i>Cha.Su.27/221</i>
		<i>Chhaga Dugdha</i> (Milk of goat)	<i>Laghu</i>	-	<i>Cha.Su.27/222</i>
		<i>Dadhi Manda</i>	-	<i>Shleshma- anilaghna</i>	<i>Cha.Su.27/228</i>
9.	<i>Ikshu Varga</i> (Products of sugarcane)	<i>Madhusharkara</i> (Sugar deposited in the vessel containing honey)	<i>Ruksha</i>	-	<i>Cha.Su.27/242</i>
		<i>Madhu</i> (Honey)	<i>Ruksha</i>	<i>Kaphapaha, Vatala</i>	<i>Cha.Su.27/245</i>
10.	<i>Krita Anna</i> (Cooked food preparations)	<i>BhrushtaTandula</i> (Fried rice)	-	<i>Shleshmamayeshu Icchhanti</i>	<i>Cha.Su.27/258</i>
		<i>Dhana- sangakBhakshya</i> (Fried barley)	<i>Lekhana</i>	-	<i>Cha.Su.27/266</i>
		<i>Shindaki</i>	<i>Laghu</i>	-	<i>Cha.Su.27/285</i>
		<i>Laja Saktu</i> (Roasted flour of fried paddy)	<i>Laghu</i>	-	<i>Cha.Su.27/257</i>
11.	<i>Ahara Yoni</i> (Adjuvantsof food)	<i>Sharshap Taila</i> (Mustard oil)	-	<i>Kapha – anilahara</i>	<i>Cha.Su.27/290</i>
		<i>Shunthi</i> (Dry ginger)	-	<i>Vata- kapha Paham</i>	<i>Cha.Su.27/296</i>
		<i>Shushka Pippali</i> (Dried long pepper)	-	<i>Kapha- vataghna</i>	<i>Cha.Su.27/297</i>
		<i>Maricha</i> (Black pepper)	<i>Laghu</i>	<i>Kapha – vata Jit</i>	<i>Cha.Su.27/298</i>
		<i>Hingu</i> (<i>Asafoetida</i>)	<i>Laghu</i>	-	<i>Cha.Su.27/299</i>
		<i>Sauvarchal Lavan</i>	<i>Laghu</i>	-	<i>Cha.Su.27/301</i>
		<i>Karavi</i> (<i>Cerum carvi</i> Linn.)	-	<i>Vata- kaphanashaka</i>	<i>Cha.Su.27/307</i>
		<i>Kunchika</i> (<i>Nigella sativa</i> Linn.)	-	<i>Vata- kaphanashaka</i>	<i>Cha.Su.27/307</i>
		<i>Ajaji</i> (<i>Cuminum cyminum</i> Linn.)	-	<i>Vata- kaphanashaka</i>	<i>Cha.Su.27/307</i>
		<i>Yavani</i> (<i>Trachyspermum ammi</i> Sprague)	-	<i>Vata- kaphanashaka</i>	<i>Cha.Su.27/307</i>
		<i>Dhanya</i> (<i>Coriandrum sativum</i> Linn.)	-	<i>Vata- kaphanashaka</i>	<i>Cha.Su.27/307</i>
		<i>Tumburu</i> (<i>Zanthoxylum alatum</i> Roxb.)	-	<i>Vata- kaphanashaka</i>	<i>Cha.Su.27/307</i>

DISCUSSION

Dravyas having above properties are useful in the treatment of *Sthaulya*. Because in *Sthaulya*, due to obstruction of *Srotasa* by *Meda*, the movement of *Vata* is specially confined to *Koshtha* resulting in the stimulation of *Agni* and absorption of the food.^[23] So the patient digests food quickly and becomes a voracious eater.

Meda is the *Ashraya Sthana* of *Kapha Dosha*. If the *Dosha* (*Ashrayi*) gets vitiated, they also contaminate the *Dhatu* and *Mala* and cause wide array of diseases. *Guru*, *Shita*, *Mridu*, *Snigdha*, *Madhura*, *Sthira* and *Picchila* are the qualities of *Kapha*.^[24] *Kapha* is pacified by *Dravya* of opposite qualities. *Ahara* possessing the qualities like *Laghu*, *Ruksha* (which are opposite to the property of *Kapha*) are useful for decreasing *Meda* and which ultimately reduces *Sthulata*. Here an attempt has been made to explain properties of *Aahara Varga-Dravya* which will help in reducing weight.

1. *Shuka Dhanya* is the main portion of our food habits. E.g. Wheat, Rice etc. In *Santarpanotha Vyadhi* selection of *Ahara* have been advised for the treatment. Among them some *Dhanya* possess *Laghu* and *Kaphaghna* properties, which ultimately reduces *Sthulata* e.g. *Shashtika*, *Rakta Shali*, *Shyamaka*. Whereas diet like *Yava* which is said to be *Guru* and *Kaphaghna* is helpful. These *Dravyas* are rich in carbohydrate, fiber along with low fat. They also possess minerals and vitamins. They fulfil daily requirements of the body without increasing weight of the patient.
2. *Shami Dhanya* is also main portion of our food habits. E.g. Green gram, peas, black gram. Among them some *Dhanya* possess *Laghu*, *Ruksha* and *Kaphaghna* quality. E.g. *Mudga*, *Kulattha*, *Masura*, etc. Among them *Rajamasha* is *Guru* but along with it possess *Ruksha* and *Kaphahara* property, so it can reduce *Kapha*. These all are rich in protein, fibre, vitamins, minerals such as iron, zinc, magnesium and low fat in nature.
3. *Shaka Varga* is also main portion of our food habits. e.g. potato, cabbage, brinjal, etc. Among them some *Dravya* possess *Laghu* and *Ruksha* property along with *Kaphaghna* in nature. e.g. *Patola*, *Vartaka*, *Amlika Kanda*. Among them *Palanka* and *Alabu* are *Guru* but along with they possess *Ruksha Guna*, so it can reduce *Sthulata*. They are a good source of dietary fiber. Fiber may also improve vitamin and mineral absorption in the body. They are low in calories but high in nutrients.
4. *Phala Varga* is an important part of our healthy diet. e.g. pomengranate, apple, grapes etc. Among them some *Dravyas* are *Kaphaghna* in nature. Some of these *Dravya* possess *Laghu*, *Ruksha*, *Medohara* properties along with *Kaphaghna*. e.g. *Amla Paravat*, *Amalaki*, *Shushka Badara*. Among these, *Jambu* is *Guru* in nature but it also possess *Kaphaghna* property. In treatment of *Sthaulya*, *Guru* and non-nourishing diet is prescribed. So, it is useful in the treatment of *Sthaulya*. They are an excellent source of essential vitamins and minerals and they are high in fiber. They are low calories and low fat.
5. *Harita Varga* is one type of green leafy vegetables consume as salad generally e.g.

- cabbage, carrot etc. Among these, some dravyas possess *Ruksha* and *Kaphaghna* property. E.g. *Shushka Mulaka*, *Jambira*, *Shringavera*. They are rich in carbohydrate, protein, sodium, potassium, vitamin C, vitamin B6 and low in fat.
6. *Mamsa Varga* is alternative part of our food habit e.g. chicken, mutton etc. Among them some *Dravyas* are *Laghu*, *Ruksha* and *Tridoshaghna* in nature. e.g. *Aja Mamsa*, *Lava*, *Ena*. They are great source of protein. They also provide other nutrients like iodine, iron, zinc, vitamin B12 and essential fatty acids.
 7. *Madya Varga* is occasional drink of our food habit e.g. red wine, light beer etc. Among them some *Dravyas* are *Kaphaghna* along with they possess *Laghu*, *Ruksha* and *Lekhana* properties. E.g. *Jagala*, *Arishta*, *Apakva-rasa Sidhu*.
 8. *Gorasa Varga* is daily consumed by vegetarians as well as non-vegetarians. e.g. milk, curd, butter milk etc. Among them some *Dravyas* possess *Laghu*, *Ruksha* and *Kaphaghna* properties. e.g. *Ushtra Dugdha*, *Chhaga Dugdha*, *Dadhi Manda*. Goat's milk contains calcium, protein, carbohydrate, potassium, phosphorus and magnesium. It is also an excellent source of vitamin A. Camel's milk has low level of cholesterol and high amounts of vitamin and minerals such as potassium, iron, copper, magnesium, vitamin C and calcium.
 9. *Ikshu Varga* is sweetening agent of our food habit e.g. sugar, jaggery etc. Among them some *Dravyas* are *Ruksha* and *Kaphaghna* in nature. e.g. *Madhu Sharkara*, *Madhu*. It contains carbohydrate, iron, zinc and potassium.
 10. *Kritanna Varga* is modified form of cereals e.g. soup, saktu etc. Among them some *Dravyas* are *Laghu*, *Ruksha* along with *Kaphaghna* in nature. e.g. *Laja Saktu*, *Bhrushta Tandula*. Among them *Dhana-sangaka Bhakshya* possess *Lekhana* property. These dravyas are rich in carbohydrate, fiber along with low fat. They also possess minerals and vitamins.
 11. *Ahara Yoni Varga* is used to flavor food, they make it easier to cut back on less healthy ingredients like salt, sugar and added fat. Among them some *Dravyas* are *Vata-Kaphaghna* and *Laghu* in nature. E.g. *Sunthi*, *Shushka Pippali*, *Maricha*. They contain carbohydrate, fiber, protein, iron, sodium, potassium, calcium, magnesium. Mustard oil is high in monounsaturated fatty acids.

CONCLUSION

Sthaulya is said to be difficult *Vyadhi* to treat as control of both mind and body of the patient are very important. If properly prescribed Diet plan is given to the patient, it may help to

reduce many life threatening disorders development. Accurate knowledge of *Ahara Varga* is important factor.

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