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## A critical review on Concept of *Sthaulya* W.S.R. to Obesity

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### ABSTRACT:

*Sthaulya* or obesity is the complex type of nutritional metabolic disease. It occurs due to imbalance between consumption of calories and its expenditure resulting in positive energy balance. It is characterized by the abnormal deposition of the adipose tissue, resulting in an increased weight of the body. Prevalence of overweight and obesity is increasing globally in both developed as well as developing countries which affects about 300 million population approximately. Obesity is common among the people who follow sedentary lifestyle. In modern science there is no perfect treatment for obesity except bariatric surgery. In holistic science *Ayurveda*, the preventive as well as treatment aspects of the disease *Sthaulya* are mentioned. Prevention of *Sthaulya* by dietary modification and *Yoga* along with *Dinacharya*, *Ritucharya* etc. are mentioned in *Swasthachatushka*. Hence, study of obesity in light of *Ayurveda* becomes necessary. In present article, an attempt has been made to understand the aetiology, Patho-physiology, signs & symptoms of *Sthaulya*, its preventive methods like *Nidana Parivarjana*, *Dinacharya*, therapeutic management along with medicines, diet, *Pathya-Apathya*, nonpharmacological methods like exercise and *Yoga* in detail.

### Keywords:

*Ahara*, *Ayurveda*, dietary modification, life-style disorders, Obesity, Overweight, *Sthaulya*.

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