

Ayurvedic Health System Approaches to the Globally Burden Health Care Problem of Obesity

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Abstract

Overweight and obesity among children and adolescents has emerged as a global epidemic and is becoming a serious public health problem in whole over the world. To prevention and cure from the above mentioned problem whole world get an interesting to search about CAM (Complementary & Alternative Medicine) therapy. In order to overcome this problem, an ancient Ayurveda life style methods, ayurveda medical herbs and techniques can be applied with the help of modern techniques. Particularly shown its potential power to deliver significant effect on healthcare of Overweight and obesity. Ayurveda is an eternal science, deals not only with diseases; but also with way of prevention from the diseases. The guidelines mentioned in Ayurveda about lifestyle, personal and social are very important to overcome from these diseases. Objective of this paper to evaluate prevention of overweight & obesity can be promoted through .Ayurvedic Health System and prevent health burden crisis.

Introduction

Ayurveda, literally translated as 'the Science of Life', is an ancient form of healing and well-being which dates back 5,000 years. This natural healing method seeks not only to cure disease but also to rejuvenate the body & mind and maintain proper body weight & shape by increasing immunity which is effective in curing stress and promoting a positive and a relaxed mental attitude towards healthy living.

Ayurveda, much like other Eastern medicine, focuses on prevention and balance, unlike Western medicine with its strong focus on symptoms and treatment of illness rather than prevention and holistic health.

Obesity among children and adolescents has emerged as a global epidemic [1] and is becoming a serious public health problem in whole over the world. It is believed that the rise of obesity in developing countries is likely to create a tremendous public health burden [2], because obesity in children and adolescents is strongly associated with many co morbidities [3-5].

Metabolic complications associated with obesity in childhood greatly increase the risk for type 2 diabetes and early cardiovascular disease. Moreover, obesity in adolescence was shown to track to adulthood [6-7]. Aside from overall obesity, abdominal obesity has also been linked to increased cardio metabolic risk in children and adolescents.

A better understanding of the relationships between obesity and lifestyle factors is necessary for effective prevention and management of obesity in youth. Therefore, the objective of this study also to evaluate the associations between obesity measures and several lifestyle factors, including physical activity, sedentary behaviours and dietary habits

Literary Review of Over Wight & Obesity (Sthaulya)

Historical Review

Ayurveda is considered as part of Atharva –veda (A great vedic book) and thus has its origin from Veda. Over Weight & Obesity (Sthaulya) has been up in the present conceptual literary study under the following chronology:

1. Vedic Kala

In Rigveda and Yajurveda (25th Chap.) meda (fat portion of the body)and vapa(air portion of the body)has been mentioned. Atharveda (1/11/14.817/7)synonyms of herbs ,which probably stands for substance like fat (meda) In Yajurveda (12/97)a disease named “Upachita” has also been described with reference this .

All these references give clues regarding existensce of this disease even in the Vedic era.

2.Samhita Kala

Charaka Samhita (one of the great Ayurvedic book was written by great Ayurvedic teacher called Charaka.)

Over Weight & Obesity has been mentioned (in Ch. Su.21.) with its causative factors along with its pathology , sign –symptoms , prognosis and management have been narrated in detail. Ch.Su.21/3-4 eight types of