

ROLE OF MINERAL MEDICINE IN LIFESTYLE DISORDERS W S R TO OBESITY (*STHOULYA*)

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ABSTRACT

60% of deaths occur in the world due to life style disorders i.e, Non communicable diseases. WHO while defining about the life style disorders focus on Obesity (Co Related to Shoulya in Ayurveda). Shoulya is not only a Nidaan for various Rogas but is also a manifestation of number of Rogas. Rasa Kalpa and Rasayan chikitsa has been neglected in acute diseases which further take form of grave diseases under life style disorders. Micronutrient deficiencies associated with overweight/obesity which includes deficiencies of minerals like calcium, iron, magnesium, potassium, selenium, zinc, iodine & others. These all play a role as essential cofactors in proper carbohydrate, fat and protein metabolism, and in assisting neurotransmitters and other hormones in regulating hunger. Taking this into account, eating "naked calories," will provide a disconnect between the mind and body, leading to physiological need to over consume food and eventually obesity. Micronutrient(minerals) , were mentioned long back as Rasa dravyas like Louha, Tamra, Parad, Gandhak which prove to beat Sthoulya (Obesity), the cause of various life style disorders .

AIMS & OBJECTIVES

1. Literary review of minerals (*Rasa Dravya*) indicated in *Sthoulya*
2. To Study life style disorders w.s.r to Obesity
3. To present the role of minerals in management of Obesity in perspectives of Ayurveda and modern medicine

MATERIAL AND METHODS

Review of literature will be done from *Rasa Shastra* texts, *Rasa Ratna Sammurchaya*, *rasa tarangaini*, *Yoga Ratnakara*, *bhashajya ratnavali* etc. Relevant *samhitas*, *Charak samhita*, *ashtang hruday* etc will be reviewed for *Sthoulya* and *Rasa Chikitsa* indicated in the same. Research articles, publications related to obesity, use of minerals and life style disorders were scuritinised. E-books & other sites on internet were also searched for relevant data.

OBSERVATION AND RESULTS:

Rasaushadhis like Shilajatu, Loha bhasma, Rasasindhura/Parada bhasma, tamra bhasma etc are the best drugs to treat Sthoulya. Rasaaushadhis given in Bruhatrayis (Charak, Shushurta, Vagbhata) are Shilajatu, loha bhasma, kshara, Vidangadya loha etc. and in Laghutrayis, Yoga Ratnakara and Bhavaprakasha respectively Rasa bhasma/Rasasindhura, Trayushanadhya Loha, Trimurti Rasa, Vadavagni Rasa and Shilajatu with Guggulu, Shilajatu with Agnimantha kwatha, Loharasayana, Loharista etc. There is a vast spectrum mineral treatment in Ayurveda texts which can cure the grave life style disorder Obesity.

CONCLUSION –

In Society, Percentage of population suffering from *Sthoulya* is increasing day by day so they should made aware regarding the disease and its severe complications before it reaches to its epidemic level. Weight management is a life-long process and permanent weight reduction is difficult to achieve hence minerals which modern medicine is prescribing to the obese patient as nutrient supplement was actually written as a power medicine in *Sthoulya* long back in Ayurveda.