



CONCEPTUAL STUDY ON GURU GUNA AS HETU IN STHAULYA

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ABSTRACT

Dravya is the substratum for the guna and karma. Guna are the energy of Dravya and karma are execution of this energy. Among all the gunas, guru guna is the first guna described. The worldwide percentage of non-communicable disease is increasing day by day. There are many non-communicable disease among them sthaulya (obesity) are vastly increasing due to change in lifestyle (Ahaar and vihaar) which further leads to many other diseases. It also decreases the quality of life and life span. In Ayurveda, Sthaulya is mentioned as santarpanjanya vyadhi.

KEYWORDS : guna, guru guna, sthaulya, santarpanjanya vyadhi, lifestyle disease.

INTRODUCTION

The main aim of Ayurveda is maintenance of the health of healthy person and curing the disease by applying diet and medicine. For this purpose the identification and understanding of a substance and its knowledge is important, which is collected based on its attributes (Guna) and actions (Karma). The word Guna is derived from the root 'Guna Amantrane', which means to invite. That which attracts or invites towards a particular object is called its Guna. Among all the Gunas mentioned in Ayurveda, Guruvadi gunas are given the utmost importance. It is also called Sharir Guna as these attributes are commonly present in body tissues and doshas. Today in this time of modernisation and fast life everybody is busy and living a stressful life. People are living comfortable life and are not doing any physical activities with increased consumption of fast foods having high calories. Dietary habits like fast food, canned foods, frozen foods with lack of physical activities leads to disturbance of metabolism and ultimately results in increased body fats known as Sthaulya (obesity). Sthaulya is increased guruta of the body. It is Kaphaj Nanatmaja Vyadhi (ch.su/20/17). Acharya Charaka described Sthaulya one among eight undesirable physical condition (Asta Nindita purusha) ch.su.21/3. Obesity is a clinical term and is referred for overweight. Obesity is defined as excess of adipose tissue or fat that imparts health risk. Overweight or obesity may not be considered as a specific disease, but it is certainly cause for other degenerative disease.

AIM AND OBJECTIVES

- To study Guru Guna
- To study the Effect of Guru Guna as causative factor of Sthaulya.

MATERIAL AND METHOD

The Conceptual study will be based on Ayurvedic text books, previous research paper, journals.

Review On Guru GUNA

The word 'guna' is implied to denote contextual meanings like importance, good quality, advantage, multiplication. Guna resides in dravya. Different Acharyas has elaborated different types and number of guna. According to Acharya Charaka out of all 41 gunas, Guruvadi gunas are considered to be the most important. It is described in pairs. Guru guna is the first guna which is included amongst the total twenty gunas of guruvadi guna. Guruvadi guna are also called as Sharir guna as these attributes are commonly present in body tissues and doshas. On the basis of these gunas present in drugs and diets, Dosh, Dhatu and Mala samyavastha is maintained. Gunas are essential to understand functions of dosha and these make principle of treatment.

Literal meaning of guru is heaviness and in terms of treatment it can be said as foods that are either heavier to digest or needs longer period of time for assimilation in digestive tract. Substances possessing guru guna usually increase kapha dosha in the body and depletes vata dosha and delays digestion and provides nourishment. According to Hemadri, substances having guru property cause brimhana effect on the body (As.H.1/18).

The panchabhautik composition of guru guna is Prithvi and jala mahabhut. Due to its panchabhautik composition it leads to increment of dosha, dhatu, mala having predominance of related mahabhuta. As most of the body is dominated with these two mahabhutas, the use of substances which has guru guna leads to bulkiness or simply increase the body tissue, it mainly increases muscle tissue and provides nourishment to the whole body. According to Acharya Sushruta, Guru guna is sada which is further explained as Angaglani by Acharya Dalhan. "Sada" means idleness, slothfulness or lethargy. It also cause upalepa in action as mentioned in Sushrut sutrasthan 46/518. Upalepa is defined as Mala vridhi by Acharya Dalhan. bala vardhak and causes Brimhan.

With respect to dosha, kapha possess similar composition and it is one among the many qualities of kapha hence food or medicine which has guru property tends to increase kapha. On the other hand, lightness is the quality of vata dosha which is antagonist to heaviness thus foods which increase kapha would decrease vata. With respect to the effect on mala, this will increase bulkiness of the same.

List Of Guru Guna Dravya According To Charak Samhita- Dhanya varga- Vrihi Dhanya, Shami Dhanya (Masha, Rajamasha)

Mamsa varga- Prasaha (Terrestrial animals), Bhushaya (Burrowing animals) Varicha (Aquatic animals), Varaha (hog), Gavya (cow), Mahisha (Buffalo), Matsya (Fish), Avi (Sheep), Hamsa (Swan)

Phala varga- Kharjura (Dates), Falgu (Fig), Nashpati (Plum), Kapittha (Wood apple), Jambu beej (Java plum), Narang (orange), Vatad (Almond), Akshotak (Walnut)

Harit Varga- Palandu (onion), Rasona (Garlic).

Dugdha Varga- Godugdha (cow milk), mahishadugdha (Buffalo milk)

Ikshu Varga- Madhu (Honey)

Sthaulya is simply the increased guruta of the body. It is

kaphaj nanatmaja vyadhi.(ch.su/20/17). Acharya charaka described *Sthaulya* one among eight undesirable physical condition(*Asta nindita purusha*) ch.su.21/3.

Sthaulya can be described as medo roga, medo vridhi, medasvi and ati sthaulya. Sthaulya is having heaviness and bulkiness of the body due to excessive growth or abnormal increase of medo dhatu resulting in pendulous appearance of buttocks, belly and breast with decrease in energy level. In *Sthaulya* there is obstructive pathology. The excessive increase of *meda* cause obstruction of *strotas* and nutrition of further *dhatu* is hampered. According to Acharya charak, *Ati sthaulya* is caused due to over nutrition/satiation, excessive consumption of guru, Madhur, sheeta, snigdha ahaar with association of absence of physical exercise, day, sleeping, continuous exhilaration/happiness, absence of any worry. Here the main cause is over eating as well consumption of guru, Madhur and sheeta and snigdha ahaar. Madhur rasa ahaar are also having guru property.

Aharaj Nidana	Viharaj Nidan
Adhyashana(eating before the previous food is digested)	Avyayam(lack of physical exercise)
Atisampurana(over eating)	Avyavaya(lack of sexual intercourse)
Atibrumhana(eating foods high in calories)	Diwaswapna(sleeping during the day)
Guru Ahar(foods which are heavy to digest)	Asana sukha(remaining seated for long time)
Madura rasa(foods having sweet taste)	Bhojanottarasana(sitting idle after taking food)
Snigdha ahara(oily foods)	Swapnaprasangata(excessive sleep)
Sheetaa hara(cold foods)	Harshanitya(always being cheerful)
Navanna(freshly harvested grains)	Achintana
Gramya rasa(domestic animal's meat and soup)	Priyadarshana(constantly seeing those things which are liked)
Payavikara(milk and its preparations like curd etc)	
Iksuvikara(sugarcane and its products)	
Guda(jaggery)	
Godhuma(wheat)	
Mashasevana(black gram)	

NIDANAS OF STHAULYA

Nidanans of *Sthaulya* can be classified as Aharaja Nidana and Viharaja Nidana.

Here most of the nidanas are are guru in nature and thus increases kapha dosha and medas which further leads to *sthaulya*. Acharya Charak and Acharya sushruta has mentioned detailed samprapti of the *sthaulya*

The samprapti as per Acharya Sushruta and Acharya Charak are shown by flow chart .

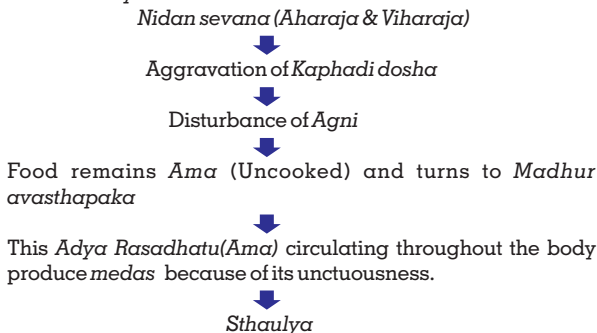


Fig.1;Samprapti of *sthaulya* according to Acharya Sushruta.

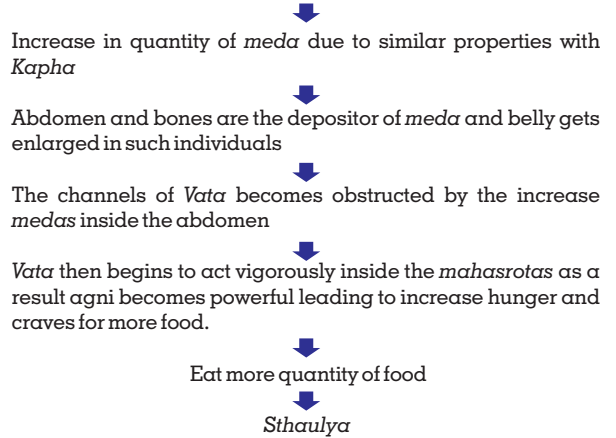


Fig.2; Samprapti of *Sthaulya* according to Acharya Charak.

DISCUSSION

The Nidanans (Aharaj and Viharaj) mentioned for *sthaulya* causes Kapha aggravation and are responsible for medavridhi. These in contemporary science can be interpreted that those are nothing but high caloric foods and sedentary lifestyles. Obesity decreases life span with increase chances of developing complication like stroke, hypertension etc. Hence prevention of *Sthaulya* is important to lead a quality life. It can be prevented by modifications in lifestyle like alterations in eating pattern, adopting physical exercise and prevention of addiction. Primary prevention can be adopted through controlled diet, regular physical exercise and avoiding sedentary lifestyle while secondary prevention can be implemented through diet control, regular exercise along with various treatment modalities to prevent further progressive stage and reduce complications.

CONCLUSION

Obesity is a serious and highly prevalent disease with increased morbidity and mortality. A thorough medical assessment is required to identify who are obese or at risk for obesity and treatment should be given with prevention for those at risk by adopting appropriate measures and avoiding causative factors. Obesity (*Sthaulya*) if not treated in time or ignoring may invite further complications in later stages. Therefore preventing or controlling it at the early stage is recommended. By following the Ahara, Vihara, Dinacharya, Rutcharya, Yoga mentioned in Ayurveda one can prevent and cure obesity.

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