

SIDDHA HERBS IN THE MANAGEMENT FOR OBESITY

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Obesity is increasing to an alarming rate throughout the world. Further, WHO projects that by 2015, approximately 2.3 billion adults will be having overweight and more than 700 million will be of obese. Atleast 20 million children under the age of 5 years were of overweight globally in 2005. Today, it is estimated that there are more than 250 million obese people worldwide, equivalent to seven percent of the adult population (WHO 1998).

Obesity is a physical condition that results from excessive storage of fat in the body. Obesity has been defined as a weight more than 20 % above what is considered normal as per the body mass index, which is calculated from an individual's age, height, and weight. Presence of fat tissue is essential as natural energy reserve in our bodies. But excess fat tissues result in obesity and causes health disorders.

Obesity is known in Siddha as "Adi Stula-Rogam", and the ancient texts have recognized and specifically mentioned the difficulty in treating obesity, since failure in self-restraint and discipline with respect to food habits and exercise are common. They are usually the main contributing factors in obesity, though other causes like heredity and hormonal disturbances may also be responsible. The overweight problem is due to an actual increase in the fat component (Meda Dhatu), or it can be due to malfunctioning. These, accordingly, will need different approaches. In very few cases, it can be an offshoot of other metabolic disorders.

Body is made of 7- Dhatus saram (Lymph), Senner (Blood), Oon (Muscle), Kolluppu(Fat), Enbu (Bones), Moolai (Nervous System) Shukkilam (Reproductive System)}. But in Obese fellow, Kolluppu is excessively nourished and it turn,It makes all other Udal kattukal(Dhatus) get malnourished. Kapha gets accumulated, in between. When Kapha increases in abnormal order, Fat metabolism gets hampered and person becomes Obese.

The presence of risk factors and diseases associated with obesity are also used to establish in clinical diagnosis. Coronary heart disease, type 2 diabetes, sleep apnea are possible complications that would indicate a need to commence or intensify treatment for obesity. Smoking, high blood pressure, age and family history are other risk factors. Women (house-wives) are spending most of their leisure time in front of T.V. Household durable goods like washing machines, cooking gas and electric ovens leading to reduction in the require of the physical activity. All these prevent the people from physical activity and leads to overweight and obesity. At the same time, consumption of oily and junky food is responsible for overweight and obesity.

The balance between calorie intake and energy expenditure determines a person's weight. If a person eats more calories than he or she burns, the person gains weight (the body will store the excess energy as fat). If a person eats fewer calories than burns, he or she will lose weight. Therefore the most common causes of obesity are over eating and physical inactivity. At present, we know that there are many factors that contribute to obesity, some of which have a genetic component. A person is more likely to develop obesity if one or both parents are obese. Genetics also affects hormones involved in fat regulation.

Carbohydrates increase blood glucose levels, which in turn, stimulate insulin release by the pancreas. In view of that insulin promotes the growth of fat tissue and can cause weight gain. Some scientists believe that simple carbohydrates (sugars, fructose, desserts, soft drinks, beer, wine, etc.) contribute to weight gain because they are more rapidly absorbed into the blood stream than complex carbohydrates (pasta, brown rice, grains, vegetables, raw fruits, etc.) and thus, cause a more pronounced insulin release after meals than complex carbohydrates. Scientists have observed that people who eat small meals four or five times daily, have lower cholesterol levels and lower and/or more stable blood sugar levels than people who eat less frequently (two or three) large meals daily.

For some people, emotions influence eating habits. Many people eat excessively in response to emotions such as boredom, sadness, stress or anger. While most overweight people have more psychological disturbances than normal weight people. Diseases such as hypothyroidism, insulin resistance, polycystic ovary syndrome and Cushing's syndrome are also contributors to obesity. Roll of medicines with dietary correction is to remove obstructed Kapha and let all Dhatus nourish equally. It is not only the quantity of food that is important, but also the type of food one eats. It is not always necessary to go on a restricted diet, but qualitative changes and food habits can bring remarkable changes.

Siddha system of Medicine has been prevailing in India since time immemorial. Several factors are responsible for the comeback of herbal medicine. Drug resistance seems to be the prime cause. Cost-effectiveness is another factor where herbal drugs score over synthetic drugs. The efficacy of some herbal products is beyond doubt, the most recent examples being Tribala chorrnam is one of the preparations of Siddha and Ayurveda systems.

Take Terminalia chebula fruits (1½ tbsp), Terminalia bellirica fruits (1½ tbsp), Emblica officinalis fruits (1 tbsp), Crataeva nurvala bark (2½ tbsp), Tribulus terrestris fruits (2½ tbsp), Zingiber officinale roots (1 tbsp). Take all the drugs grinded and put in a container. Dosage: About 2 teaspoon powders should be given to the patient, twice a day with lukewarm water or mixed with honey.

Medicines like ponkoranti (*Salacia oblonga*), kollu (*Dolicus biflorus*), Pazham puzhi (*Garcinia indica*) and Avarai (*Cassia auriculata*) roots not only reduce excess body fat, cholesterol and atherosclerosis, but also may actually slow down ageing at the cellular level. It is no wonder, then, that these medicines are classified in Regenerative drugs. *Salacia* roots have been used in traditional medicine for diabetes and obesity since antiquity and have been extensively consumed in India and other countries as a food supplement for the prevention of obesity and diabetes. Obesity can lead to many complications like cardiovascular and renal problems, hypertension and diabetes. *Salacia*

root extracts have been found to be very effective in treating obesity and prevents Diabetic Microvascular complications. In Tribal people in day to-day practice take salacia coarse powder soaked with water for overnight and filter. the filtered extract is consumed take early morning continuely 40 days to reduce blood glucose and body weight.

Scientifically called *Allium Sativum*, garlic belongs to the Alliaceae family of plants, together with onion and others related to them. It is known to have been used throughout history for all kinds of purposes - culinary, medical and even mystical. It has excellent properties that help us to maintain our health - when crushed it produces a reaction one of the most powerful natural antibiotic. Enzymes, vitamin B, alliin are among other great components of garlic. Garlic has antioxidants, which are well known to be responsible for weight loss and other health benefits like reducing the risk of cancer.

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HERBAL REMEDIES FOR OBESITY:

1. Take Nathai choori chooranam 3-5 gm with hot water in the early morning. .
2. Drink a glass of boiled water every day after a meal.
3. Drink ginger tea 2-3 times a day. Aloe Vera juice improves digestion and cleanses the digestive tract
4. Lavangam bark: This spice can act as a low calorie sweetener to help to reduce the amount of sugar needed in a recipe. It also adds a unique flavor to most cookie recipes.
5. Seenthil, Triphala and Parpadakam should be taken mixed with honey. . Mix black pepper powder in vegetable soup and vegetables. It not only enhances the flavour of your food items but also helps in controlling obesity and burning excessive fat.

6. Indian gooseberry (amalaki) is an effective herb for the treatment of obesity. It is an integral component of Triphala, which is also prescribed in the treatment of obesity. Guggulu is used in the reduction of fat accumulation fat in the body.

Include food grains such as wheat, barley, sorghum and maize in your diet.- Your food must contain at least one bitter or pungent food. This must be cooked minimally to maintain the juices intact. The bitter gourd and the bitter variety of drumstick are beneficial in this aspect.

Be very careful about the food you take. It should not be oily, spicy and fatty. Do not eat foods that are rich in carbohydrates, such as rice and potatoes. Avoid red meats as they have high fatty contents. Avoid curd and take buttermilk instead. Do not eat sweet and candy. Sleeping during the daytime should be avoided at all costs.

Be active and distribute your time proportionately between work, play and rest. - Say a strict no to smoking and alcoholism. Both of these can cause severe complications in people with excess fats in their bodies .Exercises are must for burning fat. Do some breathing exercises and yogic asana for maintaining good shape and healthy mind. Go for morning walk everyday.

Do sit ups and push ups as they make your body flexible and tune the abdomen muscles, buttocks, thighs, and other body parts.

Live stress free and be optimistic in your life. A person desirous of losing weight should stay awake at night. Should try and indulge in more sexual activity, do more physical and mental exercises.