

Registration Code: INKAI230

NON PHARMACOLOGICAL MANAGEMENT OF OVERWEIGHT AND OBESITY IN AYURVEDA

Disanayaka K.G.C. * & Dharmasena K.N.A ¹

Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya (WP), Sri Lanka
Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka¹, drchithramala@gmail.com

Worldwide, at least 2.8 million people die each year as a result of being overweight or obese. Almost half of the world's population is considered to be Overweight and obese. So it is one of the greatest public health challenges of the 21st century. The most frightening aspect of obesity is that shortens the lifespan. Apart from that it reduce the quality of life and causes to Coronary heart diseases, High blood pressure, Diabetes, Arteriosclerosis, Sexual Disability and various physical-mental disorders. The causes of overweight and obesity can be attributed to both genetic and environmental factors; however, it is most commonly linked to the shifting dietary patterns, a decline in energy expenditure associated with a sedentary lifestyle. The use of allopathic and pharmacological drugs has become a popular means to overcome excess weight gain. Although these drugs generally are effective, severe adverse toxicities may limit their overall usefulness. A life style modification based intervention is being hailed as safe and an inexpensive alternative to aid weight loss and weight management . The guidelines mentioned in Ayurveda about lifestyle, personal, social and spiritual are very easy to assimilate and easy to adapt in routine life. Ayurveda, the age old science of life, has always emphasized to maintain the health and prevent the diseases by proper diet and lifestyle regimen rather than treatment and cure of the diseases. Holistic approach to weight management is based on dietary pattern, physical activity, and behavioral modifications have been clearly described in the Ayurveda. This paper is intended to deal with lifestyle modifications, dietary intervention and physical activity with behavioral modification descriptions critically.

Keywords: Obesity, Non Communicable disease, Ayurveda

Registration Code: LKI613