

PREVENTION OF OBESITY THROUGH PRINCIPLES OF AYURVEDA

Sonalika Pandey and Prabhat Kumar Dwivedi

Ayurveda, the ancient Indian system of medicine, is rooted in the principle of maintaining health through balance in body, mind, and spirit. It emphasises preventive care through individualised dietary and lifestyle practices. This paper explores Ayurvedic principles to prevent obesity or Sthaulya, which is a leading lifestyle disorder contributing to a global health crisis, by focusing on classical texts and modern research. This paper aims to discuss preventive measures by addressing the root causes, which are physical, dietary, and psychological. Ayurveda offers a sustainable, holistic approach to health. Integrating these principles into modern health policies may significantly reduce obesity and related non-communicable diseases.

Sonalika Pandey is PG Scholar, Dept of Rasa Shastra and Bhaishajaya Kalpana, Govt. Ayurvedic College, Patna, drsonalikpandey@gmail.com and Prabhat Kumar Dwivedi is Professor, Dept of Rasa Shastra and Bhaishajaya Kalpana, Govt. Ayurvedic College, Patna, drprabhatkd@gmail.com

Keywords: *Ayurveda, Sthaulya, non-communicable diseases, obesity, Ayurveda and obesity prevention, Ayurvedic diet and lifestyle, Sthaulya prevention.*