

## Hetu Vichar In Childhood Obesity

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### **Abstract-**

*The diagnosis of obesity is based on BMI in all ages. The increasing prevalence of child obesity leads to serious complication which affects the mental and physical health of the future society. The survey of the exact role of hetu or causative factors in etiopathology of obesity in childhood will certainly contribute in management as well making of healthy future of our nation at the best the mental and physical level. Without complication in Cardiovascular, hepatic, psychiatric, orthopedic, pulmonary, renal disorders primary obese 100 children from 8-15 years age included in study. Srotas dusthi and aaharvihaar regimen BMI BMR Lipid levels and urine examination was done . 56%getting late in morning, 88%eatig sticky and excessive fatty fast food with spicy and sweet tastes 59% not having green fresh veggies and all types of Rasa, 98% spending more than 3 hours daily on mobiles and computers. Eating and physical activity, family approach and attitude plays key role in childhood obesity. Lack of seasonal fruit eating, lack of bitter, astringent food habits and excessive carbohydrate, sweeteners, fatty and caloric food with preservatives , Late night sleep and constant exposure to electric and high frequency vibrations disturbs the normal enzymatic secretions which plays important role in ideal physical and mental health and upbringing in childhood*

### **Introduction-**

The last two decades noticeable growth in the percentage of obesity in childhood. 42 million overweight children around the world, childhood obesity is increasing worldwide a BMI above the 85th percentile is defined as overweight, a BMI greater than or equal to the 95th percentile is defined as obesity Many serious conditions of cardiovascular, met biologic, pulmonary, hepatic ,psychiatric neurological systems in such patients needs multidisciplinary regimen which includes dietary management, restriction to sendentric lifestyle.

Rapid urbanization leads to ignorance of followup of the childhood regimen by all means.the survey of the exact role of aaharvihaar in etiopathology and management of obesity in childhood will certainly contribute in making of healthy future of

our nation at the best the mental and physical level.

### **Aims & Objects**

1. Study the role of Hetu and aaharvihaar in the management of obesity in childhood
2. Study of causes of obesity and its after effects in childhood

### **Material & Methods-**

1. Designed CRF with details of srotas dusthi and aaharvihaar regimen with the help of ayurvedic text
2. Selected 100 patients from 8-15 years age group for the study
3. BMI BMR Lipid levels and urine examination was done
4. Results recorded carefully

**Inclusion criteria-**

1. Patients of either sex
2. Age group 8-15
3. Obesity as primary disease

**Exclusion criteria**

1. Cardiovascular, hepatic, psychiatric, orthopedic, pulmonary, renal disorders

**Observations and results-**

56% getting late in morning, 88% eating sticky and excessive fatty fast food with spicy and sweet tastes 59% not having green fresh veggies and all types of Rasa, 98% spending more than 3 hours daily on mobiles and computers

**conclusions**

Individuals eating and physical activity, family approach and attitude plays key role in childhood obesity. Lack of seasonal fruit eating, lack of bitter, astringent food habits and excessive carbohydrate, sweeteners, fatty and caloric food with preservatives, Late night sleep and constant exposure to electric and high frequency vibrations disturbs the normal enzymatic secretions which plays important role in ideal physical and mental health and upbringing in childhood

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