

**A Survey Study on Difficulties facing to follow diet plans for the control of obesity****Dr.Vinod S.Koravi**

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**Introduction :**

**O**besity is a condition in which an individual is significantly overweight an excessive amount of body fat has accumulated under the chin and on the breasts, belly, buttocks and thighs.

In recent years, India has managed to control communicable disease like malaria, cholera and polio. However, the nation now has to deal with a new breed of developed world that is obesity. Coupled with a sedentary lifestyle and faculty diet, the urban youth Are particularly prone to the life style disease. Obesity and overweight are defined as abnormal or excessive fat accumulation that present a risk to health. Modern drugs for treatment of obesity have a list of its side effects along with highcost . On contrary Ayurveda is not only living. Ayurvedic diet plan is more effective than standard diet plan in the management of obesity.

Resent figures show that in the past two decade, stroke, hypertension, high cholesterol, some types of cancers are major health risks due to obesity causes of obesity include overeating, excessive intake of heavy or cold food and drinks, oversleeping, lack of exercise, frequent smoking, eating while multi-tasking and eating food that is not suitable to one's body type.Earlier, obesity was a life style problem, but now world health organization have classified it has a disease. Ayurveda has given more emphasis on balanced state of body tissue while mentioning define of health.According to Ayurveda, obesity is a condition in which Medodhatu is in a state of vikritavidhi.

To control obesity different diet plans are followed e.g. Two times a meal plan, Keto Diet plan ,Health total Diet plan. During this diet plan lots of people facing problems like Anemia, weakness, dry

mouth, increased thirst, headache, blurred vision, frequent urination, hungry, sweaty, confused, dizzy.

Some people follow this for a week and after that they get out of these diet plans. Most of the peoples did not complete the diet plans. So In this research work I am trying to find out what are the problems peoples facing during the diet plans. These diet plan produces a mean weight loss of 8-10 % in about 30 weeks of treatment. However, two main issues still to be resolved are how to improve dissemination of this approach, and how to help patients maintain the healthy behavioral changes and avoid weight gain in the long term.

**2. Research Question :-**

Does Obesity can not be controlled due to the difficulties facing to follow diet plan?

**Need For Study**

- 1.Obesity is the leading disorder in every country . There is no any proper treatment for this change in life style , eating and drinking habits is the only good method for obesity .So in Ayurveda explain in details about life style,Aahar,Vihar.If we follow the Ayurveda we definitely controlled all the life style disorders as well as Obesity.
- 2.People now a days are very busy in their routine life . They don't want to go for Morning walk or Gym. So To follow diet plan is more famous in all the peoples who want to control the obesity.
- 3.To follow diet plan and it controls the obesity is very cost effective treatment .
- 4.Under diet plan many rules & regulations about intake of food, water, are needed to be follow. But when we started the diet plan we are very strong at starting point but when we reached at the middle of the diet plan we are not that much strong when we started.

5.Hence the topic “A Survey Study on Difficulties facing to follow Diet plans for the control of Obesity.” Is taken.

**Objectives**

**A) Primary objective**

To Study the Difficulties facing to follow Diet plans for the control of Obesity.

**B) Secondary objectives**

- 1.To study the literature of Obesity as per Ayurveda Samhita.
2. To find out possible causes of obesity..
3. To advice obese people to follow proper diet plan.
4. To advice obese people how to tackle difficulties facing at the time of following any diet plan.
5. To aware people about complications of obesity

**Methodology**

**i. Type of study design-**

- a) Descriptive randomized observational study.
- b) Total 100 obese subjects will be selected randomly irrespectively of gender and socio economic class
- c) Location of Study –Atreya Ayurved Clinic ,Kolhapur.
- d) Duration of Study- 2 months.
- e) Written Consent of patients will be taken.

**Study setting :**

**Screening phase :**A detail study of subject will be taken required counseling will be done. 100 individuals following various dietary plans will be taken through survey questionnaires.

**Assessment :**Symptoms associated with changes dietary plan shall be find out by using questionnaire.

**Sample size :** Sample size for present study will be 100.

**Materials :**

1. 100 persons will be taken.
2. Questionnaires sheets.

**Method of data collection :**

Data will be collected with the help of questionnaire.

**Study Instrument / Data collection tool:**

The following instrument will be used.

The following instrument will be used by the researches.

Tool 1 – Structured questionnaire.

| <b>Classification</b>  | <b>BMI (kg/m2 )</b> |
|------------------------|---------------------|
| <b>Pre –Obese</b>      | 25.00 – 29.99       |
| <b>Obese Class I</b>   | 30.00 – 34.99       |
| <b>Obese Class II</b>  | 35.00 - 39.99       |
| <b>Obese Class III</b> | Å40.00              |

**ii. Method of selection of study subjects(Eligibility Criteria)**

**a. Inclusion Criteria-**

- i. Individuals showing lakshan of Sthaulya as described in AyurvedicSamhita.  
मेदोमांसातिवृद्धत्वाच्चलस्फिकगुदरस्तननः  
अयःअधौउपंचयोत्साहोनरोअतिस्थूलउच्चयतेच.सू.२१/९
- ii.According to WHO Obesity classification in 2004
- iii. Age between 18 to 50 years

**b. Exclusion Criteria-**

- i. Obesity due to hormonal disorders.
- ii. Pregnancy ,Lactating mother.
- iii. Hypertension, DM ,Anemia.
- iv. Post menopausal obesity.
- v. Those with evidence of Renal , Hepatic & Cardiac involment.

**Statistical analysis :**

**Withdrawal Criteria :**

1. If any serious condition or any serious complication which require urgent medication will be drawn from study.
2. If person themselves want to leave.
3. If individual go out of town in study period will be withdrawn.

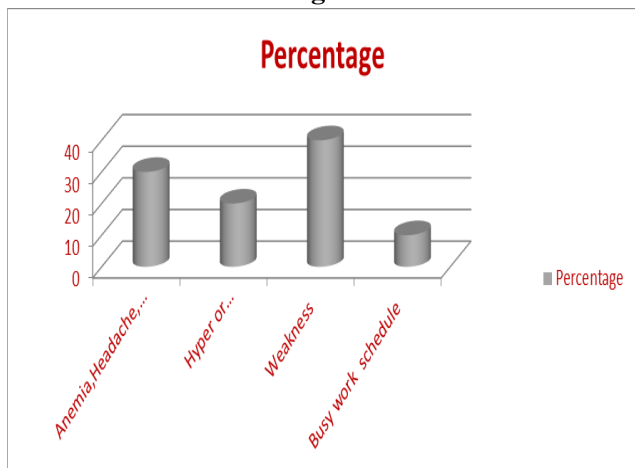
**Result :**

1. Distribution of respondents facing problems during diet plan.

Fig. 1.Shows the problem during diet plan.The majority of respondents (40%) due to weakness.

| What are the problems facing during diet plan | Percentage |
|---|------------|
| Anemia,Headache,Hungery                       | 30         |
| Hyper or Hypoglycemia                         | 20         |
| Weakness                                      | 40         |
| Busy work schedule                            | 10         |

Fig.1.

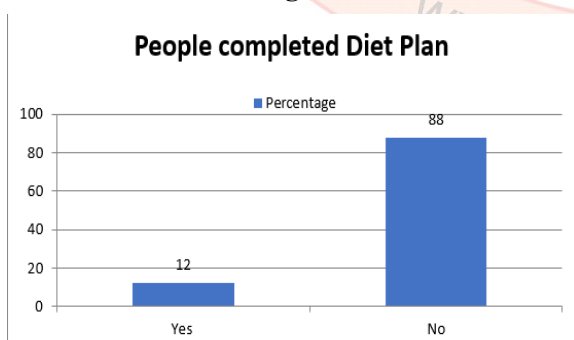


2. Distribution of respondents who completed diet plan.

Fig 2.Shows percentage of people who completed the total diet plan. The majority of respondents (88%) not completed the total diet plan.

| Completed the diet plan ? | Percentage |
|---------------------------|------------|
| Yes                       | 12         |
| No                        | 88         |

Fig.2.

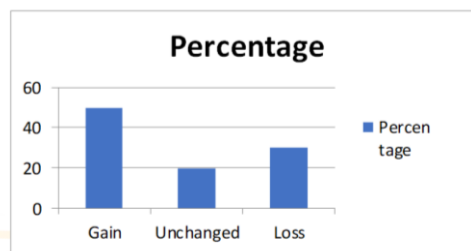


3. Distribution of respondents as after diet plan finished any weight gain or not

Fig 3.Shows after diet plan finished any weight gain or notThe majority of respondents (50%) weight gain.

| Weight    | Percentage |
|-----------|------------|
| Gain      | 50         |
| Unchanged | 20         |
| Loss      | 30         |

Fig.3.

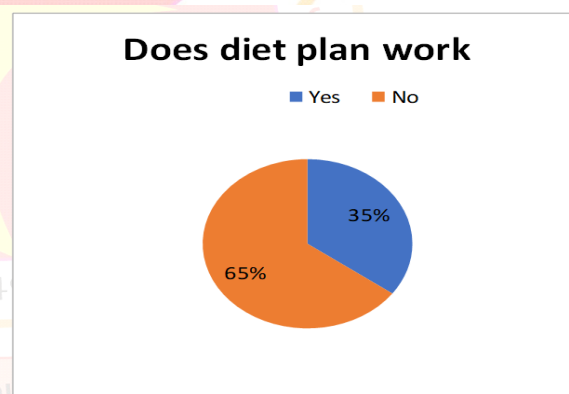


4. Distribution of respondents as diet plan work or not.

Fig 4.Shows the diet plan work. The majority of respondents replied (65%) doesn't work diet plan.

| Plan work | Percentage |
|-----------|------------|
| Yes       | 35         |
| No        | 65         |

Fig.4.



Discussion:-

This research study was conducted to know what are the difficulties facing to follow diet plans for the control of obesity. this study to complete researcher distributed a questionnaire among 100 respondents,response of these respondents were then analyzed according to their frequencies. In response of question,in which age group do you follow? Mostly the young & mid age participants for our



survey fall in age group 18 to 50. Study analysis that difficulties facing to follow diet plans for control obesity affecting mentally as well as physically on the obese personality. in response to question distribution of respondents who completed diet plan? Majority of respondents 88 percent does not completed diet plan and 12 percent respondents complete their diet plan. In response to question what are the problems facing during diet plan ?The majority of respondents 40% replied due to weakness.30 % suffering from anemia, hungry, headache. & 20 % respondents hypo and hyperglycemia and 10 % break their diet plan due to their busy work schedule. In response to question When diet plan finished after that do u gain weight or Weight remains unchanged.The majority of respondents replied 50% weight gain. 30% respondents having weight loss and 20 % unchanged their weight.

In response to question Does Diet plan work ?The majority of respondents replied 65% doesn't work diet plan.

**Conclusion :**

The result of this study indicates that people facing the difficulties to follow diet plan for the control of obesity. Because during this diet plan lots of people facing problems. like Anemia, weakness, dry mouth, increased thirst, headache, blurred vision, frequent urination, hungry, sweaty, confused, dizzy. Some people follow this for a week and after that they get out of these diet plans because of their busy life style. So the further complication occurs due to discontinuation in diet.

So lastly this study relives that don't follow any diet plan which is famous in society. Take proper consultation and then decide what is better diet for your health.

**Research Questionnaire:**

- 1.Name –
- 2.Age
- 3.Sex
- 4.Address
- 5.Weight
- 6.Height
- 7.BMI
- 8.Pre obese/obese class 1/obese class 2/Obese

- 9.Do you follow any specific diet Plan - Yes/No
- 10.Name of the diet plan-
- 11.Duration of the diet plan –
- 11.Does Diet plan work - Yes/No
- 12.What are the problems facing during diet plan –
- 13.When diet plan finished after that do u gain weight or Weight remains unchanged.
- 14.During diet plan are you suffering from any disease.
- 15.Do you completed the total diet plan.
- 16.At what reason you break the diet plan -

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