



**Niramay**<sup>®</sup>  
āyurvedic hospital  
Re-Search for AYURVEDA

# Obesity & Weight Loss

..... The Niramay Ayurvedic Approach .....

# Introduction

Obesity is not just about excess body weight, but a **metabolic disorder** that affects physical, mental, and social health. It occurs when **calories consumed are greater than calories burned**, leading to excess fat accumulation.

In Ayurveda, **Sthaulya (Obesity)** is considered a disorder of **Kapha imbalance**, **low digestive fire (Manda Agni)**, and **improper fat metabolism (Medo Dhatu Dushti)**. It causes lethargy, heaviness, and risk of lifestyle diseases.

## Modern Understanding of Obesity

- 1 Energy imbalance (more intake, less burning)
- 2 Hormonal disturbances (Insulin, Leptin, Cortisol)
- 3 Sedentary lifestyle & overeating
- 4 Genetic predisposition
- 5 Stress and lack of sleep

## COMPLICATIONS:

**Diabetes, Hypertension, Heart Disease, Fatty Liver, PCOS, Joint problems, Depression.**



# Ayurvedic View of Obesity (**Sthaulya**)



**Kapha Prakopa**  
(Excessive Fat Storage)



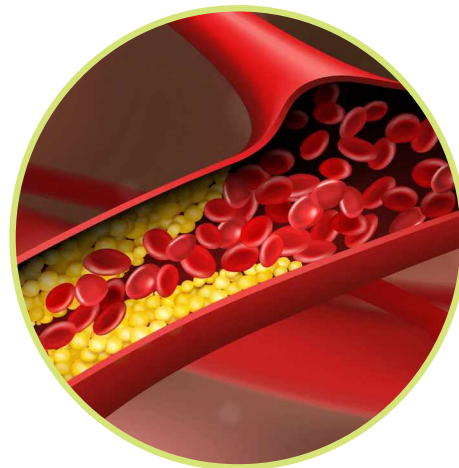
**Manda Agni**  
(Slow Metabolism)



**Ama (Toxins)**  
( blocks Fat Channels )



**Medo Dhatu Dushti**  
(Abnormal Fat Tissue)



**Srotorodha**  
(Blockage of  
Metabolic Pathways)

OBESITY

# Causes of Obesity in **Ayurveda**



Heavy, Oily,  
Sweet Food



Junk Food &  
Overeating



Lack of  
Exercise



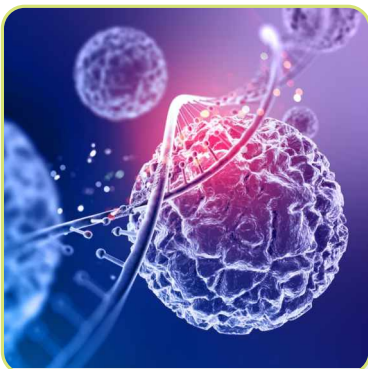
Day Sleep  
(Divaswapna)



Stress  
Eating



Late-Night  
Eating



Genetic / Hereditary  
Factors



# Symptoms of Obesity



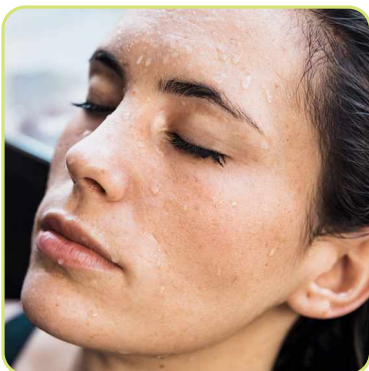
**Excess body fat,  
especially around  
abdomen**



**Lethargy, heaviness,  
tiredness**



**Breathlessness  
on exertion**



**Excessive  
sweating**



**Constipation &  
slow digestion**



**Joint pain due to  
weight load**



**Low self-esteem,  
confidence issues**



# Ayurvedic Medicines for Obesity (Niramay Formulations)

## Komla Capsule



(Dosage: As advised by Ayurvedic physician)

# Ayurvedic Diet Plan for Weight Loss

## Recommended Foods (Pathya)



**Green Leafy Vegetables**



**Warm Water with Lemon**



**Millets**  
(Barley, Ragi, Jowar)



**Fruits**  
(Papaya, Apple, Guava)



**Herbal Teas**  
(Triphala, Green)



## Foods to Avoid (Apathya)

Fried, oily,  
junk food

Cold drinks &  
ice creams

Heavy dairy  
(cheese, paneer)

Excess sweets &  
bakery items

Sedentary habits,  
day sleep

# Lifestyle Recommendations

- Daily Yoga, Pranayama, Brisk Walking



- Avoid Day Sleep and Late-Night Meals



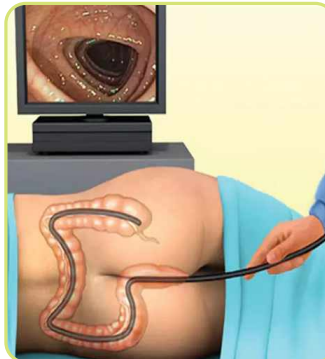
- Regular detox with Panchakarma:



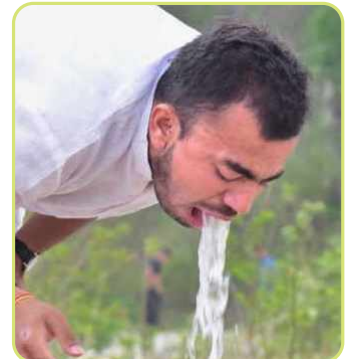
**Udvartana**  
(Herbal Powder Massage)  
- Fat Scraping



**Swedana**  
(steam therapy)  
- burns fat,  
removes toxins



**Lekhana Basti**  
- balances  
metabolism



**Vamana**  
in severe Kapha  
obesity cases

## Success Story:

I struggled with obesity for years. After following Niramay's Ayurvedic Weight Loss Program with Komla Capsule, Udvartana therapy, and diet corrections, I lost 10 kg in 4 months. Now I feel lighter, more confident, and healthier without weakness.

# Home Remedies



- Drink warm water throughout the day



- Honey + Lemon water in morning



- Triphala powder at night for digestion



- Use spices like Ginger, Black pepper, Turmeric in meals

## Conclusion:

Obesity is reversible when Ayurveda, diet, lifestyle & medicines are combined. Unlike crash diets, Ayurveda ensures sustainable weight loss, improved metabolism & lifelong health.



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