

A CRITICAL REVIEW OF DYSLIPIDEMIA IN AYURVEDA

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Abstract— This study is an attempt to furnish the Ayurvedic identity to Dyslipidemia which is a disease with symptomatically silent nature. Dyslipidemia has been identified as an independent risk factor for the development of CVD. Cardiovascular diseases are the emerging cause of increased mortality rates now-a-days. In Ayurveda, Dyslipidemia is described under various nomenclatures such as *Medodushti*, *Atisnigdhadhatu*, *Dushit kleda* etc. Dyslipidemia is a form of *Kaphavikara* specifically may be *Medodushti* in the form of *AbaddhaMeda*. As per involvement of *Dosha-dushya* the disease can be considered among '*SantarpanaJanyaVikaras*'. The major pathological factors behind the disease basically include *Kaphavridhi*, *Jathargnidushti*, *Medodhatvagnimandya* & *Avarana* of Vata which all finally leads to *Amarupa Medovridhi*. The Dravya which are having *Katu*, *Kashaya Rasa*, *Ushna*, *Teekshna Guna* and *Lekhana*, *Deepana*, *Pachana* properties reduce *Kapha*, *Meda*, *Ama* and increase power of Agni are choice of drugs for treatment of Dyslipidemia. The *Shodhana* measures mentioned in the '*SantarpanaJanyaVikaras*' are *Vamana*, *Virechana* and *Raktamokshana*

Index Terms— Dyslipidemia, *Medodushti*, *Vamana*, *Virechana*, *Raktamokshana*, *Shodhana*.

I. INTRODUCTION

In 1989, the investigative reporter Thomas Moore wrote a cover story for the Atlantic Monthly magazine entitled, "The Cholesterol Myth," with the tagline of

"Lowering your cholesterol is next to impossible with diet, often dangerous with drugs, and it won't make you live any longer."

Disorders of lipoprotein metabolism are collectively referred to as dyslipidemias. Dyslipidemia has been identified as an independent risk factor for the development of CVD. Cardiovascular diseases (CVD's) are the major cause of morbidity and mortality in both developed and developing countries. The association of dyslipidemia with type 2 diabetes mellitus (DM) as co-morbidity for cardio-vascular events leading eventually to a high rate of mortality has been a growing concern for the medical fraternity. Dyslipidemia is becoming the cause of most complicated and life threatening disorders such as coronary artery disease, Ischemia, (responsible for 56% global I.H.D.) cerebrovascular accidents,

Myocardial infarction (responsible for 18% global CVD's), arthritis and various other disorders like hypertension leading to multi organ damage.

Dyslipidemias are generally characterized clinically by increased plasma levels of cholesterol and triglycerides or both, variably accompanied by reduced levels of HDL cholesterol. In developed countries, most dyslipidemias are hyperlipidemias; that is, an elevation of lipids in the blood, often due to diet and lifestyle. Hyperlipidemia is the most common form of dyslipidemia. Hyperlipidemia is relatively silent as far as for the patient to notice on his or her own because of the lack of visible symptoms and thus is known to be a silent killer. The importance of dyslipidemia lie in its risk factors i.e. diabetes, metabolic syndrome, obesity and life threatening complications i.e. CVDs.

The majority of patients with dyslipidemia have some combination of genetic predisposition (often polygenic) and environmental contribution (lifestyle, medical condition or drug).

II. CONCEPT OF DYSLIPIDEMIA IN AYURVEDA

In Ayurveda, Dyslipidemia is described under various nomenclature such as *Medodushti*, *Atisnigdhadhatu*, *Dushit kleda* etc. As per involvement of *Dosha-dushya* the disease can be considered among '*SantarpanaJanyaVikaras*'. Dyslipidemia is a form of *Kaphavikara* specifically may be *Medodushti* in the form of *AbaddhaMeda*. "*AbaddhaMeda* as described by Acharya Chakrapani - "*Abbadhamiti asahatam*", which means the *Poshaka* or *AsthayiMedoDhatu* which is mobile in nature and circulates in whole body with *Rasa-RaktaDhatu*.

SAMPRAPTI

Nidanasevana is the first & foremost important event in initiation of *Samprapti*. *Nidana* as described above ultimately all of them leads to *Jathargni dushti* & *Kaphavridhi*. But it should always be kept in mind that once *Jatharagni* is impaired, the *Bhutagni* and *Dhatwagni* would also be having impairment. This further leads instigates the formation of *Ama Annarasa* and subsequent *Ama Rasa Dhatu*. The *Ama Rasa*

Dhatu leads to *Medodhatvagnimandya* leads to *Amarupa Medovridhi* which leads to *Sthaulya* and *Medoroga*.

On other aspect, *Kaphavidhi* and this *Ama Meda Dhatu* formation leads to *Avarana* of *Vata* and *Sroto avarodha* which ultimately leads to *Vata Dosha* vitiation. Due to, *Sanga* in *Medovaha Srotas* the nutrients cannot be carried by *Vyana Vayu* to their respective *Dhatu*s. The process of circulation, digestion and proper distribution of *Dhatu*s are controlled by *Samana* and *Vyana Vayu*. In this disease *Vata* has been mentioned in the state of *Aavrta* which provokes the *Agni* ultimately increasing the demand for the food (*Abhyavaharana Shakti*). Thus, vitiated cycle of pathogenesis starts.

But in case of *anya Nidanas* like *Beejadoshha* & *Avarana* direct *Medovaha Srotodushti* occurs which results in the *Vridhhi* of *Ama Asthaya Medo Dhatu* (Dyslipidemia) or *Ama Sthaya Medo Dhatu* (excessive adipose tissue) or both. The increase in *Ama Sthaya Medo Dhatu* results in *Atisthaulya* or Obesity whereas an increase in the *Ama Asthaya Medo Dhatu* would lead to conditions like *Ama Asthaya MedoDhatu Vridhhi* (Dyslipidemia) or *Prameha* (Diabetes Mellitus).The *Ama Asthaya Medo Dhatu* if untreated, on further progression causes *Margavarana* to *Vata* leading to the *Shoshana* and *Kathinya* of the *Sthanika Medo Dhatu*. This results in a condition termed as *Dhamani Pratichaya*. *Dhamani Pratichaya* or Atherosclerosis causes lesions in all the three *Maha Marmas Hridaya*, *Shira* and *Basti* which is evident as coronary heart disease, cerebrovascular diseases and renal insufficiency.

SAMPRAPTI GHATAK

Dosha: *Kapha, vata*

Dushya: *Rasa, Meda Dhatu*

Agni: *Jatharagni*

Rasa and Meda Dhatvagni

Srotas: *Rasavaha Srotas, Medovaha Srotas*

Srotodushti: *Sanga*

Adhishtana: *Sarva sharir*

Udbhavasthana: *Amashaya*

Roga Marga: *Bahya*

Ama: *Jatharagni and Dhatvagni Mandyajanita Ama*

RUPA

The symptoms as described by Acharya Charaka are:

मेदोमांसातिवृद्धत्वाच्चलस्फिग्दरस्तनः।

अयाथोपचयोत्साहो नरोऽतिस्थूल उच्यते ॥

(Ch. Su. 21/9)

The inordinate increase in the fat and flesh causes disfigurement, i.e., pendulous buttocks, abdomen and breasts, and reduces the corresponding energy, making the person less enthusiastic in physical activities. Besides these cardinal symptoms, eight disabilities of *Medo Roga* with elaborated pathogenesis have been mentioned in *Charaka Samhita*

• *Ayushohrasa* (Diminution of lifespan) – Decreased life expectancy because of inadequate nourishment of other *Dhatu*s.

• *Javoparodha* (Lack of enthusiasm) – The *Shaithilya*, *Saukumarya* and *Guru* properties of *Meda Dhatu* cause *Javoparodha*.

• *Kricchavyavaya* (Difficulty in sexual activity) – Due to obstruction in genital passage by *Meda Dhatu* and decreased production of semen the sexual activity becomes difficult. Physical bulk also adds to the difficulty.

• *Daurbalya* (Debility) – Because of the deranged metabolism owing to the malnourishment of the *Dhatu*s.

• *Daurgandhya* (Foul smell from the body) – Bad smell results due to excessive sweating, *Sweda* being the *Mala* of *Meda Dhatu* and due to morbid nature of vitiated *Meda*.

• *Swedabadha* (Distressful sweating) – The admixture of *Kapha* with *Meda*, *Vishyandi*, *Bahutva* and *Guru* properties of *Meda* cause obstruction of *Swedavaha Srotas* which results in *Swedabadha*.

• *Kshudhatimatrata* (Excessive hunger) and *Pipasatiyoga* (Excessive thirst) – Due to increased *Agni* in *Kostha* and vitiation of *Vata* by obstruction of *Meda*, it causes excessive appetite and thirst.

CHIKITSA

Unlike modern approach towards the disease, Ayurveda focuses on the root cause of the disease i.e. *Agnimandya* and related *Dosha* vitiation. The main aim of *Medoroga Chikitsa* is to alleviate main factors involved in the *Samprapti* of *Medoroga*-

1. First of all *Nidana Parivarjana*.

2. Restore the *Medodhatvagni* to its normal state as *medodhatvagnimandya* occurs.

3. Correct unbalanced *Dosha* i.e. *kapha* and *vata*.

4. To correct the Vitiated *Medovahasrota* & *Medodhatu*
We should use *Vata*, *Sleshma* & *Medohara* drugs for treatment of *Dyslipidemia*. The *Dravya* which are having *Katu*, *Kashaya Rasa*, *Ushna*, *Teekshna Guna* and *Lekhana*, *Deepana*, *Pachana* properties reduce *Kapha*, *Meda*, *Ama* and increase power of *Agni* are choice of drugs for treatment of *Dyslipidemia*.

Vamana, *Virechana* and *Lekhana Basti* are the *Shodhana* procedures being used successfully in practice for the disease.

III. DISCUSSION

1. *Dyslipidemia* is a lifestyle disorder with increasing incidence and poses grave threat to health as it has no symptoms but leads to life threatening complications.

2. *Dyslipidemia* can be appropriately correlated to *Medodushti* especially *Abaddha Meda Dushti*.

3. As per Ayurveda, all the diseases develop due to *Agnimandya*. This is also true in the case of *Medo Roga*. Therefore, the treatment of the disease should always be precisely correction of the state of *Agni* by

using the *Shodhana* and *Shamana* especially acting on *Agnisthana* i.e. *Yakrut* (liver). As according to modern concept Dyslipidemia is a disease of disturbed the lipoprotein metabolism and liver is the main stay of the lipoprotein metabolism.

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