

## **Ayurveda In Metabolic and Lifestyle Disorders**

\*Mr. Arbaj Ahmad Khan

\*U.G. Student, Ishan Ayurvedic Medical College and Research Centre, Greater Noida

### **Abstract**

Metabolic disorders include many diseases frequently associated with obesity, raised triglycerides, hyperglycemia and hypertension (collectively referred as metabolic syndrome). In particular, these risk factors expose the individual to greater risk for developing cardiovascular disease and Type 2 diabetes. Prevalence of metabolic disorders has been increased in India as well as worldwide since last couple of decades. According to Ayurveda, it can be understood under the *Medovahastrotodusti*. Initial condition of metabolic syndrome can be compared with *Medovahastrotodusti lakshana*. The fully developed metabolic syndrome without complications can be compared with *Apathyanimitaja prameha* and complicated stage of metabolic syndrome can be compared with *Updrava of Avaran*. In a case study, from Ayurveda formulation i.e., tablet M-LIV, *Phalatrikadikwatha, Sarpagandha Mishranvati* was given to a diagnosed patient of metabolic syndrome for around 7 months. Along with oral medication, dietary and lifestyle modification including regular physical activity were also suggested to the patient. Parameters were assessed before initiation and during the treatment. Apparent improvement in objective parameters like waist 23 circumference (48 to 43 inches), body weight (104 to 95.5 kg), blood pressure, Body Mass Index (36.8 to 24 33.7 kg/m<sup>2</sup>) were reported. This study suggests competency of Ayurveda medicines along with lifestyle modification in management of metabolic syndrome.

**Keywords-** Metabolic syndrome, *Medovahastrotodusti, Phalatrikadi kwatha, Sarpagandha Mishranvati*

### **Introduction**

Metabolism is an important mechanism of our body through which we generate energy and build essential elements for the growth and development. It includes catabolic and anabolic reactions via different metabolic pathways occurring in the body. Such activities also render nitrogenous waste products which are eliminated through excretory system. Thus, an orderly metabolism is required to maintain cell milieu and general health. Irregularities in

the body's metabolism itself results in numerous disorders. Obesity, Diabetes mellitus, Hypertension, Gastro-intestinal disorders are some of the major diseases among them. Genetic predisposition, sedentary lifestyle, faulty eating habits are some of the common factors that can alter metabolism. Metabolic syndrome is one amid such disorders. The major features of metabolic syndrome include central obesity, hyper-triglyceridemic, low levels of High-density lipoprotein (HDL) cholesterol, hyperglycemia and hypertension. Metabolic syndrome is associated with the risk of developing cardiovascular disease and type 2 diabetes. There is not any effective and safe treatment for metabolic syndrome in Modern medical science. World is looking with hope for prevention and treatment of metabolic syndrome from Ayurveda. For prevention and treatment of metabolic syndrome, it is must to understand metabolic syndrome with Ayurveda perceptive. So, this research article has been prepared to enlighten the concept of metabolic syndrome in Ayurveda.

### **Role Of Metabolism in Ayurveda**

Metabolic syndrome is result of improper metabolism. In Ayurveda metabolism is considered the function of Agni. Various causes of metabolic syndromes like, sedentary lifestyle, oily, heavy food, excessive calorie consumption and lack of exercise or physical exertion etc. mainly vitiate Agni especially Medodhatvagni.[1] The main features of metabolic syndrome are obesity, dyslipidemia and diabetes. In Ayurveda above features have been mentioned as the result of MedovahaStrotodusti. so it can be said that, initial stage of metabolic syndrome can be compared with Medovahastrotodusti. In the middle stage metabolic syndrome turns into type 2 diabetes mellitus and coronary artery diseases. In later stage of the metabolic syndrome, complication of specific diseases like acute pancreatitis, CAD due to hyper triglyceridemic. Diabetic retinopathy, neuropathy, nephropathy etc. due to diabetes mellitus and cerebral hemorrhage, hypertensive cardiomyopathy due to hypertension.

For these three stages, the treatment is also divided into three stages.

In the initial stage, Kapha Medohara and Vatanulomaka Anna pana, Niruhabasti prepared with Ruksh, Ushna and Tikshana Aushadha, Udvardana by Ruksha Aushadha are given and the drugs like Guduchi, Bhadramusta, Triphala, Takrarista, Madhu, VidangadiLauha, Yava+Amalakiptyoga, BilvadiPanchamula kwath with honey are advised.

For the middle stage Langhana, Rukshana, Bruhana , Snehana are given and the drugs like PhalatrikadiKwatha, NishaAmalaki, Ayaskruti, Shilajaturasayan, Khadirrasayana are advised.

For the last and later stage patient should be treated with Anabhishtyandi, Snigdha, Strotoshodhaka, Vatanulomanaandkapha pitta avirudhadruks and Shilajatu with milk, Guggulu, lasuna.

### **Case Study**

A 62 years old male with post-retirement sedentary lifestyle had attended OPD with chief complaints of gradual increase in body weight since 2 years with intermittent occasional headache and weakness. He was a chronic smoker for more than 10 years (about half to one pack of cigarettes per day).[2] Patient's father was also a diabetic and obese person with history of coronary bypass surgery, died due to cardio- respiratory failure. Patient came to OPD for Ayurvedic treatment for obesity, raised blood sugar, high blood pressure and raised lipids level.

1- Oral medication advised:-

1. Phalatrikadi Kwatha 20 ml Oral Prakhakta (Before meals) Twice Daily-
2. Tab.M.Liv 500 mg Oral Adhobhakta (after meals) Twice Daily UshnaJala
3. M-SarpagandhaMishranVati 250 mg Oral Adhobhakta (after meals) Twice Daily Ushna Jala

The doses were advised and the details were assessed after 6 months for the checking of progress:-

2 – Assessment

1. Total cholesterol 123-199.0 mg/dL      266 mg/dL 184.5 mg/dL
2. Body weight - 104 kg 95.5kg
3. Waist circumference      - 48 inches    43 inches
4. Body mass index - 36.8 kg/ m<sup>2</sup>    33.7 kg/m<sup>2</sup>
5. Blood sugar fasting 60-100 mg/dL 140 mg/dL    90.75 mg/dL
6. HDL    >40mg/dL    38 mg/dL    40 mg/dL

### **Conclusion**

It can be concluded by the above case study that the metabolic syndrome can be diagnosed in three stages and treatment can be given accordingly and by seeing the results of the

case study, we can definitely say Ayurveda is very promising in treating the metabolic syndrome from root.

### **References**

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