

MEDOROGA(LIPID DISORDER) - AN AYURVEDIC VIEW

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ABSTRACT

MedoRoga is caused by the disturbance in one of the essential seven component of the body i.e. Meda structural and functional homeostasis of Dosha, Dhatu, Mala, Agni, Aatma, Indriya and Mana governs the normal physiological functions of the human body. Disturbance or imbalance in any one of the above leads to the origin of disease. According to the Charaka also the person having balance level of Dhatus, Agni and strong sense can tolerate, heat, cold, hunger and exertions. and lives a disease free life. So according to great Ayurvedacharya to the obese and asthenic persons are more prone for

the disease and their disease management is also tough too. MedoRoga may be correlated with hyperlipidaemia and associated disorders on the basis of clinical signs and complications of the disease.

KEYWORD: Medoroga, Hyperlipidemia, Obesity, Medadhatu, Yoga.

INTRODUCTION

Ayurveda considers life as “Nityaga”, which indicates that continuous changes are taking place in both Sarir (Dosa, Dhatu, Mala) and Manas (Satva, Raja, Tama). These changes both normal and abnormal as well, are resultant of the variations in the Gunas themselves that are due to continuous nature of changing. In case of Chikitsiya Karma, Charakacharya has mentioned in to use the drugs having opposite Gunas for the treatment of curable diseases. It means any physical activity or food material having common properties with Gunas will enhance them and on the other hand it's opposite will decrease the properties and quantity of same Guna, which is universally present in body, drug and food materials. opposite of Medovridhi & Kaphkarguna like Guru, Snigdha and Stula etc.

Now a days, every person is running to achieve the life's goal. Hence, does not have time to think and act for the healthy life and not able to follow the proper Dinacharya,

Ritucharya, Dietetic Rules and Regulations. Due to this artificial living life-style, Ultimately all these irregularities results in so many life style disorders like Obesity, Hypertension, Diabetes Mellitus Hyperlipidemia is one of them.

Hyperlipidemia is blessing of modern age of machines and materialism. It is physiological, psychological and social disorder, which is most disfavored by modern society for social as well as medical reasons.

In today's era hyperlipidemia has become a big problem in the world. It has been noted that this disease with its complications like Atherosclerosis, Degenerative Heart Disease is a major cause for mortality and morbidity not only in western countries but in India too. According to the World Health Report Hyperlipidemia, is one of the disease or symptoms among the top 10 selected risk factors to the health.

Synonyms of Medoroga

A person having heaviness and bulkiness of the body due to excessive growth of meda especially in Udaradi region thus is termed as 'Sthula' and state of Sthula is called as Sthaulya.

Also as this sthauyata is aroused due to vitiated Meda and ViddhaMedovahasrotasa and after all its excessively increase, thus known as 'Medoroga'.

According to modern text 'Obese' means 'Extremely fat' who synonym is corpulent. On the same hand Obesity meaning 'Abnormal amount of fat'.

Synonyms according to Modern text are-

- | | |
|-----------------|-----------------|
| (a) Adiposity | (g) Stoutness |
| (b) Over weight | (h) Enormity |
| (c) Fatness | (i) Corpulence |
| (d) Turgidity | (j) Polysarca |
| (e) Hypertrophy | (k) Oily dropsy |
| (f) Plumbness | (l) Embonpoint |

Above synonyms can be differentiated in more understandable form through following pattern.

- **Medoroga**, Sthaulya, Sthulata, etc. are for extensive growth of Medodhatu with minimum risk factor.
- AtiSthaulyata, Medodosha, Medodushti, Medovikar, etc. for Morbid **Obesity**.
- Medodusti, Medovikar are the synonym meant for Medodhatu vitiation.
- Medasvita, Medovridhhi, Medurata, Medapusti, Medovivardhana, Atipusti, Nidigdham, Vridhhi etc. are synonym for over growth of Medodhatu.

Etiology of Medo Roga

According to most of the authors unbalanced diet and sedentary habits are the important causes of obesity. As per the description available in the Ayurvedic classics etiological factors of MedoRoga may be classified as follows.

- **Dietary Factors:** These include Atisampurna Ahara (over eating), Adhyashana (repeated eating), Madhura-Guru-Sheeta Dravya Ahara, Sleshmala-Dravya Ahara, Visishta Ahara, Ati Meda Sevana and Ati Madya Sevana etc.
- **Behavioral Factors:** Responsible behavioral factors for the obesity are Diwaswapna (day sleep), Achintana (lack of thinking), Aavyayama (lack of exercise), Harshanityatva (exhilaration), sedentary habits and lack of meditation and self discipline.
- **Hereditary Factors:** In addition to above factors hereditary factors also play an important role in development of obesity.
- **Inadvertent Therapeutic Application:** Injudicious use of some of the therapeutic measures i.e. Santarpana and Brimhana may also give rise to obesity.

Etiopathogenesis of Medo Roga

Various authors in different texts have analyzed critically the etio-pathogenesis of MedoRoga. Most important factors affecting the etio-pathogenesis of the disease are –

- 1) Nature and quality of diet taken by a person along with behavioral attitude like day sleep, sedentary habits, lack of exercise etc.
- 2) The integrity of channels (Srotasa) taking part in circulation and metabolism of Dhatus at gross and molecular levels.
- 3) A particular tendency governed by genes or hereditary.

Pathophysiology of MedoRoga

According to the principles of Ayurveda Rasa is the main factor for providing nourishment to the body and rest of the Dhatus.

It is also responsible for obesity and asthenia causing MedoRoga. Intake of fat and carbohydrate rich diet and lack of physical exercise gives rise to origin of Agnimandya condition results the production of Ama. Ama increases the Meda Dhatu and suppresses the nutrition of other Dhatus. According to Ayurveda, Anna Rasa is transported to different tissues of body for the nutrition as per Kedarikulya, Khalekapota and Kheerdadhi Nyaya. Dhatwagni has its important role in Dhatu Poshana, it participates in the mechanism of Chaya-apachaya or metabolism consisting of anabolism and catabolism. Anabolism is responsible for tissue specific materials necessary for growth and development of the body where as catabolism breaks the nutrients and produces energy necessary for normal day to day physiological functioning of human body. Proper homeostasis between both is very much necessary for balanced nutrition to all the Dhatus.

Correlation Between Meda And Lipids

Meda	Lipids
1) Habit of intake of oily (Ghrita, Taila, Vasa, Majja) foods increases Meda.	1) Ingestion of fatty diets (Ghee, oils, marrow and butter) increases body lipids.
2) Excessive dietary intake of Madhura Dravyas causes Medo Roga.	2) Excessive consumption of sucrose causes increase in blood cholesterol level (T.B.M.B.).
3) Meda is the chief Dhatu as Dushya in Sthaulya and Prameha.	3) Obesity and diabetes are mostly associated with abnormal lipid levels.

Hyperlipidaemia

Hyperlipidaemia and hyperlipoproteinaemia are synonyms. It is the condition when the concentration of one or more plasma lipoproteins exceeds the upper limit of normal level.

The definition of normal limits is inevitably an arbitrary process and values will vary according to the locality, sex distribution and age of the population studies. Possibly, the most widely used in the 95th percentile cut off point which defines the upper 5% of values in any given population as representing hyperlipoproteinaemia.

- 4) It is classified as primary and secondary hyperlipoproteinaemia. Primary hyperlipoproteinaemia is due to autosomal dominant or recessive genetic defects or more

commonly, to interaction between weaker polygenic influences and environmental factors such as diet. Secondary hyperlipoproteinaemia, on the other hand, result from the physiological derangements which accompany certain disease status like nephritic syndrome, diabetes or the ingestion of certain hormones, drugs and chemicals including alcohol.

Type of MedoRoga

MedoRoga or MedoDoshā is a group of diseases caused by abnormality in MedoDhatu. Some of the commentators have described two types of MedoRoga viz. Sthaulya (adiposity and associated clinical features) and MedoDoshā (lipid disorders) (Su.su.Adhamala). Accordingly enlargement of abdomen is stated as Sthaulya. whereas obstruction of Srotasa by Meda, resulting into vitiation of Vata ultimately leads to clinical manifestation of MedoDoshā.

Clinical features of Medoroga (Sthaulya) as mentioned by Charaka, Sushruta and Madhva

Clinical feature	Charak	Sushruta	Madhav
1) Shortening of lifespan	Ayushrasa	Alpaprana	Alpaprana
2) Hampering of movements	Javoprodha	SarvaKriyaAsamartha	Ashakta Karma
3) General debility	Daurbalya	SarvaKriyaAsamartha	Ashakta Karma
4) Sexual problems	KrichhaVyavaya	AlpaVyavaya	AlpaMaithuna
5) Sweating	Swedabadha	Sweda	Sweda
6) Bad odor	Daurgandha	Gatra Daurgandha	Daurgandhya
7) Excessive appetite	KshudhaAtimatra	Kshut	Kshut
8) Thirst	Pipasatiyoga	Pipasa	Trishna
9) Dispnoea with episodes of apnoea in between	-	KshudraSwasaKratana	KshudraSwasaKratana
10) Stupor	-	-	Moha
11) Excessive sleep	-	Swapna	Swapna
12) Fatigue	Shaithilya	GatraSada	Sada
13) Speech disorder	-	Gadgada	-

Complications Medo Roga

The aggravated Agni (Pachaka Pitta) and Vayu (ShamanaVayu) in the condition of MedoRoga gradually weaken the obese person. In such condition all the Doshas are also vitiated possibly due to increase in MedoDhatu resulting in the development of several complications. Some of the common complications of MedoRoga are Prameha, PramehaPidika, Bhagandara, Pandu, Kamla, Kotha, Granthi, Galganda, Sotha, MutraKrichchra, Vidradhi, Visarpa, Jwara, Atisara, Arsha, Sleepada, Apachi, Madhumeha,

Arbuda and several Vata Vikaras. According to the concepts of Dalhana, the Vata Vikara associated with MedoRoga occurs due to deposition of Meda in the Srotasa (AvrittaMarga). Such a phenomenon of AvrittaMarga occurring in the circulatory system may be considered analogous to atherosclerosis which leads to several cardiovascular and cerebro-vascular diseases (Vata Vikara).

Management of Medo Roga

Avoidance of causative factors viz. Apatarpana, Lekhana, Basti, Yoga and use of drugs having Lekhana, Karshana, Chhedana and Shoshana qualities. These acts on the basis of reduction of formation and accumulation of Medo Dhatu. Change in the life style performance of Pragagarana, Yoga may cause removal of Medo Roga. Some of the herbs and mineral metals which may be useful are Shilajatu, Guggul, Triphala, Yavan, madhu, Lauha Bhasma, Tamra Bhasma etc.

Yoga in Medo Roga: Regular practice of Yoga can certainly reduce the obesity and weight loss.

Asana: Surya Namaskar, Paschimottanasana, Padmasana, Yogamudra, Ardha Matesyendrasana, Suptavajrasana, Pavanmuktasana, Naukasana, Bhujangasana, Dhanurasana, Halasana.

Pranayama: Anuloma-viloma, Bhastrika, Bhramari, Surya bhedhan Pranayama.

Others: Kunjalakriya, Agnisara kriya, Uddiyan bandha, Kapalbhathi.

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