

**A CASE STUDY ON *MEDA ROGA* W.S.R TO HYPERLIPIDEMIA
WITH AYURVEDIC MANAGEMENT**¹Sipra Sasmal,²Arun Kumar Das³S.K.Das Adhikari,¹Prof. & H.O.D. Roga Nidan , SAMCH Indore,M.P.²Guide & Principal,G.A.M. Puri, Odisha.³Prof. & H.O.D.Kayachikitsa Govt. A.A.C.Indore, M.P.<https://doi.org/10.70057/ijaar.2024.60908>**ABSTRACT**

Medoroga (Hyperlipidemia) is became one of the global wide problems leading to cause more than 53 diseases in India around 30 million people are suffering with obesity. It is one of the lifestyle disease having stressful life, wrong dietary habits; sedentary lifestyle is the main cause of Agni *dushti*(vitiation of digestive enzyme) and metabolism leads to Hyperlipidemia clinical entity. In modern medical science two types of medicine are available i.e. Orlistat and Sibutramine. Both drugs have no satisfactory result having with many side effects like increased blood pressure, dry mouth, constipation, headache, and insomnia etc. For this reason, a wide variety of natural/Ayurvedic materials have been explored for treatment. According to Ayurveda Hyperlipidemia is the corresponding output of *medovaha srotadushti*. *Nidan parivarjan*, *Pathhya* and specific measures are useful in the management of Hyperlipidemia. In present case We applied the principle of *medovaha srotadusti chikitsa* and *pathya ahara vihar*(wholesome and unwholesome food and activity) are effective in Hyperlipidemia. As a single case is not enough to prove the efficacy, more number shows highly significant results in the management of *medoroga*

Key words: *Medoroga*, *Hyperlipidemia*, *Medadushti*, *modovahasrotodusti*, *nidanaparivarjana*.

INTRODUCTION: In the present modern era, everybody have to live in stressful and fast lifestyle. Due to lake of physical activities, stress during the work, dietary habits and various varieties among the daily diet e.g. fast food, freeze fruits, increased amount of soft drinks and beverages, canned foods. According to Acharya Charaka all types of diseases are caused due to *mandangni*(diminished digestive enzyme).¹ improper *Ahar*, *Vihar* results the disturbance of *Agni* and metabolism which ultimately leads to clinical entity known as Hyperlipidemia which invites the disorders like *Medoroga*, Hypertension, Heart diseases. Most of the research scholar considered hyperlipidemia under the heading of *Medoroga* or

Medodosh, few of them have considered as *Rasa-gata-Sneha-vriddhi*, *Rakta-gata-Sneha-vriddhi* or *Rasa Rakta-gata-Sneha-vriddhi*.²

Medoroga is not described in Charaka Samhita separately it is included in *sthoulya*. *Atisthaulya* is mentioned under *Ashtaninditiya purusha*.³ Madhava Nidana described as a separate chapter on *Medaroga* complete *panchanidana* details explained⁴,

Bhava prakasha explained treatment for *medoroga* in detail⁵.

Abnormal accumulation of *Meda Dhatu* in body is known as *Medodushti* and manifests several numbers of *Medo-vikaras*, which are collectively known as *Medoroga*.⁶

Lipids are group of fatty acids along with other organic molecules including cholesterol, phospholipids and triglycerides. They are essential components of cell membrane, bile acid, steroid hormones, Vit.D and myelin sheath of nerve fibers.⁷ Hyperlipidemia is a condition in which frequent accompaniment of necrotic syndrome, the levels of lipoproteins that is LDL (Low density lipoprotein), HDL (High density lipoprotein) VLDL (Very low density lipoprotein), cholesterol & triglycerides are raised in plasma. All the lipoproteins, triglycerides and cholesterol, except HDL are deposited in the arteries including the coronary and cerebral artery where it contributes to the narrowing and blockage leading to symptoms of ischemic heart disease and stroke. This is the reason why hyperlipidemia needs to be treated.⁸

NEED OF STUDY

In the body, there are many tissues which are rich in lipids. All these structures have *Sneha* (oiliness) as common features listed as *Meda Dhatu*, *Vasa* and *Majja Dhatu*.⁶ But all the three differs in their sites and functions. All these three have *Snehatwa*

as common feature. Thus the function of lipids are to smoothen (*Snihyati*) the body. *Medoroga* one of the major disease which affects some one's social, mental and physical features. It has been noted that this disease is associated with higher frequency of hyperlipidemia & atherosclerosis, causing increased mortality and morbidity globally. Hyperlipidemia is a key factor in the development of Atherosclerosis leads to C.H.D, M.I, C.V.A. It is suggested that everyone with Hyper lipidemia must have a full clinical assessment and appropriate treatment. *Medroga* and hyperlipidemia are burning problem of the present era having associated with devastating diseases. Keeping in view the above context, Ayuvedic management was selected for present case

PATIENT'S INFORMATION

CASE REPORT: A 44-year-old male patient came with presenting complaints of *Kshudra shwas* (difficulty in respiration) since 30 days. Susruta clinic, Lokamanya nagar Indore. on 30th. March 2024 .with chief Complaints

Table 1: Showing symptoms & duration of patient

Sr.No	Complaints	Duration
1	<i>Kshudra shwas</i> (difficulty in respiration)	30 days
2	<i>Bharvru dhdhi</i> (increase in weight)	1 month
3	<i>Trushna</i> (thrust)	2 month
4	<i>Daurbalya</i> (general weakness)	2 month
5	<i>Kshudha</i>	2 month

History of present illness: The patient was apparently normal before 2 months. Gradually developed symptoms like *khudha*, *trishna*, and *dourbalya*. Science one month patient suffering from breathlessness while walking in rapid pace and aggravated gradually, and came to OPD for Ayurvedic treatment.

History of past illness

Patient having history of hypertension, diabetes mellitus since 1year he was on regular Medication

Personal History

Diet –Non vegetarian

Appetite –good

Bowel – Irregular Bowel habits

Sleep –Disturbed because of urination several time in night.

Clinical Examination:

Astavidha Pariksha

Nadi (pulse)=vatakaphaja.

Mala (stool) = Asamyak pravrutti

Mutra (urine)= 6-8 times in a day

Jeevha (tounge) = Eshat saam.

Shabda (speech)= prakrut

sparsh =Anushna shit

druk = prakrut

Akruti = sthula.

ii. General examination

Pulse--80/min

Temp: – 99 F

Blood Pressure =140/90 mm/Hg.

Respiration rate- 20/min

Height- 165 cm

Weight – 70kg

iii. Dashavidha pariksha

- 1) Prakruti-Vatkaphj
- 2) Vikruti –medodhatu drushti
- 3) Sara –Madhya
- 4) Samhanana – Pravara
- 5) Pramana – Adhik
- 6) Satmya – Madhyama
- 7) Satva – Madhyama
- 8) Aharashakti– Madhyama
- 9) VyayamashaktiMadhyama
- 10) Vaya- Madhya

Vydhivinischaya:

MedoRoga(Hyperlipidemia)

Treatment plan:

TIME LINE: For this study medicament was administered for 3 months days. In the interval of one month observations had done and the findings were noted for the assessment of the result.

Consent Details: A informed consent was taken from the patient in prescribed format before treatment.

ASSESSMENT CRITERIAS:

i. Subjective

- 1)Kshudrashwas
- 2) bharvrudhi
- 3) Trushna
- 4)Daurbalya
- 5)Kshudha

ii. Objective

- 1) Body Weight
- 2) Body Mass index
- 3) Total lipid
- 4) cholesterol-total
- 5) Triglycerides
- 6) HDL
- 7) LDL
- 8) VLDL

THERAPEUTIC INTERVANATION

The patient was treated with medicaments with following medications

Table 2: Showing Medicine

sr/no	Dravya	Matra	Anupana	Duration of the treatment
1	Medahara guggulu	500mg-two times	Warm water	3 months
2	Kanchanar guggulu	500mg-two times	Warm water	3 months
3	Lipomap(maharshi pharma)	2 tab-two times	Warm water	3 months
4	Cholesterol care(Krishna's pharma)	30ml-two times	Normal water	3 months
6	Triphala churna	4 grams OD at bed time	Warm water	3 months

OBSERVATION AND RESULTS: After the treatment of 3 month, there was significant decrease in sign and symptoms

of *Meda roga*. Clinical examination of the patients revealed regression of

Criteria for assessment

3. Subjective criteria

Lakshanas	0 day	1 st month	2 nd month	3 rd month
1)Kshudrashwas	++	++	+	-
2) bharvruddhi	++	++	+	+
3) Trushna	++	++	+	-
4)Daurbalya	+++	+++	+	-
5)Kshudha	++	+++	++	++

4. Objective Criteria

Parameters	Before 31/3/2024	After 25/06/2024	Normal range	Units
1) Body Weight	70 kg	68 kg	74.5 kg	Kg
2) Body Mass index	25.73	25	18.5-25	
3)Total lipid	725.6mg/dl	702mg/dl	400-1000	Mg/dl
4) cholesterol-total	218mg/dl	194mg/dl	<200	Mg/dl
5) Triglycerides	362mg/dl	217mg/dl	<150	Mg/dl
6) HDL	43mg/dl	43mg/dl	<40 low>=60high	Mg/dl
7) LDL	102mg/dl	107.6 mg/dl	100-129	Mg/dl
8) VLDL	72.40mg/dl	43.4 mg/dl	0-30	Mg/dl

DISCUSSION: All the above medicines having *vata*, *kapha nasaka* and *ama pachaka*. *Guggulu* is the main ingredients of *medohara* and *kanchnar guggulu* having *srotasodhaka* and *lekhanika* properties.

Triphala is known as *tridoshaghna*. It enhances *agni (Jatharagni)* and ultimately helps in increasing *dhatwagni*. Thus *samprapti* will be broke down which prevent the manifestation of *Meda Roga*.

CONCLUSION: Ayurvedic formulation eliminates vitiated *doshas*, improves power of digestion and enhance metabolism. In above case this formulation resulted in the marked relief in all the criteria's of *Medaroga*. So, we can say that Ayurvedic treatment, diet control and regular exercise can give best results in *Medaroga* specially decrease triglyceride liable

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