

AYURVEDIC MANAGEMENT OF *MEDO ROGA* W.S.R.

DYSLIPIDEMIA : A CASE REPORT

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ABSTRACT

A 47 year old male patient of *Medo Roga* (dyslipidemia) came to our ayurveda hospital with increased cholesterol levels for 4 years. He leads a sedentary life style and is obese in built. Patient was under statin since 2 years before he managed with dietary restrictions around 2 years. After the intake of statin he noticed increase in sluggishness, body pain, muscle pain and slight increase in blood glucose levels. He consulted our hospital and he was treated as OPD patient for 30 days with internal medicine *Patolachitrakadi kashaya*. He was asked to take 48ml of freshly prepared *kashaya* twice daily after food. Patient responded to the treatment well .After the therapy patient felt improvement and there were remarkable decrease in lipid levels

Keywords: *Medo roga*, Dyslipidemia , *Patolachitrakadi kashaya*.

INTRODUCTION: Dyslipidemia is a disorder of lipoprotein metabolism, including lipoprotein overproduction or deficiency. Dyslipidemia may manifest as elevated total cholesterol, LDL cholesterol and the triglycerides concentrations, with decrease in HDL cholesterol in the blood ¹. Lipoprotein disorders or Dyslipidaemia are among the most common metabolic diseases seen in clinical practice. They are clinically important because they are major treatable risk factors for cardiovascular disease.²Dyslipidemia can be defined as abnormal amounts of lipids and lipoproteins in the blood³.

Out of which cholesterol is deposited in the arteries including the coronary arteries where it contributes to the narrowing and blockage of the arteries that causes the symptoms of heart disease. Cardiovascular disease is a major cause of morbidity and mortality worldwide, with Dyslipidemia contributing significantly to the risk. It has been firmly established that hypercholesterolemia has a directly proportionate relationship with

atherosclerosis and Ischemic heart disease⁴.

Dyslipidemia can be understood in Ayurveda as terms of *Rasa - Raktha- gata Medodushti*. Ayurveda strongly believes that one of the major causes of every disease is Food⁵. This happens mainly due to the improper digestion of food by the effect of *Mandagni*. *Acharya Vagbhata* says all the diseases arise from *Mandagni* and *Agni* is responsible for health⁶.

From this we can very well understand that the disease manifested in *Rasa* and *Raktha* by the deranged *Medodhatu*. *Nidana* for *Santarpanotha Vikara* have been mentioned as *AtiSnigdha*, *Madhura*, *Guru* and *Pichila Ahara*; *Chesta Dwesha*, *Shayya Asana Sukha*(sedentary life style) and *Divaswapna*. *Srotolepa* is one of the *Santarpanotha Vikara* Due to *Avarana* of *Marga* by the *Medas*, *Poshana* of subsequent *Dhatu* in the body is hampered and there is *Upachaya* of *Medodhatu*.

Hence the usage of drugs having the properties like *Laghu Rooksha gunas*, *Tiktha Rasa*, *KatuVipaka*, *Deepana*,

Pachana, Kaphapitta Shamaka, Rakthashodhaka, Hrudya, Lekhana will be ideal to control the lipid level in the circulation. A compound which comprises of *patola, chitraka, satapushpa* and *hingu*, having the above properties, used by *Ashtavaidyas* since time immemorial in the management of *kaphamedojanya vikaras*. This particular yoga is mentioned by *Bhavaprakasha* in *Medoroga Adikara*, (Chapter no.39). This yoga is also mentioned by *Vangasena* in his text in *MedoRoga Adhikara*.

CASE REPORT:

A 47 year old male patient of Dyslipidemia since 4 years consulted our hospital. He is a business man by profession and has the history of unhealthy food habits and leading a sedentary life style without proper exercise, hence patient has overweight too. Patient noticed that he is gaining weight 4 years ago. Patient underwent a general check up and found out increased lipid levels. Initially he managed with dietary restrictions and as the cholesterol levels did not show a major decrease, he consulted an allopathic doctor and started taking statin as per doctor's advice. Over the time his sluggishness increased and

started experiencing muscle pain, body pain etc. Also he started developing breathlessness on exertion and he had excessive thirst, inspite of drinking lot of water. When he underwent a blood checkup he noticed a mild elevated levels of blood glucose and lipid levels showed very mild decrease. He wanted to discontinue statin and thus approached our hospital. Patient consulted our hospital on 23rd August 2017.

Job Of The Patient: Business man

Study Centre: Karnataka Ayurveda Medical College and Hospital Mangalore.

Opd Number: 1809

Ashta Sthana Pareeksha:

1. **NADI:** *kapha vata*, Pulse:-78/minute
2. **MOOTRAM:** 5-7 times / day
3. **MALA:** 2 times /day
4. **SPARSHA:**-normal
5. **DRIK:** normal
6. **JIHVA:** coated
7. **SABDHA:** normal
8. **AKRITHI:**-*sthoola*

CLINICAL FINDINGS:

Subjective findings:

Patient has breathlessness on exertion and has excessive thirst. Patient is *sthoola* in built.

Objective Findings:

Total cholesterol	256 mg/dL
HDL	51 mg/dL
LDL	164 mg/dL
Triglycerides	182 mg/dL
VLDL	39 mg/dL

MATERIAL AND METHODS:

Patient was treated in OPD basis with oral medications *Patola chitrakadi kashayam* for 30 days.

Method of preparation of drug:

- All the ingredients (*Patola, Chitraka, Hingu* and *Satapushpa*) are collected

after proper authentication of Identity.

- The useful parts and the ratio of the individual ingredients are as per classical reference.

(One pala of drug +16 part of water boiled and reduced to 1/8th of the original quantity)⁷

- *Kashaya choorna* is made into *kashaya* packets of 100gm.
- Patients were asked to prepare fresh *kashaya* every morning
- Patients were advised to take 48ml *kashaya* twice daily, after food for a period of 30 days

Place of study: Karnataka Ayurveda Medical College and Hospital, Ashok Nagar, Mangalore

Type of study: Single blind randomized clinical study

ORAL MEDICATIONS:

1. ***Patolachitrakadi Kashayam:*** - 48ml twice daily after food. (Self-made *kashayam*).⁸

OBSERVATIONS:

Patient was treated with above medicine from 23rd August to 22nd September. Patient was examined before and after treatment and laboratory investigations were conducted. Results of before and after treatment is as follows:

	Before treatment	After treatment
Total.cholesterol	256 mg/dL	222 mg/dL
HDL	51 mg/dL	55 mg/dL
LDL	164 mg/dL	116 mg/dL
Triglycerides	182 mg/dL	150 mg/dL
VLDL	39 mg/dL	32 mg/dL

Diet and Regimens: Foods recommended are Vegetarian diet with less spicy and less oily foods. Daily exercise was advised.

DISCUSSION: Dyslipidemia if seen through the lens of Ayurveda it may be taken as *Medo roga* or *Medo dosha*, as *bahu abaddha medas* circulates all over the body. *Tikta katu*, *kashaya rasa*, *ushna virya* can cause *medo vilayana*.

- The drugs such as *Chitraka*, *Patola* are *rooksha*, *teekshna* and *ushna* in nature thus penetrating into the deeper channels and removing *sanga* or obstruction.
- The drugs *Chitraka*, *Patola*, *Satapushpa* and *Hingu* are also *ushna* in nature.

In case of hyperlipidemia, obstruction may be seen as atherosclerosis seen due to deposition of fat in arteries. Hence by the virtue of above properties, it helps in liquefaction of these fatty blockages.

- Majority of the drugs are having *tikta-katu rasa* with *laghu rooksha tikshana guna* which helps in *Sneha-*

Meda-Kleda soshana. All drugs has *Katu Vipaka* nature thus penetrating into the deeper channels and rectify the *Medodhatu*. *Katu Rasa* and *Katu Vipaka* does the *Sneha-Meda-Kleda soshana*. *Chitraka* has *lekhana* in nature which helps in *sroto sodhana* and *kapha medo vilayana*.

- All the drugs have *medohara* property and majority of drugs has *lekhana*, *rooksha*, *teekshna* in nature.
- *Patola*, *Chitraka* and *Sata pushpa* has *Deepana Pachana* quality *Ushna Veerya* and *Katu Rasa* which helps in enhancing *agni*, there by does *Amapachana* and reduces the *kleda* in body (*kledasoshana*). These drugs may do *srothosodhana*. Plaque formation can be prevented this way. The function of *Medodhatwagni* is corrected and the *sookshma, stoola kitta bhavas* are properly formed.
- *Deepana* drugs separate the *dhatuleena doshas* from *dhatu*. *Pachana*

drugs digest the undigested portions. These drugs have *teekshna guna* with *lekhana* property. In *Kaphamedo vikaras lekhana* property is important to relieve *srotorodha*. Also *katu rasa* does *sneha-kleda-medo vishoshanam*.

- In the disease *medoroga*, *medodhatvagnimandya* is seen which is due to *Avarana* of *Vayu* in *Koshta* and *Atikledana* by *kaphadosha*. The trial drug would be acting in *sampraptivighatana* by decreasing *medas* by its *lekhana*, *shoshana* and *kaphanasaka* properties.

- These drugs are virtue of *deepana*, *pachana* and *rechana gunas* which modulates metabolism at *dhatu* level by *agni deepana*, *amapachana*, *srodho shodana* and *sneha-kleda-medo vishoshana*.

CONCLUSION:

From this study we can conclude that the disease *Medo Roga* is due to the life style, the patient is leading and mainly because of the food habits and lack of exercise. Hence we advised him to do exercises and advised him to follow healthy and proper diet. All the drugs we used in this particular *kashaya* have *medohara* property and majority of drugs are *lekhana*, *rooksha*, *teekshna* in nature, thus penetrating into the deeper channels and removing *sanga* or obstruction.

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Declared

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1. Before After treatment investigations

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LABORATORY REPORT NO : 18843

NAME : Benson
Ref. By Self
AGE : 47 YEARS
SEX : M
Date : 23/07/2017
SPECTIMEN : BLOOD

LIPID PROFILE

TESTS	RESULTS	NORMAL RANGE
T. Cholesterol	222 mg/dl	(150.00 - 220.00)
Triglycerides	150 mg/dl	(35.00 - 165.00)
H. D. L. Cholesterol	55 mg/dl	(35.00 - 70.00)
L. D. L. Cholesterol	116 mg/dl	(101.00 - 167.00)
V. L. D. L. Cholesterol	32 mg/dl	(8.00 - 33.00)

Signature

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LABORATORY REPORT NO : 18841

NAME : Benson
Ref. By Self
AGE : 47 YEARS
SEX : M
Date : 23/08/2017
SPECTIMEN : BLOOD

LIPID PROFILE

TESTS	RESULTS	NORMAL RANGE
T. Cholesterol	256 mg/dl	(150.00 - 220.00)
Triglycerides	182 mg/dl	(35.00 - 165.00)
H. D. L. Cholesterol	51 mg/dl	(35.00 - 70.00)
L. D. L. Cholesterol	164 mg/dl	(101.00 - 167.00)
V. L. D. L. Cholesterol	39 mg/dl	(8.00 - 33.00)

Signature