

MANAGEMENT OF HYPERLIPIDAEMIA (MEDO ROGA) IN AYURVEDA – A REVIEW

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ABSTRACT

Hyperlipidemia, hyperlipoproteinemia, or hyperlipidaemia (Medo Roga) is the condition of abnormally elevated level of any or all lipids and/or lipoproteins in the blood. It is the most common form of dyslipidaemia (which also includes any decreased lipid levels). Primary hyperlipidaemia is usually due to genetic causes (such as a mutation in a receptor protein), while Secondary hyperlipidaemia arises due to other underlying causes such as diabetes. Lipids and lipoprotein abnormalities are regarded as a modifiable risk factor for CHD/CVD due to their influence on atherosclerosis. In addition some form may predispose to acute pancreatitis. The lipids in contemporary science can be correlated with Medas and hence Medohara treatment can be employed in the treatment of hyperlipidaemia (Medo Roga). Now a days hyperlipidaemia (Medo Roga) became a burning problem. A number of herbal, mineral and herbo mineral medicines are described in various ancient texts of Ayurveda for treating hyperlipidaemia (Medo Roga). The main purpose of this review is to identify the hypolipidaemic (Medohara) drugs mentioned in different classics of Ayurveda to evaluate their efficacy by conducting pharmaceutical and clinical research.

Keywords:- Ayurveda, Hyperlipidaemia, Lipids, Medoroga, Atherosclerosis, CHD.

INTRODUCTION

Lipid Components in the body can be treated as derivatives of fat tissue (MEDO DHAATU), which does the function of unctuous (SNEHANA). Since KAPHA DOSHA and MEDO DHAATU are mutually dependants, any etiological factor (NIDAANA) which increases KAPHA DOSHA will result in the increase of fat (MEDO VR'DDHI) thereby resulting in hyperlipidaemia.

Medoroga now a days became a burning problem among all disease. The medo vaha sroto dusti leads to Sthulatwa (Obesity) as per susruta. The sthulatwa is mentioned by susruta as a Medopradoshaja Roga, which is one of the metabolic disorder and there is no suitable treatment available for 'Hyperlipidaemia' without side effects.

Excessive accumulation of medas at various parts of the body is termed in Ayurveda as 'Medoroga' which can be seen at udara (abdomen), Sthana (Breast), Sphik (Buttock region) pradeshas. Sleshma vridhikara ahara sevana and genetic factors (Beejaswabava) are the main causative factors of Medoroga ('Hyperlipidaemia'). The 'Ayatopachaya' (Change in the normal appearance of the body) like lakshanas of Atisthoulyam occurs due to excessive Medo, Mamsa vridhhi in various parts of body.

The medoroga usually occur in middle age and in affluent families. They are afraid of this disease because of the complications like Madhumeha (Diabetes), Atisthulya (Morbidly obese) coronary heart disease, HTN, Paralysis, Gall stones, Pancreatitis, D.M, Peripheral vascular disease, Kustam (skin disease), Arshas (Piles), etc., which may lead to increased mortality and diminishes the efficacy and happiness of those affected.

Medoroga is itself an independent disease, but this is a risk factor for so many other diseases. If medoroga ('Hyperlipidaemia') is treated properly, there may not be much risk to normal life from the risk factors of this disease.

Various herbal and herbo mineral preparations are described in different classics of Ayurveda for treating Medoroga ('Hyperlipidaemia').

The present day life style is mostly based on sedentary habit (without exercise) may lead to a disease called Medoroga.

A critical analysis on the line of treatment of Hyperlipidaemias/Medo Roga

1. **Nidana Parivarjana:** Medas (Fat) is a kapha vargeeyadravya constituted by Jala & Prithvi Mahabhutas. So, the Foods/Drugs which are mainly constituted by Prithvi and Jalamahabhutas

should and must be avoided to mitigate Dusta Kapha & Medas (abnormally increased LDL).

2. **Vruddha Medodhatu (Fat)** should be brought to the level of equilibrium and Agni is also teekshna in this disorder. Hence, such dravyas having guru guna but cause apatarpana (Catabolic action) should be adopted. Best example is "Madhu". Vitiated vata has to be brought to samavastha along with meda in this disease.

3. The following are directly opposite to the snigdha (unctuous), sheeta (cold), Manda, sthira (stable), slakshana, Sandra guna of kapha and medas and these are prescribed in the line of treatment of Medo Roga (Hyperlipidaemias):

Vitiated and increased Kapha and Medohara (Hypolipidaemic) Foods & Drugs.

A) RASAS: Katu : Is said as Lekhana (abrasive) & karshanakari. In this way it is opposite to the quality of kapha and medas. According to Bhavamisra Katurasa is Medasthoulyapakarshnam, shleashmaharam. Kashaya is said as Lekhanakari, amastambhakara according to Bhavamishra. Tikta is said as Lekhana (Abrasive), Medonashaka (decreases fat).

B) GUNAS: Laghu guna is opposite to the guruguna of Kapha and Medas. Thus it may act in this disease by causing kshaya of Kapha and Medas. Ushna guna is opposite to the Snigdha guna of Kapha and Medas. Thus it may act in this disease by causing Kapha and Medokshaya & cleans the obstruction of channels. Teekshna guna (sharp) is opposite to the mandaguna of Kapha and also acts as srotoshodaka and may relieve srotoavarodha (clearing the obstruction of channels) which is found in this disease. Virukshana guna is opposite to Snigdha Guna of Medus (Lipid) which produce Hypolipidaemic effect. Srotovagunyanam occurs due to highly increased Kapha, Medas and Vayu in this disorder, for this "Chedaneya Guna" is there to do srotovishuddhi by removing the Kapha from the body. These are teekshna and ushna guna pradana dravyas which are opposite to Manda and Sheetaguna of Kapha and Medas.

C) VEERYA: Ushna Which is said to be Kaphavata shamakam. So it may also reduce Dustakapha and medodhatu (LDL).

D) DEEPANA PACHANA FOODS & DRUGS (Treatment that kindles the tissue fire) : Highly useful in this disease, because Ama is present in this disease, and the error in the transformation of fat (Medodhatu Parinaama) can be rectified by treatment that kindles the tissue fire (Dhatwagnideepana Chikitsa).

4. **Lekhana (abrasive) group of drugs or Lekhana Vasthi:-** Will help to remove LDL thereby reducing the risk of Atherosclerosis.

5. **Langana (Diet Control):** Is opposite to the guruguna of Kapha and Medas and at the same time it will digest the Ama (Endotoxin/free radical) and purifies the kapha present in this disease.
 6. **Karshana** (The process by which the body becomes lean): It is specially indicated in this disease.
 7. **Rasayana Drugs or Dravyas** (Rejuvenative Treatment): It equalizes dhatus as well as doshas. At the same time it cleans the paths of rasa dhatu. Ex. Garlic (Lashuna).
 8. **Ruksha Udvartanam:** Opposite to snigdha guna, removes bad odour caused by excessive perspiration.
 9. **Vyayama (exercise), Vyavaaya (Coitus), adhwa (walking):** These causes vatavruddi, srotoshodana & meda (Fat) kapha kshayam (lowering).
 10. **Chinta, Jaagarana:** Causes vatavruddi and meda kaphakshayam.
 11. **Tilataila:** Being a snehanadravya can be administered. Since it contains gunas like sukshma and vyavayi through which it opens the medavruta srothases and allow nourishment to other dhatus and it is ushna in guna, So, it reduces the sheetatwa of kapha which ultimately causes medokshayam.
 12. **Sweda karma** contraindicated because it causes vidheerna (deterioration) of the body of Medo Rogi (Hyperlipidaemic).
- Vamana, virechana** restricted
Niruhabasti can be given, whereas Anuvasanavasthi (Snehavasti) is contraindicated.

CONCLUSION

The lipids in contemporary science can be correlated with Medas and hence Medohara Upakarma can be employed in the treatment of Hyperlipidaemia (Medoroga).

Almost 70% of the patients had a history of sedentary life style which clearly reflects its role in the Hyperlipidaemia (Medoroga). A change in the lifestyle is highly essential, which can be employed both as curative and prophylactic benefit in the high risk population. In short, hyperlipidaemia can be effectively controlled by following purification of denatured kapha (kapha prasada) Abrasion (Lekhana). Kindling of tissue fire (Dhaatwagni Deepana Chikitsa) and by avoidance of etiological factors (Nidhana parivarjana) with regular Rejuvenation Therapy (Rasayana Therapy).

In modern medicine there is no suitable treatment available for Hyperlipidaemia without side effects. Hyperlipidaemia now a days became a burning problem among all the diseases that's why need of wide range of pharmaceutical and clinical research is highly essential to establish a drug with above mentioned effects, by monitoring for any side effects to recognize the mechanisms of action and to identify susceptible patients as well as rational management of drug induced complications are mandatory.

The drugs presented in table forms i.e. from Page No.6 to 11, which are mentioned in different classics of Ayurveda either recommended or reported are highly useful for controlling hyperlipidaemia (Medoroga).

TABLE:1. Plants Recommended For Hyperlipidaemia

Sl.No	Name	Botanical Name	Part Used	Monograph
01	Guduchi ¹	<i>Tenosporacardifolia</i>	Stem	Ayurvedic pharmacopiea of india, part I, Vol I
02	Abgaya ²	<i>Terminilia chebula</i>	Fruit	Ayurvedic pharmacopiea of India, part I, Vol I.
03	Nagaramoda ³	<i>Cyperus rotandus</i>	Root	Not available.
04	Guggulu. old ⁴	<i>Commiphora mukul</i>	Gum, Resin.	Ayurvindiapharmacopiea of India, part I, Vol I.
05	Apamarga ⁵	<i>Achyranthus Aspera</i>	Wholeplant	Ayurvedic pharmacopiea of India, part I, Vol. II.
06	Arjuna ⁶	<i>Terminalia Arjuna</i>	Stem bark.	Ayurvedic pharmacopiea of India part I, Vol I.
07	Bhurjapatra ⁷	<i>Belula Utilis</i>	Bark	Ayurvedic pharmacopiea of India, part I, Vol. V.
08	Duralaba ⁸	<i>Fagonia Cretica</i>	wholeplant	Not available.
09	Karpoor ⁹	<i>Cinnamomum Comphora</i>	Niryasa (satwa)	Ayurvedic pharmacopiea of India, part I, Vol. VI
10	Kantakari ¹⁰	<i>Solanum Xanthocarpum</i>	Panchangas	Ayurvedic pharmacopiea of India, part IVol. I.
11	khadira ¹¹	<i>Acasia catechu</i>	Stem bark	Ayurvedic pharmacopiea of India, part I, Vol. I.
12	mundi ¹²	<i>Sphaeranthus Indicus</i>	Panchangas	Ayurvedic pharmacopiea of India, part IVol. III.
13	Pippali ¹³	<i>Piper Langum</i>	Fruit/Root	Ayurvedic pharmacopiea of India, part IVol. IV.

TABLE:I. Plants Recommended For Hyperlipidaemia [Medo Roga]

Sl.No	Name	Botanical Name	Part Used	Monograph
14	Paribadra ¹⁴	<i>Erythrina indica</i>	Bark	Ayurvedic pharmacopiea of India, part IVol. II
15	Sehunda ¹⁵	<i>Euphorbia erifolia Linn</i>	Root, Leaf, Milk, Stem	Ayurvedic pharmacopiea of India, part IVol. VI
16	Shobanjan (Shigru) ¹⁶	<i>Moringa Oleifera</i>	Moola Bark & Seed	Ayurvedic pharmacopiea of India, part IVol. II
17	Shimshipa ¹⁷	<i>Dalbargia Sissoo Roxb</i>	Leaf, Saara Twak & Root	Ayurvedic pharmacopiea of India, part IVol. III
18	Amalaki ¹⁸	<i>Hordeum Officinalis</i>	Fruit	Ayurvedic pharmacopiea of India, part IVol. I

TABLE:2. POLYHERBAL PREPARATION

SL.No	Preparation	Monography
1	Guduchi+ Badramus+Triphalachu with madhu ¹⁹	Not Available
2	Yava + Amalaki Chu ¹⁹	Not Available
3	Bilvadi Panchamula Chu with madhu ¹⁹	Not Available
4	Trikatukadi Mandam with krishnagaru ²⁰	Not Available
5	Santharpana Sevana ²⁰	Not Available
6	Chavyadisaktu Sevana ²¹	Not Available
7	Vyosdisktu ²¹	Not Available
8	Salasaradi, Varunadi, Arkadi, Mushkakadi, Lodr adi, Ushakadi, Negrodadi & Trikatu Ganas ²²	Not Available, except for Trikatu i.e. A.P of India Vol II, pp110.

TABLE:2. POLYHERBAL PREPARATION

SL.No	Preparation	Monograph
9	Patola Nimba Yusham ²³	Not Available
10	Dadimamlaka Yusham ²⁴	Not Available
11	Kulutta Yusham ²⁵	Not Available
12	Asanadi, Surasadi, Vatsakadi, Haridradi Ganas ²⁶	Not Available
13	Triphalachu or Guduchi Chu or Hareetaki or Nagaramoda or Rasanjana Chu with madhu ²⁷	Not Available
14	Guggulu Sevana ²⁸	Ayurvedic pharmacopiea of India Part I. Vol. I
15	Vyoshadi Chu ²⁹	Not Available
16	Yavaamla Churmam ³⁰	Not Available
17	Shadushanam ³¹	Not Available
18	Triphala Quadam with honey ³²	Not Available
19	Hing wadi Chu with Takram ³³	Not Available
20	Vidangali Choornam with Madhu ³⁴	Not Available
21	Trikatu Kadi Chu mam with water ³⁵	Not Available
22	Trushanadi Chur nam ³⁶	Not Available
23	Eranda Patraksharam with Hingu ³⁷	Not Available

TABLE:3. MINERAL PREPARATIONS

SL.No	Preparation	Monograph
1	Rasa Bhasma with honey ³⁸	Not Available
2	Shilajith (Agnimandharasavaapi) ³⁹	Not Available
3	Shilajith with Madhudakam ⁴⁰	Not Available
4	Rasnjana Churna with Madhu ⁴¹	Not Available
5	Rasasindhur with honey ⁴²	Not Available
6	Roupya Bhasma ⁴³	Not Available
7	Tamra Bhasma ⁴⁴	Ayurvedic pharmacopiea of India Part I. Vol. VII
8	Vanga Bhasma ⁴⁵	Not Available
9	Tutta Bhasma ⁴⁶	Ayurvedic pharmacopiea of India Part I. Vol. VII
10	Vajra Bhasma ⁴⁷	Not Available
11	Loha Bhasma ⁴⁸	Ayurvedic pharmacopiea of India Part I. Vol. VII

TABLE:4. HERBO MINERAL PREPARATIONS

SL.No	Preparation	Monograph
1	vidangadi Choornam with Madhu ⁴⁹	Not Available
2	Vidangadyam Loham with Milk ⁴⁹	Not Available
3	Loha Rasayan with Milk ⁴⁹	Not Available
4	Shivagutika with Madhu ⁵⁰	Not Available
5	Trushanadi Loham with honey & Ghee ⁵¹	Not Available
6	Trimurthi Ras with Honey ⁵²	Not Available
7	Vadvagni Ras with Honey ⁵³	Not Available

TABLE:4. HERBOMINERAL PREPARATIONS

Sl.No.	Preparation	Monograph
8	Murthy Ras ⁵⁴	Not available
9	Medohara Ras ⁵⁵	Not available
10	Vadavagni Ras ⁵⁶	Not available
11	Vadavagni Loham ⁵⁶	Not available
12	Loha Rasayan ⁵⁷	Not available
13	Shila Sindoor ⁵⁸	Not available

TABLE: 5 . KASAHAYAS(LIQUIDS)

SL.No	Preparation	Monograph
1	Kustahara kashaya with Pippali & Guggulu ⁵⁹	Not Available
2	Sthoulyahara Kashaym with honey ⁶⁰	Not Available
3	Mudgadikkaji Kashaya ⁶¹	Not Available
4	Krimignadi Kashaya with madhu & guggulu ⁶¹	Not Available
5	Bilwadi Khasayam ⁶²	Not Available
6	Triphaladi Kashayam With Honey ⁶³	Not Available

TABLE:6. GUTIKA (PILLS)

SL.No	Preparation	Monograph
1	Amrutadya Guggulu with Madhu ⁶⁴	Not Available
2	Navaka Guggulu with Madhu ⁶⁴	Not Available
3	Bruhat Shivagutika ⁶⁵	Not Available
4	Sapta Chatvarimshati Guggulu ⁶⁶	Not Available
5	Asta Chatvarimshati Guggulu ⁶⁷	Not Available
6	Guggulu Prayogam(Shudda) ⁶⁸	Not Available
7	Dashanga Guggulu ⁶⁹	Not Available
8	Vyoshadi Guggulu ⁷⁰	Ayurvedic pharmulary of India Vol.I.pp 70
9	Yogaraj Guggulu with Honey ⁷¹	Ayurvedic pharmulary of India Vol.I.pp 69
10	Medohara Guggulu with cow's water ⁷²	Not available.

TABLE:7. ARISTA'S

Sl.No	Preparation	Monograph
1	Putikadyarista ⁷³	Not Available
2	Ayaskruti ⁷⁴	Not Available
3	Takrarista with Madhu ⁷⁵	Not Available
4	Loharista ⁷⁶	Not Available
5	Lodrasava ⁷⁷	Ayurvedic pharmulary of India Vol.I.pp .20

TABLE:8. TAILAS.(OILS)

SL.NO	Preparation	Monograph
1	Triphaladi Taila Panam ⁷⁸	Not Available
2	Taila (Accha) Panam ⁷⁹	Ayurvedic pharmacopiea of India Part .I.Vol.VI

GRUTHA:Agnigruthum⁸⁰, Monograph not available

VASTHI:Badradi Asthapana vasthi⁸¹ Monograph not available.

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