



A SYSTEMIC REVIEW ON SANTARPANA JANYA NIMITTAJA VYADHI -AN AYURVEDIC APPROACH

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ABSTRACT

Samskara and Abhyasa's roles in the current study are assessed, particularly in light of Santarpana Nimittaja illnesses. Because conditions like Prameha, obesity, lethargy, etc. are more prevalent among urban Indians and are brought on by the over nourishment of Dhatus as a result of dietary and lifestyle variables. According to Charka, Samskara is the process by which specific characteristics are given to or eliminated from a substance or an event in order to enhance or modify the outcome. In addition to this, Samkara discovered that these patients' diet and nutrition were managed in a crucial way. In the Paradi Guna, also referred to as Satata Kriya and Sheelana, Abhayasa is ranked eighth. The entire Satmya idea lies under the umbrella of Abhyasa. There is a long list of foods and items that should be consumed frequently, and Satmya Pareksha is one of the Dashavidha Parekshas that should be carried out on a patient before receiving therapy. Research will be done to assess the role of Samskara and Abhyasa with food items among patients with Santarpana Nimittaja diseases in addition to the analysis of these aspects in the current dissertation. The current work was created with this goal in mind.

KEYWORDS – Santarpana, Nimittaja Vyadhi, Paradi Guna etc.

INTRODUCTION

In the Charaka Samhita, Acharya Charaka explains the therapy regimen for many types of lifestyle problems in light of their pathophysiology. Santarpana is the only sort of medical procedure. If one does not follow the correct Santarpana Ahara (dietetics) and Vihara (daily routine) regimen, it vitiates the three doshas Kapha, Mamsa, and Meda and leads to a variety of overnutritional illnesses, sometimes referred to as lifestyle disorders. Santarpana hence acts as a Hetu (cause) and kind of Chikitsa (therapy) depending on the inappropriate and appropriate use. Santarpana is also in charge of preserving the healthy physiology of the homeostatic process through the balance of energy provided by the consumption of Santarpana Ahara and Vihara. Energy balance, the quantity of energy (ingested fuels as food) intake, and the quantity of energy expenditure (muscle activity) over a prolonged period of time are used to control body weight. All consumed energy is typically digested under homeostatic settings to sustain basal metabolic rate, thermogenesis, and muscular activity. Extra calories consumed are stored as fat in adipocytes to be used as needed by the body in the future.¹

Agni, or the force of digestion and metabolism, is crucial for maintaining basal metabolic rate (BMR). Santarpanaja Vyadhi is essentially defined in terms of obesity by a dysregulation of the neuro-physical signals that regulate food intake, resulting in an imbalance between energy intake and expenditure. An intricate web of peripheral and hypothalamic signals works to maintain a balance between food intake, body weight maintenance, nutritional partitioning, and energy homeostasis. The hormones leptin and ghrelin have a significant impact on the energy balance.²

Three fundamental categories—commonly referred to as the Tri-Sutra—the Hetu Sutra (Description of Causes of Health and Disease), Linga Sutra (Description of Features of Health and Disease), and Aushadha Sutra (Treatment for Promotion of Health and Prevention or Cure of Diseases)—can be discussed in the Santarpanaiyan Adhyaya of Charak Samhita. Here, the idea of Santarpana is addressed.³

DEFINITION OF SANTARPANA

Acharya Charaka defined Dalhana, Ayurvediya Shabdakosa, and Santarpaname as ways to satiate and feed the body. It is evident from the aforementioned definitions that Santarpanaja medications have an effect on both the physical and mental levels. They have a healing quality and renew the spirit by replenishing the Dhatus at the cellular level. Therefore, Triptikaram, Prinanam and Brimhana-hetukais Brimhana, which is in charge of providing the body with nutrition. As a result, Santarpana is synonymous with Tarpana and Brimhana.⁴

People are fed in two ways: Sadyah Santarpana (immediate nourishment) and Abhyasa Santarpana (habitual consumption of Tarpanaiya diet & regimen), depending on the situation, physical makeup (Prakriti), digestive capacity (Agnibala), therapeutics (Bhaishajya), and dose (Matra). and the administration's season and time (kala). Abhyasa-Santarpana (habitual consumption of Santarpanaiyadiet and regimen or medications) should be used in

cases of chronic kind of emaciation, and Sadya-Santarpana treatment should be used in cases of recent attack of emaciation (Sadhyaksheena).⁵

DISCUSSION

Food intake is a vital biological necessity for maintaining life, achieving development, and getting enough energy. Satiety is the name for the diet's appetite-inhibiting effects. It is a dispositional state of the person, and its purpose is to prevent overeating. In a nutshell, satiety is described as a condition of not eating that is characterized by the lack of hunger that occurs after a meal and results from ingesting food (encyclopedia of food and health, 2016). In contrast, Ati-Santarpana represents the wasted high calorie value that is consumed through a high calorie meal as a result of continuing a sedentary lifestyle without any activity, even after the satiety center has been satisfied.⁶

Based on the use, Santarpana can take the roles of Nidana, Hetu, or Chikitsa Upkram. It is also in charge of preserving the fundamental physiology of nutrition. The term "Santarpana" also refers to the excess calories consumed through a high-calorie diet as a result of continuing a sedentary lifestyle without activity, even after the satiety center has been satisfied. As a result of leptin resistance, Santarpan results in the deposition of fat as adipocyte. According to Ayurveda, when Santarpana is performed excessively, it first causes Medoroga or obesity and then distinct Santarpanaja Vyadhitakes locations.⁷

CONCLUSION

The aforementioned explanation leads to the conclusion that leptin and ghrelin are two hormones that significantly affect energy balance by regulating energy intake and expenditure. This review aims to produce a reflection on the function of Santarpana in terms of ghrelin and leptin to maintain the Dhatusamya (body's homeostasis) through regulation of energy intake and expenditure as well as BMR of the human body, which will be beneficial for academics in the treatment of diseases and offering precautions.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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