



A REVIEW ARTICLE ON THE MEDAVAHA SROTO DUSTI (METABOLIC DISORDERS) AND IT'S MANAGEMENT IN KAYACHIKITSA

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ABSTRACT: -

Ayurveda the antiquated study of wellbeing and prosperity includes various branches for explicit purposes; Kayachikitsa is one of the parts of Ayurveda science that fundamentally manages the board of general sicknesses utilizing inner medication. Kayachikitsa includes total treatment (Chikitsa) of body (Kaya) utilizing various methodologies. The standards and approaches of Kayachikitsa assists with treating sicknesses, for example, fever, diseases, paleness, gastric difficulty, diabetes, joint inflammation and different metabolic issues, and so on. The pervasiveness of metabolic problems increments step by step because of the terrible lead of everyday routine. Taking into account the recurrence of metabolic sicknesses and restorative benefits of Kayachikitsa present article sums up job of inner medication in the administration of metabolic problems essentially related with upset example of way of life. Ayurveda is the antiquated study of wellbeing and prosperity envelops various branches for explicit purposes; Kayachikitsa is one of the parts of Ayurveda science that mostly manages the board of general infections utilizing Ayurvedic strategies and Ayurvedic definitions. Kayachikitsa includes total treatment (Chikitsa) of body (Kaya) utilizing various methodologies. The standards and approaches of Kayachikitsa assists with treating illnesses, for example, fever, contaminations, sickliness, gastric difficulty, diabetes, joint inflammation and different metabolic problems, and so on. The predominance of metabolic problems increments step by step because of the terrible direct of day-to-day routine. Taking into account the recurrence of metabolic illnesses and restorative benefits of Kayachikitsa present article sums up job of Ayurveda in the administration of metabolic problems primarily related with upset example of way of life.

KEYWORDS: - Ayurveda, Kayachikitsa, diabetes, inflammation, metabolic.

INTRODUCTION: -

Kayachikitsa is significant stream of Ayurveda that relates with the normal disease and their administration utilizing regular medications. The utilization of spices, Ayurveda definition and Shodhana treatment, and so on can be used as approaches of Kayachikitsa for the administration of various sicknesses including; Sosha, Jwar, Unmad, Apasmara, Atisara, Kustha and Prameha and so on. Kayachikitsa gives all viewpoints connected with the finding and treatment of illnesses. It envelops information about administering, portion and span of medication. The standards of Kayachikitsa right Agni, Dosha, Dhatu and detoxify body hence help to fix general

infections. The revival treatment (Rasayana) of Kayachikitsa additionally reestablishes physical and emotional well-being status. The essential standards of Kayachikitsa give approaches to the administration of sicknesses connected with the upset example of way of life for example metabolic problems. The Kayachikitsa assists with overseeing different metabolic issues including; weight, hypertension, elevated cholesterol, greasy liver, diabetes and stomach related issues. These illnesses essentially happens because of the upset example of day to day routine, for example, unpredictable eating regimen, actual effort, stress, upset resting designs, terrible dietary propensities, outrage and absence of activity, and so on. A metabolic problem is an issue that adversely changes the body's handling and dissemination of macronutrients like proteins, fats, and carbs. Metabolic issues can happen when strange compound responses in the body adjust the ordinary metabolic cycle. This could influence how well the body can separate enormous atoms for energy, how effectively cells can deliver energy or bring on some issues with energy guideline. Kayachikitsa is significant stream of Ayurveda that relates with the normal disease and their administration utilizing regular medications. The utilization of spices, Ayurveda detailing and Shodhana treatment, and so on can be used as approaches of Kayachikitsa for the administration of various infections including; Sosha, Jwar, Unmad, Apasmara, Atisara, Kustha and Prameha and so on. Kayachikitsa gives all angles connected with the finding and treatment of sicknesses. It incorporates information about administering, portion and length of medication. The standards of Kayachikitsa right Agni, Dosha, Dhatu and detoxify body subsequently help to fix general illnesses. The restoration treatment (Rasayana) of Kayachikitsa likewise reestablishes physical and psychological well-being status. The essential standards of Kayachikitsa give approaches to the administration of sicknesses connected with the upset example of way of life for example metabolic issues. The Kayachikitsa assists with overseeing different metabolic issues including; corpulence, hypertension, elevated cholesterol, greasy liver, diabetes and stomach related issues. These sicknesses primarily happens because of the upset example of day to day routine, for example, unpredictable eating regimen, actual effort, stress, upset resting designs, terrible dietary propensities, outrage and absence of activity, and so on The medications, for example, Haritaki, Amalaki, Vibhitaki Guggulu Sap, Vidanga, Morus Indica, Gymnema Sylvestre, Kalonji and Eugenia Jambolana, and so on.

MATERIAL AND METHODS: -

Metabolic disorder According to Ayurveda: -

Metabolic Confusion is aftereffect of inappropriate digestion. Digestion can be correlated with elements of Agni in Ayurveda. Different reasons for metabolic problems like, stationary way of life, slick, weighty food, unreasonable calory utilization and absence of activity or actual effort and so on principally vitiate Agni particularly Medadhatvagni which might deliver Aam and vitiates Kapha and Meda. Santarpanottha Vyadhi like - Sthaulya, Prameha, So metabolic turmoil can be said Santarpana Janya Vyadhi. In Ayurveda above highlights have been referenced as the aftereffect of Medavaha Sroto Dusti. So one might say that, underlying phase of metabolic problem can measure up to Medavaha Sroto Dusti. In the center stage metabolic confusion goes in to type 2 diabetes mellitus and caorony supply route illnesses. So it very well may be said as the state of Sankara Vyadhi. In later phase of the metabolic issue, difficulty of explicit sicknesses like intense pancreatitis, computer aided design due to hyper triglyceridemia, Diabetic retinopathy, neuropathy, nephropathy and so forth because of diabetes mellitus and cerebral drain, hypertensive cardio-myopathy, hyper tensive retino and nephro pathy because of hypertension. So with the continuous advancement of the sickness it gets demolished conditions and becomes challenging to treat. So it is astute to treat this sickness before it spans to center or later stage condition including Vyadhi Shankar and Upadrva. Acharya Sushruta has referenced Shadvidha Kriyakala for early determination of illness so treatment can be arranged really early stopeed. Medavaha Sroto Dusti is the underlying phase of metabolic problem. So the Nidan and Samprapti of Medavaha Srotasa Dusti can be useful to grasp Ayurved part of metabolic problem. For complete comprehension of metabolic problem according to Ayurved point of view we can separate the state of metabolic issue in three phases.

1. STARTING PHASE OF METABOLIC ISSUE: - Patients having gentle expansion in midriff circuits, Prediabetes, Prehypertention and Gentle dyslipidemia can be analyzed as beginning phase of metabolic problem. Above state of starting phase of metabolic issue can measure up to Medavaha Sroto Dusti Laxana.

Nidana of medavaha sroto dusti:- • Avyayama (Absence of activity) • Divasvapna (Daytime rest) • Medyanam Ati Bhakshanat (Exorbitant utilization of greasy and high calory diet) • Varuni Ati Sevana (Over the top utilization of liquor).

Side effects of medavaha sroto dusti incorporate • Atisthula Laxana and Purvarupa of Prameha.

Atisthula laxana: - • Diminished life length and personal satisfaction • Loss of excitement • Loss of charisma and trouble in copulation • Shortcoming • Foul smell from body • Exorbitant sweat • Extreme Craving • Over the top thirst

Purvarupa of prameha: - • Twisting of the hairs • Sweat tastness of mouth • Deadness and consuming in sole and palm • Dryness of mouth, sense of taste and throat • Exorbitant thirst or expanded longing for water • Lethargy • Amassing of excretory items in body • Deadness and consuming in body parts • Fascination of subterranean insects toward pee and body • Turbid or vitiated pee • Foul body smell • Unnecessary rest.

Treatment rule for medavaha sroto dusti: - Treatment of Medavaha Sroto Dusti incorporates same standard of treatment of Sthaulya, as:-

Chikitsa sutra: - • Kapha-Medahara and Vatanulomaka Anna Pana • Niruha Basti arranged with Ruksh, Ushna and Tikshana Aushadha • Udvartana by Ruksha Aushadha.

Drugs: - • Guduchi • Bhadramusta • Triphala • Takrarista • Madhu • Vidangadi Lauha • Yava+Amalaki Prayoga • Bilvadi Panchamula kwath with honey • Agnimanth Svaras • Shilajatu Prayoga.

Pathyapathya Pathya □ Everyday work-out □ Jirne Bhojana (To take food after complete absorption of past food) □ Greatest utilization of Yava (Scarcely) and Purana Godhuma (Old Wheat) for food readiness. Apathya Ahara • Unhealthy eating regimen, similar to quick food sources • Greasy, weighty and slick food substances • Over the top and everyday utilization of meat • Unnecessary utilization of milk/dairy items like curd, paneer, ghee, desserts • Exorbitant liquor utilization Vihara • Absence of activity • Daytime rest • Adhyasana • Vishamashan.

2. CENTER PHASE OF METABOLIC PROBLEM: -

It tends to be contrasted and Avaranajanya Madhumeha in Ayurveda. Sushruta has referenced it as Sthula Pramehi.

Hetu - Over the top guilty pleasure of Master, Snigdha, Amla, Lavana Rasa predominant eating routine, Samashana, Nava Anna and Pana, Inordinate Rest, Unreasonable Seating on entirely agreeable seats, Absence of activity, Exceptionally less mental activity, Absence of Samshodhana of vitiated and collected Dosha.

Linga - Over the top increment of Shleshma and Pitta prompts Avaran of Vata and discouraged Vata discharge Ojas with pee thus pee becomes like Madhu (Honey) in taste and variety which is called Madhumeha. Patient feels Ojas Kshaya Laxana because of unnecessary secretion of Ojas with pee. Patient feels either side effects of Vata, Pitta or Kapha regularly and ultimetally becomes gaunt.

Upakrma - • Langhana • Rukshana • Bruhana • Snehana In state of unnecessary dosha Samshodhana like Vamana and Virechana ought to be given. Assuming that Dosha are modestly vitiated Vyayama and Pachana medications can be utilized. Rukshana should be possible with Udvartana of powder of medications having Kashaya, Ruksha and Laghu properties. After complete Shodhana or Samyaka Langhana and Rukshana, Bruhana and Snehana ought to be performed.

Drugs - Phalatrikadi Kwath, Nisha Amalaki, Ayaskruti, Shilajatu rasayan, Khadir rasayana, Tugaraka rasayana.

3. LATER PHASE OF METABOLIC PROBLEM: -

It tends to be contrasted and convoluted instance of Avarana and Madhumeha. In the event that Madhumeha not treated opportune and appropriately, its difficulty likes carbuncles devolves in imperative parts and strong region.

Upadrava of avarana - Heart sickness, Sore, Splenomegaly, Growth in Maha Srotasa, Loose bowels.

Treatment -

Patient having confusions because of Avarana ought to be treated with Anabhishyandi, Snigdha, Shroto Shodhaka, Vatanulomana and Kapha, Pitta Aviruddha drugs.

Rasyana prayoga - • Shilajatu with milk • Guggulu • Lasuna

Drugs for Obesity: - Guggul is dried pitch suggested for weight reduction since it assists with separating fat cells. Aloe vera-Aloe vera juice diminishes weight, the utilization of aloe vera juice on void stomach offers a few medical advantages that eventually sets off decrease in weight. Kalonji is dark cumin helps in weight reduction since it lessens general propensity to put on weight. Ayurveda details for Heftiness, Aswagandharishtam, Avipathi Churnam, Triphaladi Churnam, Varanadi Kashayam, Gandharvahastadi Kashayam.

Drugs for Diabetes:-

Coccinia indica-It is hostile to diabetic specialist, controls starch breakdown, forestall ascend in glucose level after sugars utilization. Morus Indica (Mulberry)- The medication is suggested for bringing down glucose level since it helps in carb digestion. Gymnema Sylvestre (Gurmar)- The leaves of medications assists with lessening glucose level, it work with recovery of pancreatic beta cells and decreases insulin meds reliance. Momordica Charantia-Momordica charantia is utilized for diabetes; since it increments insulin emission and improves elements of pancreatic beta cells. Trigonella Foenum - Trigonella foenum decreases insulin opposition subsequently control blood glucose level, the presence of compound diosgenin offers hostile to diabetic impacts. Eugenia Jambolana-The product of Eugenia jambolana brings down glucose level since it invigorates insulin discharge and works on working of kidney. It is suggested as hostile to diabetic medication traditionally which likewise has been demonstrated by different exploration studies.

Drugs for Fatty Liver: -

Phyllanthus Niruri (Bhumi Amla)- Phyllanthus Niruri alleviation liver issues, for example, Hepatitis B and forestall liver harm accordingly help in metabolic irregularities connected with the liver. Boerhavia Diffusa (Punarnava)- Punarnava offers diuretic properties, support renal blood stream and keep up with bile stream in this way help to forestall fat statement on liver.

Drugs for Hypercholesterolemia: -

Terminalia (Arjuna)- The unfriendly impacts of hypercholesterolemia principally influence working of heart and Arjuna supports cardiovascular muscle consequently serves to controls ordinary working of heart. Cinnamomum Zeylanica-Dalchini diminishes windedness, further develops strength of heart muscles and offers cancer prevention agent impacts thusly helps in the administration of unfriendly impacts of hypercholesterolemia.

Drugs for Digestive Problems: -

Chitrak, Clove, Asafetida-These medications reinforced Agni, further develops processing, eliminates Ama accordingly dispose of metabolic issues related with assimilation. Pepper and Ginger-These medications offer Dipana impact, decreases sensation of greatness, ease gas and right stomach related irregularities. Cumin, Coriander and Fennel-These spices influence Samana Vayu, further develop absorption and proposition carminative impacts hence balances metabolic exercises connected with the stomach related framework.

Ayurveda Formulations in Metabolic Disorders: -

The Vanaspati Kashaya, Lekhana Kashaya, Aptarpana, Vatahara and Kaphahara impacts of ayurveda drugs stifle neurotic movement of metabolic problems, for example, Ati Sthoulya, Dhamani pralepa and Madhumeha and so on, Trikatu Churna and Pippali Churna- These definitions further develops Agni in this way manages metabolic activists. Silajatu- Upgrades Ojas in this way forestall obsessive movement of metabolic issues connected with the immune system outcomes. Dasamoolarishta and Kaisora Guggul- Offers helpful impacts in jaundice and Prameha. Mahamehantakarasa- Liver and urinary problems. Triphala- Lessens blood glucose

levels in type 2 diabetes and helps in weight reduction. Kumaryasavam- Serves to alleviation side effects of heftiness. Varadi Kashayam- Offers medical advantages by working with weight reduction.

METABOLIC DISORDER ACCORDING TO MODERN: -

Metabolism: -

Digestion alludes to the continuous biochemical cycles that keep up with the working of living organic entities. It is the equilibrium of two cycles:

Anabolism: -

A progression of compound responses that forms particles from more modest parts; anabolic cycles normally require energy. Anabolism permits the body to develop new cells and keep up with every one of the tissues. Anabolic responses in the body utilize straightforward synthetics and particles to make many completed items. Models incorporate the development and mineralization of bone and expansions in bulk.

Exemplary anabolic chemicals include: -

- Development chemical - a chemical made by the pituitary organ that invigorates development.
- Insulin - a chemical made by the pancreas. It directs the degree of sugar glucose in the blood. Cells can't use glucose without insulin.
- Testosterone - causes the improvement of male sex qualities, like a more profound voice and beard growth. It likewise fortifies muscles and bone.
- Estrogen - engaged with fortifying bone mass, as well as creating female qualities, like bosoms.

Catabolism: -

Catabolism separates things and deliveries energy; it utilizes bigger mixtures to make more modest mixtures, delivering energy simultaneously. Catabolism gives the energy our bodies need for actual work, from cell cycles to body developments. Catabolic responses in the cells separate polymers (long chains of atoms) into their monomers (single units). For instance:

- Polysaccharides are separated into monosaccharides - for example, starch is separated into glucose.
- Nucleic acids are separated into nucleotides - nucleic acids, like those that make up DNA, are separated to purines, pyrimidines, and pentose sugars. These are engaged with the body's energy supply.
- Proteins are separated into amino acids - in certain conditions, protein is separated into amino acids to make glucose. At the point when we eat, our body separates supplements - this deliveries energy, which is put away in particles of adenosine triphosphate (ATP) in the body. ATP is viewed as "the energy cash of life." The energy put away in ATP is the fuel for anabolic responses. Catabolism makes the energy that anabolism consumes for orchestrating chemicals, catalysts, sugars, and different substances for cell development, generation, and tissue fix.

Causes: -

Digestion is a complicated cycle that includes numerous biochemicals, tissues, and organs. This implies there are numerous open doors for something to turn out badly and cause a metabolic issue. A few instances of causes are:

- Hereditary qualities: Qualities can impact metabolic cycles in different ways. For instance, individuals with Gaucher's infection have a hereditary change that restricts the creation of glucocerebrosidase, a chemical for separating fats. This can cause a hurtful development of fat around the body.
- Organ brokenness: Organs associated with digestion can neglect to appropriately work. For instance, Diabetes Believed Source can happen when the pancreas can't create adequate insulin to manage blood glucose levels.
- Mitochondrial brokenness: Mitochondria are little pieces of cells that basically produce energy. Changes of the mitochondria or cell DNA, or natural triggers, can influence how well mitochondria capability and how much energy they can create.

Common symptoms: -

Metabolic problems are assorted and can influence numerous parts of real working. Normal side effects include:

- Sleepiness
- Muscle shortcoming
- Surprising weight gain or misfortune
- Changes in skin tone
- Stomach torment
- Sickness or retching
- Decreased hunger
- Formative issues in children and babies

Treatment:-

Metabolic issues have a great many medicines relying upon the reason. Large numbers of these circumstances are hereditary or presently without a fix. This implies that an individual could require deep rooted drugs or need to make way of life changes to deal with their side effects.

DISCUSSION: -

The clinical doctor now daily's giving extraordinary consideration toward the metabolic infections since their occurrences increments step by step. The outcomes of metabolic sickness influence soundness of society as well as puts gigantic financial weight to the country. The pervasiveness of such issues; heftiness, diabetes, greasy liver and stomach related inconveniences influences all age bunch populace around the world. The ebb and flow situation of way of life and terrible dietary propensities contributes significantly toward the pathogenesis of metabolic sicknesses. The part of ayurveda; Kayachikitsa that arrangements with utilization of inside medication offers different choices for the administration of metabolic issues. Drugs like Guggulu, Meshshringi, Aloe vera, Arjuna, Kalonji, Gymnema Sylvestre, Momordica Charantia, Eugenia Jambolana and Haridra gives medical advantages in various sorts of metabolic problems comparatively ayurveda plans, for example, Punarnavadi guggulu, Triphala, Nisamlaki Churna, Kumaryasavam, Dasamoolarishta, Trikatu Churna and Pippali Churna additionally gives medical advantages in the administration of Madhumeha, Ati Sthoulya and other metabolic issues.

CONCLUSION: -

Metabolic problems influence digestion of a few significant organs, which can bring about a scope of side effects or complexities. They commonly happen because of the body creating excessively or excessively bit of a substance. Hereditary transformations influencing biochemical cycles are the reason for some metabolic issues. It very well may be closed by above conversation that metabolic problem can measure up to Medavaha Srotas Dusti, Apathyanimitaja Prameha and Updrava of Avarana as indicated by its different stages. The treatment of metabolic problem and preventive measures relies on the phase of metabolic issue.

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