



MANAGEMENT OF DYSLIPIDEMIA THROUGH *VIRECHANA KARMA* A CASE STUDY

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Abstract:

Dyslipidemia is one of the life style diseases resulted due to faulty life style which includes food habits, minimal physical exercises, stress, anxiety and depression. Every 1% increase in cholesterol level is responsible for 1-2% increase in the incidence of Coronary Heart Disease. Such derangement in the metabolism of fat can be considered under the broad heading of *medo roga* which is a *santarpanotta vikara*. Hence the principle of treatment which is required for such diseases are included under *Apatarpana*. *Samshodhana* is considered to be the major treatment under *Apatarpana* which helps in eliminating the morbid dosha out of the body. Modern counterpart explains statins as the first choice of drug. To assess the effect of *samshodhana* a single case study was undertaken who was diagnosed with dyslipidemia. In that patient, *virechana karma* was administered and the effect of treatment on the complete lipid profile was assessed before and after the treatment.

Key words: Dyslipidemia, Lipid profile, *Samshodhana*, *Virechana karma*.

Introduction

The changes in the today's life style mainly includes faulty food habits, minimum physical exercise, maximum mental and intellectual exercise with stress, anxiety and depression resulting into various abnormalities in body composition. Dyslipidemia is one such potential signal for unrecognized co-morbidities like Obesity, Metabolic syndrome, Diabetes mellitus, Hypertension, Cardio-vascular disease etc. It may be manifested by elevation of the total cholesterol, low density lipoprotein (LDL) cholesterol and the triglyceride concentrations and a decrease in high density lipoprotein (HDL) cholesterol concentration in the blood [1]. The prevalence of Dyslipidemia in India is not exactly known as it usually appears as subclinical case without symptoms. For every 1% increase in cholesterol level causes 1-2% increase in the incidence of Coronary Heart Disease [2]. There are scattered references available in Ayurveda correlating Dyslipidemia. Lipid is often correlated to that of *Meda dhatu*. Abnormal composition of *meda dhatu* is considered as *Meda dosha* and subsequently as *Medo roga*. Statins are the first choice in the treatment of Dyslipidemia; however the need for long term, lifelong therapy with Statins is associated with several adverse effects like myopathy, increased risk in acute and chronic renal failure, hypothyroidism and memory loss [3]. *Medo roga* being *Bahu dosha avasata samshodhana chikista* is preferred treatment modality among those *virechana karma* is best for the elimination

of excessively vitiated pitta and to correct *Agni*, which is the basic factor involved in the pathogenesis of *Medoroga* [4] Thus with this understanding clinical study was done to evaluate the efficacy of *Virechana karma* in Dyslipidemia.

CASE REPORT

Patient of aged 40 years complain of thirst, fatigue, increased body weight, increased frequency of urination since 1 year.

DETAILED HISTORY

Patient of aged 40 years diagnosed with diabetic mellitus since 15 years and not a known case of hypertension, thyroid dysfunction. He was apparently healthy before 1 year gradually he developed increased frequency of urination, increased thirst, fatigue on doing same work for little amount of time, he observe his body weight increasing day by day so for all these complaints he went to nearby doctor, but he did not get any relief in his symptoms for. So that he came to our hospital for further management.

PAIKSHA OF PATIENT

Number	Parameter	Result
01	<i>Nadi:</i>	74bpm
02	<i>Mutra:</i>	<i>Ati Pravritti</i> (8 to 10 times in day time and 2 to 3 times in night time)
03	<i>Mala:</i>	<i>Prakruta</i>
04	<i>Jivha:</i>	<i>Alipta</i>
05	<i>Shabda:</i>	<i>Prakruta</i>
06	<i>Sparsha</i>	<i>Anushana sheeta</i>
07	<i>Druk:</i>	<i>Prakruta</i>
08	<i>Sara:</i>	<i>Madyama</i>
09	<i>Satmya:</i>	<i>Maduara rasa satmya</i>
10	<i>Samhanana:</i>	<i>Madyama</i>
11	<i>Aahara shakti:</i>	<i>Madyama</i>
12	<i>Vyayama shakthi:</i>	<i>Madyama</i>

GENERAL EXAMINATION

01	Pallor: absent
02	Icterus: absent
03	Cyanosis: absent
04	Clubbing: absent
05	Lymph nodes: not enlarged
06	Edema: absent

SYSTEMIC EXAMINATION

CNS: Conscious and well oriented higher mental function intact.

CVS: S1 and S2 heard no murmur.

RS: AEBE Clear no any added sound and congestions.

Personal history

Appetite: Good

Bowel: Clear 1 time per day

Sleep: Sound

Micturation: Increase in frequency 8 to 10 times per day and 2 to 3 times in night time

Blood Investigation before treatment.

Number	Parameter	Result	Reference range
01	Total cholesterol	289.0 mg/dl	130-220 mg/dl
02	Serum triglyceride	496.0 mg/dl	40-160 mg/dl
03	HDL cholesterol	60.0 mg/dl	30-70 mg/dl
04	LDL cholesterol	184.0mg/dl	65-150 mg/dl
05	VLDL cholesterol	99.0mg/dl	8-32 mg/dl
06	TC/HDL Ratio	4.8	<3.0 low risk 3-5 average risk >5 high risk

Intervention:

Patient was admitted in our hospital on 16-12-2021, after the admission all treatment protocols is explained to patient and patient party.

Before starting the actual procedure patient is give *Rukshana chikista* for 3 days with following drugs

1 st day	<i>Agni tundi vati</i>	1 tid before food
2 nd day	<i>Avipattikara choora</i>	1tsft tid before food
3 rd day	Barely water	As diet for afternoon and night

Form day 4th patient is advised *Senahapana* in *Arohana Krama* depending on hunger of the patient and time of digestion next day dose is fixed.

Day	Quantity of the sneha give to patient	Time of digestion and hours	Laskshanas
4 th day (1 st day of <i>Snehapana</i>)	50 ml	On 10:30 am hours for digestion 4 hours	<i>Udgarashuddhi</i> , <i>Vatanulomana</i> and only 1 time motion was passed are seen.
5 th day(2 nd day of <i>Snehapana</i>)	90ml	On 12:30 pm, hours for digestion 6 hours.	<i>Udgarashuddhi</i> , <i>Vatanulomana</i> and only 1 time motion was passed are seen.
6 th day(3 rd day of <i>Snehapana</i>)	140 ml	On 3:30, hours for digestion 9 hours.	<i>Udgarashuddhi</i> , <i>Vatanulomana</i> and 2 times motion was passed are seen.
7 th day (4 th day of <i>Snehapana</i>)	220 ml	On 5:30 pm, hours of digestion 11 hours.	<i>Udgarashuddhi</i> , <i>Vatanulomana</i> , <i>twak snigdata</i> and <i>mala sigdata</i> was seen and 3 times motion was passed are seen.

After attending the *Sneha Siddilakshanas Snehapana* was stopped and *Vishrama Kala* was given for 3 days, during the course of *Vishrama Kala*, *Abhyanga* and *Bhaspa sweda* ,During these three-day, a light diet including rice gruel, green gram soup was advised.

After completion of 3 days of *Vishrama Kala* on the 4th day *Virechana* was given with 50 grams of *Trivrut*, it is mixed with 250ml of milk on 9:30 am, and advice to take hot water after each *vega*. For him *Vega* started after 10:30 am total 25 number *Vegas* are seen till evening.

Observations of the patient

The observations like time of initiation of *Virechana Vega*, total number of *Virechana vegas*, Time of completion, *Kshudrah Pravritti Laighiki Lakshana*, *Anthika Lakshana*, vitals should be examined if any complications or *Vyapads* are seen those should be noted

After completion of *Virechana*, the patient should advised with special diet pattern, which consist of liquid rice gruel, thick rice gruel, green gram soup, green gram soup with spices and meat soup administered each for 1,2,or 3 annakaala is given depending on *Shuddi* or *Vegas*[5]. As he had *Pravara Shuddi* was seen he was advised 7 days of *Samsarjana Krama*.

After completion of *virechana karma* next day on empty stomach blood sample was collected for lipid profile the following are result of report.

Number	Parameter	Result	Reference range
01	Total cholesterol	170.0 mg/dl	130-220 mg/dl
02	Serum triglyceride	146.0 mg/dl	40-160 mg/dl
03	HDL cholesterol	51.0 mg/dl	30-70 mg/dl
04	LDL cholesterol	82.0 mg/dl	65-150 mg/dl
05	VLDL cholesterol	29.0 mg/dl	8-32 mg/dl
06	TC/HDL Ratio	3.3	<3.0 low risk 3-5 average risk >5 high risk

Discussion: As soon as the diagnosis of dyslipidaemia was made, one has to plan the *Shodhana* treatment which should be preceded by *Rukshana*. Here the purpose of *rukshana* is to reduce the morbid *shleshma* in the body which was followed by *Snehapana* and *Virechana*. After subjecting to *Rukshana*, *Shodhananga Snehapana* will help in attaining *Malodeerana* which was followed by *Bahya Snehana* and *Swedana* for a period of 4 days. On the 4th day of *Bahya Snehana* and *Swedana*, *Virechana karma* was administered. Hence assessment of lipid profile was carried out soon after the administration of *Virechana karma*. However there is much reduction in the lipid profile of the patient after *Shodhana*

Conclusion: Effectiveness of *Rukshana Purvaka Sneha Pana Yukta Virechana* in the management of dyslipidaemia was considered in this present study. The quality of life after completion of *Shodhana* was said to be improved, also the biochemical parameters was showing reduction in the lipid profile.

Photos

SRM SHREE MALLINATHAYA NAMHA
SRI DHARMASTHALA MANJUNATHESHWARA
AYURVEDA HOSPITAL
Rutheady, UDUPI - 576 118

Patient: [REDACTED] Referred By: DR. RAJALAKSHMI H G
Patient ID: [REDACTED] Sex: 'M' Age: '40' Prepared By: HARSHI SHETTY
WAVE - RATHNASHREE SPECIAL ROOMS Or - 25-12-2021 @ 10:12 AM
SF (RT SPL 318)

SIDF: [REDACTED]
FAL7 10-6 RMC PARK VIEW APARTMENT 6TH CROSS
DANDRANAGAR KODIALBAIL
MANDALORE
Pincode - 576001
DARSHINA KANWDA

LABORATORY REPORT

Test	Result	Units	Reference Range
LIPID PROFILE			
TOTAL CHOLESTEROL	288.0	mg/dl	130 - 220
SERUM TRIGLYCERIDES	498.0	mg/dl	40 - 160
HDL CHOLESTEROL	80.0	mg/dl	30 - 70
LDL CHOLESTEROL	194.0	mg/dl	65 - 160
VLDL CHOLESTEROL	99.0	mg/dl	8 - 32
TCHOL:TRIG	4.8	Ratio	<3.0 Low risk 3-5 Avg risk >5.0 High risk

Remarks:

SRM SHREE MALLINATHAYA NAMHA
SRI DHARMASTHALA MANJUNATHESHWARA
AYURVEDA HOSPITAL
Rutheady, UDUPI - 576 118

Patient: [REDACTED] Referred By: DR. RAJALAKSHMI H G
Patient ID: [REDACTED] Sex: 'M' Age: '40' Prepared By: UMA H
WAVE - RATHNASHREE SPECIAL ROOMS Or - 25-12-2021 @ 09:57 AM
SF (RT SPL 318)

SIDF: [REDACTED]
FAL7 10-6 RMC PARK VIEW APARTMENT 6TH CROSS
DANDRANAGAR KODIALBAIL
MANDALORE
Pincode - 576001
DARSHINA KANWDA

LABORATORY REPORT

Test	Result	Units	Reference Range
FBS (FASTING BLOOD SUGAR)	111.0	mg/dl	80 - 110
LIPID PROFILE			
TOTAL CHOLESTEROL	170.0	mg/dl	130 - 220
SERUM TRIGLYCERIDES	146.0	mg/dl	40 - 160
HDL CHOLESTEROL	91.0	mg/dl	30 - 70
LDL CHOLESTEROL	82.0	mg/dl	65 - 160
VLDL CHOLESTEROL	29.0	mg/dl	8 - 32
TCHOL:TRIG	3.3	Ratio	<3.0 Low risk 3-5 Avg risk >5.0 High risk

Remarks:

Reference:

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