



Thin Always Healthy?

An Ayurvedic Study on Medokshaya and Lipid Deficiency.

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ABSTRACT

In recent times, leanness and low body fat have been misinterpreted as universal markers of health. However, Ayurveda regards excessive thinness and depletion of Meda Dhatu as pathological, referred to as Medokshaya. This study investigates the correlation between low Body Mass Index (BMI), hypotriglyceridemia (low triglyceride levels), and Ayurvedic parameters of Medokshaya and Medovaha Srotodushti. A pilot observational study was conducted on individuals with BMI <18.5 kg/m² and triglyceride levels <50 mg/dL. The study reveals that classical signs of Medokshaya are significantly present in such individuals, underlining the need for timely Ayurvedic intervention such as Brimhana therapy and Agni-balancing treatments.

INTRODUCTION

Ayurved is an old ancient medical system which means science of life. Ayurved focuses more on healthy living than treatment of disease. As per Ayurved, human physiology depends on balanced state of Dosha, Dhatu and Mala¹. Every Function of a living body from birth to death is caused by Dosha, Dhatu and Mala. Dhatus are the seven fundamental principles that support the basic structure and functioning of body. Meda Dhatu is fourth among seven Dhatus. Main function of Meda Dhatu is to provide nourishment to bones and strengthen to the body. Medovaha Srotas plays an important role in the metabolism of Meda Dhatu.

Contemporary healthcare often equates thinness with wellness. Advertisements, wellness influencers, and fitness industries promote the idea that a lean body is desirable and healthy. Yet, this perception can be misleading. A low BMI or low-fat content is not inherently healthy, especially when it results from nutrient deficiencies or metabolic imbalances.

Doshas are the main bio-energies which are responsible for the physiological activities. These activities take place through the media of Dhatu and Mala. Dhatu or tissue can be called as the stabilizing pillars of the body (Dharnat Dhatah). Dhatus are those constituents which support the body. Well-nourished Dhatus give strength to the body and maintain health and immunity. Dhatu is an entity by which substance growth and nourishment of the body takes place. Dhatus are the functional apparatus of the Dosha.

In Ayurveda, health is not about the appearance of the body but about the balanced functioning of Doshas, Dhatus, and Srotas. Meda Dhatu (fat tissue) plays a critical role in protecting organs, storing energy, and maintaining homeostasis. The depletion of this tissue, termed Medokshaya, is pathologically significant. It is often accompanied by weakness, dryness, poor endurance, and impaired digestion (Agnimandya).

Meda Dhatu is distributed throughout the body, deposited under the skin but mainly it is deposited on buttocks, breast and abdomen. Meda Dhatu is derived from Ahara Rasa after the nourishment of Mamsa Dhatu. As per modern, Meda Dhatu is correlated with adipose tissue². Adipose tissue or fat is a loose connective tissue that forms the storage site of fat in the form of triglycerides³. Adipose tissue is composed of lipid storing adipose cell.⁴

This study attempts to correlate Medokshaya with modern clinical features of low BMI and low serum triglycerides, interpreting them through the lens of Ayurvedic pathology, particularly focusing on the concept of Srotodushti (vitiation of channels) of the Medovaha Srotas.

AIM

To evaluate the clinical presentation of *Medokshaya* in individuals with low BMI and serum triglycerides.

OBJECTIVES:

Primary Objective:

-To assess the correlation between Medokshaya and low triglyceride levels in individuals with a BMI below normal.

Secondary Objectives:

-To evaluate the clinical signs of Medokshaya in underweight individuals.

-To interpret lipid deficiency through Ayurvedic principles, especially with respect to Srotodushti.

MATERIAL AND METHODS

Type: Pilot observational study

Subjects: Individuals with BMI < 18.5 kg/m² and triglycerides < 50 mg/dl⁵

Materials:

Relevant Ayurvedic and modern text books. Previous Research Papers.

Various National or International journals or magazines.

Internet surfing.

Lipid Profile are analysed on Fully Auto Analyser Machine in Laboratory.

The findings were analyzed for correlation with lipid profiles and clinical symptoms.

DISCUSSION

If Meda dhatu is decreased there may be numbness of pelvic area, enlargement of spleen and wasting of other bodily organs and tissues.⁶ As per Acharya Sushruta, depletion of Meda Dhatu results in Splenomegaly, emptiness of joints, dryness and craving for fatty meat.⁷

Also, crepitation in joints, fatigue, leanness in body.⁸

In modern Meda Dhatu is correlated with adipose tissue because the function of Meda Dhatu is similar to that of adipose tissue's function. Large quantity of fat is stored in two major tissues, the adipose tissue and the liver. Adipose tissue is usually known as fat deposits. The main function of adipose tissue is storage of the triglyceride until they are needed to provide energy elsewhere in the body.⁹

According to Ayurvedic principles, Medokshaya is not simply the absence of excess Meda, but a condition of pathological depletion of an essential tissue. It leads to qualitative and quantitative derangements in physiology. This study brings out the fact that modern biomedicine may overlook subclinical symptoms due to a lack of understanding of Dhatu-level imbalances.

Low triglycerides, although sometimes appreciated in metabolic contexts, may indicate insufficient nourishment of Meda Dhatu. The state of low BMI coupled with fatigue, dry skin, and Agnimandya aligns with Ayurvedic descriptions of Srotodushti of Medovaha Srotas.

Further, Meda is a precursor to the formation of Majja and Shukra Dhatus, and its chronic depletion can lead to reproductive and neurological implications in the long term.

PATI ENT	HEIGHT (CMS)	WEIGH T(KG)	BMI(K G/M ²)	TRIGLYC ERIDES mg/dl
1	162	45	17.1	25
2	165	47	17.3	37
3	165	42	15.4	62
4	172	52	17.6	77
5	160	40	15.6	40
6	162	43	16.4	41
7	162	45	17.1	35
8	176	53	17.1	74
9	169	51	17.9	88
10	165	45	16.5	38

Levels below 150 mg/dL are considered normal,¹⁰ but levels below 50 mg/dL are considered low.

CONCLUSION

Thinness should not be generalized as a marker of health. From an Ayurvedic perspective, Medokshaya is a significant pathological entity. This study demonstrates that low BMI and triglyceride levels may reflect underlying Medovaha Srotodushti and require attention.

Early identification using Ayurvedic principles can help prevent deeper tissue depletion and chronic diseases. Therapy should focus on Brimhana (nourishing), Agni Deepan (digestive correction), and Rasayana (rejuvenation) protocols.

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