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Clinical Evaluation *Mustadi Yoga* in the Management of *Medoroga* w.s.r to Hyperlipidemia

Namartha Raina, ¹ Rajesh sharma²

1. Assistant Professor Dept of Swasthvrith Jammu Institute of Ayurveda & Research, Jammu

2. Medical officer Govt of J and K

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Corresponding author-

Namartha Raina Assistant Professor Dept of Swasthvrith JIAR, Jammu

Email: namartharaina34@gmail.com

ABSTRACT:

Cholesterol is an important building block in the formation and repair of cell walls, function of nerve tissue, and the production of hormones such as testosterone, estrogen, and the stress hormone, cortisol. It is important to understand that fat tissue (cholesterol) in itself is not bad, and is actually essential for the body to function properly. The mixing of ama with fat tissue is the main cause of imbalanced cholesterol as per Ayurveda. When meda dhatu mixes with ama, it changes the quality of fat tissue and the quality of cholesterol, making it unhealthy rather than healthy. High cholesterol raises our risk for heart disease, heart attack. In Ayurvedic perspective, the production of cholesterol does not necessarily need to be lessened, but it needs to be balanced. When the digestion is balanced and healthy, then the body produces the right amount of cholesterol, in the right proportion to nourish the body. Balanced diet, proper lifestyles, exercise, yoga, balanced Agni (digestion & metabolism) play important role in prevention of hypercholesterolemia.

Keywords: Cholesterol, *meda dhatu*, Hyperlipidaemia

INTRODUCTION

World Health Organization recognizes obesity as the greatest health threat of the 21st century. Numerous preventable non-communicable diseases are the sequelae of obesity and dyslipidemia. Unwholesome dietary habits, deranged lifestyle, lack of physical activity and continuous changing environment have made the human being susceptible to obesity and related dyslipidemia. Obesity is perhaps one of the oldest documented metabolic disturbances in Ayurveda and also one of the most common disorders of metabolism in human being.¹ An obese or *Sthula* person has been identified as *Atinindita* (worst despicable personality) by Acharya Charak. Genetic predisposition as well as high-calorie diet with sedentary lifestyle is considered as its primary

etiological factor. Obesity and dyslipidemia are receiving increased attention in recent years due to their association with several degenerative and life-threatening diseases. Obesity and dyslipidemia significantly increase the morbidity and mortality when associated with other diseases like diabetes mellitus and hypertension.² According to W.H.O., the worldwide prevalence of obesity has nearly doubled between 1980 and 2008 and continued to rise. Data from population studies such as that from the National health and Nutrition Examination survey 2009-2010, more than 2 in 3 adults are considered to be overweight or obese, more than 1 in 3 adults are considered to be obese and more than 1 in 20 adults are considered to have extreme obesity.³

Pathogenesis:-

Medoroga is caused by *Dushti of Medo Dhatu* which



involve complex consequential process of *Medovridhi*. Acharya Madhav described its pathogenesis as follows!

- 1.Excessive production of *Medo Dhatu* (due to dietary factor, behavioral factor, genetic or hereditary factor)
- 2.Excessive *Medo Dhatu* lead to *margavarodh* and depletion of other Dhatus and provocation of Vayu.
- 3.Provocation of Vayu increases false appetite which lead to excessive consumption of food.

Different Concepts of Hyperlipidemia:-

Hyperlipidemic condition cannot be directly refer to diseases. Moreover various scholars have their different opinions. Most of them compare Hyperlipidemia under the heading of *Medoroga* and some consider it as *Rasagata Snehavridhi*, whereas some suggest it under broad term of Ama. So all these conditions are somewhat similar.⁴

Hyperlipidemia:- Hyperlipidemia (high cholesterol) means your blood has too many lipids (fats) in it. These can add up and lead to blockages in your blood vessels. This is why high cholesterol can put you at risk for a stroke or heart attack. But you can make lifestyle changes like eating healthier and exercising to lower your cholesterol. Medicine can help, too.

What causes hyperlipidemia?⁵

Various hyperlipidemia causes include:⁶

1. Smoking.
2. Drinking a lot of alcohol.
3. Eating foods that have a lot of saturated fats or trans fats.
4. Sitting too much instead of being active.
5. Being stressed
6. Inheriting genes that make your cholesterol levels unhealthy.
7. Being overweight.
8. Medications that are helpful for some problems can make your cholesterol levels fluctuate, such as:
 9. Beta blockers.
 10. Diuretics.
 11. Hormonal birth control.
 12. Steroids.
 13. Antiretrovirals for HIV.

MATERIALS AND METHODS

1. **Source Of Data:** In clinical study ,30 patients were selected from opd and ipd of jiar ,jammu
2. A detailed case taking performa was designed according to protocol of study.

Inclusion Criteria

1. Clinically diagnosed and confirmed patients of hyperlipidaemia.
2. Patients aged between 18-60 years, irrespective of gender and age.

Exclusion Criteria.

1. Patients with age less than 18 years and more than 60 years.
2. Pregnant and lactating women.
3. Patients having systemic disorder that interferes with treatment.

Study Design

Single group with 30 patients were administered the trial drug.

Enrollment number:-4/IARN/15

Drug And Posology

Mustadi yoga in Ghana form filled in capsules form of 500mg.

Dose.2gm Per Day In Two Divided Doses.

Duration.60 Days.

Follow Up.20 Days.

Anupana .*Usnodaka.*

Composition Of *Mustadi Yoga*

- 1.*Musta*
- 2.*Haridra*
- 3.*Daruharidra*
- 4.*Chitraka*
- 5.*Vacha*
- 6.*Kutaki.*

Subjective Criteria..

There are no specific signs and symptoms of hyperlipidaemia mentioned in any of texts ancient and modern texts.Hence the signs and symptoms of *medo roga* were used which are subjective in nature.

Multi dimensional scoring pattern was adopted for the evaluation of subjective parameters.

Absence of symptom.-0

Mild degree symptom-1

Moderate degree of symptom-2

Severe degree of symptom-3

Details of subjective criteria as follows...

1. *Angachalatva*
2. *Alasya*
3. *Kshudra Shwasa*
4. *Nidradhikya*
5. *Swedaadhikya*
6. *Ati Pipasa*
7. *Atikshuda*
8. *Daurgandhya*.

Objective Parameters

1. Biochemical Investigation.- Complete lipid profile, S.cholesterol, S.Triglycerides, S.LDL, S. VLDL, Were done before and after treatment.
2. Body Mass Index. It is a statistical measurement which compares a person weight and height.

DISCUSSION

As per the present study, it can be concluded as Hyperlipidemia is a lipid disorder and risk factor for many diseases i.e atherosclerosis. There is no direct reference found in ayurvedic classics, so the concept of hyperlipidemia can be elaborated according to Ayurvedic Classics through indirect relevant references. Hyperlipidemia can be correlated with *medoroga* (*amaposhak meda dhatu*)⁷. Hyperlipidemia is a *santarpanjanya vyadhi*. *Madhur, guru, snigdha ahar; adhyashan, avyayam, anxiety, sedentary lifestyle* are the causative factors of hyperlipidemia found commonly. It is *kapha pradhan tridoshaj vyadhi* with *meda dhatu* (*poshak meda dhatu*) *vridhi* It is *dhatvagnimandya janita vyadhi*. *Angachalatva, alasya, nidradhikya, swedadhikya* are the main symptoms found in most of the patients⁸

Effect of Therapy on Subjective Parameters:

1. Effect of therapy on *Angachalatva*: There was improvement in *Angachalatva* which was reported to be 38.4%. The relief is statistically highly significant ($p < .001$).

In *Medoroga*, excessive *Kapha Dosha* and *Meda Dhatu* are responsible for the *Angachalatva*. *Mustadi Yoga* shows *Lekhan Karma* and comprise of *Tikta, Katu rasa* predominance with *Ushna Veerya* dominance that helps to scrap the accumulated *Kapha*.

2. Effect of therapy on *Alasya*: There was improvement in *Alasya* which was reported to be 41.5%. The relief is statistically highly significant ($p < .001$).

3. Effect of therapy on *kshudra shwasa*: There was

improvement in *Ashudra Shwasa* which was reported to be 33.19%. The relief is statistically highly significant ($p < .001$).

Kishudra Shwasa is mainly due to vitiation of *Kapha dosha, Medadhatvagnimandya and dhatu kshaya*. Relief in *Kshudra Shwasa* may be due to *tikta-katu rasa* and *deepan pachan* property of the drug that do the *strotoshodhan*.

4. Effect of therapy on *Nidradhikya*: There was improvement in *Nidradhikya* which was reported to be 36.3%. The relief is statistically highly significant ($p < .001$).

Due to *laghu, tikshna and ruksha guna and katu vipak* reduces the *kapha-vata dushti*, and digests the ama. This maintains the *samyawastha* of the dhatu and body physiology can be restored to normal.

5. Effect of therapy on *Swedadhikya and Daurgandhya*: There was improvement in *Swedadhikya and Daurgandhya* which was reported to be 32.3% and 58.2%. The relief is statistically highly significant ($p < .001$).

Effect of Therapy On Objective Parameter:

1. Effect of therapy on Weight and BMI: The improvement in weight was 1.82% with mean difference of 0.54. the result was highly significant with 'T' value 8.33 and $p < 0.001$.

There was improvement in BMI which was reported to be 1.81%. The relief is statistically highly significant ($p < .001$).

2. Effect of Therapy On Lipid Profile:

A) S.Cholesterol: In this study, 6.13% reduction was observed in S.Cholesterol, The result was statistically highly significant ($P > 0.001$).

B) S.Triglycerides: statistically highly significant ($P > 0.001$).

In this study, 5.69% reduction was observed in S. Triglycerides. The result was statistically highly significant ($P > 0.001$).

C) S.VLDL: In this study, 10.32% reduction was observed in S. VLDL. The result was statistically highly significant ($P > 0.001$).

D) S.LDL: In this study, 9.76% reduction was observed in S. LDL. The result was statistically highly significant ($P > 0.001$).

E) S.HDL: In this study, 2.7% increase was observed in S.HDL, The result was statistically significant ($P > 0.01$).

CONCLUSION

Mustadi yoga possess *lekhan* properties and this study conclude that this drug have significant effect on the symptoms of *medoroga* and in reduction of objective parameters like body weight, BMI and lipid profile. To get the optimum effect, the drug should be continue tor a minimum period of three months. It can also be concluded that Ayurvedic treatment for hyperlipidemia with *mustadi yoga* is cost-effective and free from any major side-effects.

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