AYURVEDIC MANAGEMENT OF MEDO ROGA W.S.R.
DYSLIPIDEMIA: A CASE REPORT

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ABSTRACT

A 47 year old male patient of Medo Roga (dyslipidemia) came to our ayurveda hospital with increased cholesterol levels for 4 years. He leads a sedentary lifestyle and is obese in built. Patient was under statin since 2 years before he managed with dietary restrictions around 2 years. After the intake of statin he noticed increase in sluggishness, body pain, muscle pain and slight increase in blood glucose levels. He consulted our hospital and he was treated as OPD patient for 30 days with internal medicine Patolachitrakadi kashaya. He was asked to take 48ml of freshly prepared kashaya twice daily after food. Patient responded to the treatment well. After the therapy patient felt improvement and there were remarkable decrease in lipid levels

Keywords: Medo roga, Dyslipidemia, Patolachitrakadi kashaya.

INTRODUCTION: Dyslipidemia is a disorder of lipoprotein metabolism, including lipoprotein overproduction or deficiency. Dyslipidemia may manifest as elevated total cholesterol, LDL cholesterol and the triglycerides concentrations, with decrease in HDL cholesterol in the blood. Lipoprotein disorders or Dyslipidaemia are among the most common metabolic diseases seen in clinical practice. They are clinically important because they are major treatable risk factors for cardiovascular disease. Dyslipidemia can be defined as abnormal amounts of lipids and lipoproteins in the blood. Out of which cholesterol is deposited in the arteries including the coronary arteries where it contributes to the narrowing and blockage of the arteries that causes the symptoms of heart disease. Cardiovascular disease is a major cause of morbidity and mortality worldwide, with Dyslipidemia contributing significantly to the risk. It has been firmly established that hypercholesterolemia has a directly proportionate relationship with atherosclerosis and Ischemic heart disease.

Dyslipidemia can be understood in Ayurveda as terms of Rasa - Raktha- gata Medodushti. Ayurveda strongly believes that one of the major causes of every disease is Food. This happens mainly due to the improper digestion of food by the effect of Mandagni. Acharya Vagbhata says all the diseases arise from Mandagni and Agni is responsible for health.

From this we can very well understand that the disease manifested in Rasa and Raktha by the deranged Medodhatu. Nidana for Santarpanottha Vikara have been mentioned as AtiSnigdha, Madhura, Guru and Pichila Ahara; Chesta Dwesha, Shayya Asana Sukha (sedentary life style) and Divaswapna. Srotolepa is one of the Santarpanottha Vikara Due to Avarana of Margā by the Medas, Poshana of subsequent Dhatu in the body is hampered and there is Upachaya of Medodhatu.

Hence the usage of drugs having the properties like Laghu Rooksha gunas, Tiktha Rasa, KatuVipaka, Deepana,
Pachana, Kaphapitta Shamaka, Rakhtashodhaka, Hrudya, Lekhana will be ideal to control the lipid level in the circulation. A compound which comprises of patola, chitraka, satapushpa and hingu, having the above properties, used by Ashtavaidyas since time immemorial in the management of kaphamedojanya vikaras. This particular yoga is mentioned by Bhavaprakasha in Medoroga Adikara,(Chapter no.39). This yoga is also mentioned by Vangasena in his text in MedoRoga Adhikara.

CASE REPORT:
A 47 year old male patient of Dyslipidemia since 4 years consulted our hospital. He is a business man by profession and has the history of unhealthy food habits and leading a sedentary life style without proper exercise, hence patient has overweight too. Patient noticed that he is gaining weight 4 years ago. Patient underwent a general check up and found out increased lipid levels. Initially he managed with dietary restrictions and as the cholesterol levels did not show a major decrease, he consulted an allopathic doctor and started taking statin as per doctor’s advice. Over the time his sluggishness increased and started experiencing muscle pain, body pain etc. Also he started developing breathlessness on exertion and he had excessive thirst, inspite of drinking lot of water. When he underwent a blood checkup he noticed a mild elevated levels of blood glucose and lipid levels showed very mild decrease. He wanted to discontinue statin and thus approached our hospital. Patient consulted our hospital on 23rd August 2017.

Job Of The Patient: Business man
Study Centre: Karnataka Ayurveda Medical College and Hospital Mangalore.
Opd Number: 1809
Ashta Sthana Pareeksha:
1. NADI: kapha vata, Pulse:-78/minute
2. MOOTRAM: 5-7 times / day
3. MALA: 2 times /day
4. SPARSHA:-normal
5. DRIK: normal
6. JHIVA: coated
7. SABDHA: normal
8. AKRITHI:-sthoola

CLINICAL FINDINGS:
Subjective findings:
Patient has breathlessness on exertion and has excessive thirst. Patient is sthoola in built.

<table>
<thead>
<tr>
<th>Objective Findings</th>
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<tbody>
<tr>
<td>Total cholesterol</td>
<td>256 mg/dL</td>
</tr>
<tr>
<td>HDL</td>
<td>51 mg/dL</td>
</tr>
<tr>
<td>LDL</td>
<td>164 mg/dL</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>182 mg/dL</td>
</tr>
<tr>
<td>VLDL</td>
<td>39 mg/dL</td>
</tr>
</tbody>
</table>

MATERIAL AND METHODS:
Patient was treated in OPD basis with oral medications Patola chitrakadi kashayam for 30 days.

Method of preparation of drug:
- All the ingredients (Patola, Chitraka, Hingu and Satapushpa) are collected after proper authentification of Identity.
- The useful parts and the ratio of the individual ingredients are as per classical reference.
(One pala of drug +16 part of water boiled and reduced to 1/8th of the original quantity)\(^7\)

- Kashaya choorna is made into kashaya packets of 100gm.
- Patients were asked to prepare fresh kashaya every morning
- Patients were advised to take 48ml kashaya twice daily, after food for a period of 30 days

**Place of study:** Karnataka Ayurveda Medical College and Hospital, Ashok Nagar, Mangalore

<table>
<thead>
<tr>
<th></th>
<th>Before treatment</th>
<th>After treatment</th>
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</thead>
<tbody>
<tr>
<td>Total cholesterol</td>
<td>256 mg/dL</td>
<td>222 mg/dL</td>
</tr>
<tr>
<td>HDL</td>
<td>51 mg/dL</td>
<td>55 mg/dL</td>
</tr>
<tr>
<td>LDL</td>
<td>164 mg/dL</td>
<td>116 mg/dL</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>182 mg/dL</td>
<td>150 mg/dL</td>
</tr>
<tr>
<td>VLDL</td>
<td>39 mg/dL</td>
<td>32 mg/dL</td>
</tr>
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</table>

**Diet and Regimens:** Foods recommended are Vegetarian diet with less spicy and less oily foods. Daily exercise was advised.

**DISCUSSION:** Dyslipidemia if seen through the lens of Ayurveda it may be taken as Medo roga or Medo dosha, as bahu abaddha medas circulates all over the body. Tikta katu, kashaya rasa, ushna virya can cause medo vilayana.

- The drugs such as Chitraka, Patola are rooksha, teekshna and ushna in nature thus penetrating into the deeper channels and removing sanga or obstruction.
- The drugs Chitraka, Patola, Satapushpa and Hingu are also ushna in nature.

In case of hyperlipidemia, obstruction may be seen as atherosclerosis seen due to deposition of fat in arteries. Hence by the virtue of above properties, it helps in liquefaction of these fatty blockages.

- Majority of the drugs are having tikta-katu rasa with laghu rooksha tikshana guna which helps in Sneha-Meda-Kleda soshana. All drugs has Katu Vipaka nature thus penetrating into the deeper channels and rectify the Medodhatwagni. Katu Rasa and Katu Vipaka does the Sneha-Meda-Kleda soshana. Chitraka has lekhana in nature which helps in sroto sodhana and kapha medo vilayana.
- All the drugs have medohara property and majority of drugs has lekhana, rooksha, teekshna in nature.
- Patola, Chitraka and Sata pushpa has Deepana Pachana quality Ushna Veerya and Katu Rasa which helps in enhancing agni, there by does Amapachana and reduces the kleda in body (kledasoshana). These drugs may do srothosodhana. Plaque formation can be prevented this way. The function of Medodhatwagni is corrected and the sookshma, stoola kitta bhavas are properly formed.
- Deepana drugs separate the dhatuleena doshas from dhatus.

**Type of study:** Single blind randomized clinical study

**ORAL MEDICATIONS:**

1. **Patolachitrakadi Kashayam:** - 48ml twice daily after food. (Self-made kashayam).\(^8\)

**OBSERVATIONS:**

Patient was treated with above medicine from 23rd August to 22nd September. Patient was examined before and after treatment and laboratory investigations were conducted. Results of before and after treatment is as follows:
drugs digest the undigested portions. These drugs have teekshna guna with lekhana property. In Kaphamedo vikaras lekhana property is important to relieve srotorodha. Also katu rasa does sneha-kleda-medo vishoshanam.

- In the disease medoroga, medodhatvagnimandya is seen which is due to Avarana of Vayu in Koshta and Atikledana by kaphadosha. The trial drug would be acting in sampraptivighatana by decreasing medas by its lekhana, shoshana and kaphanasaka properties.
- These drugs are virtue of deepana, pachana and rechana gunas which modulates metabolism at dhatu level by agni deepana, amapachana, srodho shodana and sneha-kleda-medo vishoshanam.

CONCLUSION:
From this study we can conclude that the disease Medo Roga is due to the life style, the patient is leading and mainly because of the food habits and lack of exercise. Hence we advised him to do exercises and advised him to follow healthy and proper diet. All the drugs used in this particular kashaya have medohara property and majority of drugs are lekhana, rooksha, teekshna in nature, thus penetrating into the deeper channels and removing sanga or obstruction.

REFERENCE:

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Source of support: Nil
Conflict of interest: None
Declared

1. Before After treatment investigations

<table>
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<tr>
<th>TESTS</th>
<th>RESULTS</th>
<th>NORMAL RANGE</th>
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<tbody>
<tr>
<td>T. Cholesterol</td>
<td>252 mg/dl</td>
<td>(150.00 - 220.00)</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>132 mg/dl</td>
<td>(55.00 - 160.00)</td>
</tr>
<tr>
<td>H. D. L. Cholesterol</td>
<td>51 mg/dl</td>
<td>(35.00 - 60.00)</td>
</tr>
<tr>
<td>L. D. L. Cholesterol</td>
<td>164 mg/dl</td>
<td>(101.00 - 167.00)</td>
</tr>
<tr>
<td>V. L. D. L. Cholesterol</td>
<td>29 mg/dl</td>
<td>(8.00 - 35.00)</td>
</tr>
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