



## A CASE STUDY- MANAGEMENT OF DYSLIPIDEMIA W.S.R. TO MEDO DHATU DUSTI THROUGH AYURVEDA MANAGEMENT

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## ABSTRACT

Dyslipidemia is a disorder of lipoprotein metabolism, including lipoprotein overproduction or deficiency. These disorders may be manifested by an elevation of the serum total cholesterol, low-density lipoprotein (LDL) cholesterol and triglyceride concentrations and a decrease in the high-density lipoprotein (HDL) cholesterol concentration. As per Ayurveda, Acharya Charaka has counted *Sthoulya* under the eight impediments designated as *Nin-ditapurusha*. Lipids are discussed in terms of *Sneha Dravya* in Ayurveda. *Mansa Dhatu* is combined with *Agni-Medodhatwagni*, stirred up by the *Agni*, combined with the quality of *Apa* and unctuous substance, and finally converted into *Medodhatu*. As Chikitsa sutra of *Medo Vridhi*, *Lekhan Karma* is an essential therapeutic measure. Moreover, drugs of *Arogya Vardhini Vati*, *Avipattikar Churna*, *Navaka Guggulu*, *Yakrit plihari Loha* and *Lekhaniya Mahakashaya* are most effective in the management of *Medo Dhatu Dushti* or *Medo Vridhi*.

**INTRODUCTION: AIM AND OBJECTIVES-** To evaluate the role of Ayurvedic Formulations in managing *Medovridhi* with particular reference to Dyslipidemia.

**MATERIAL AND METHODS** – A 44-year-old male patient came with the complaint of nausea, vomiting and burning sensation in the chest region and feet for the last two months. The patient has taken 20 days of modern medicine, but no relief was found, so he came to Ayurveda Hospital for better treatment. **RESULT AND DISCUSSION** The outcomes were noteworthy regarding the clinical and analytical criteria. According to statistics,

there is an improvement in nausea, vomiting, and burning sensation in the chest region and feet, as well as cholesterol, triglycerides, LDL, and VLDL levels.

**Keywords:** Dyslipidemia, Medo Dhatu, Lekhan Karma, Ninditapurusha, triglyceride.

## INTRODUCTION

Hyperlipoproteinemia is a disturbance of lipid transport resulting from abnormalities in the synthesis or degradation of plasma lipoproteins. Hyperlipidemia is a rise in plasma cholesterol, triglycerides or both. Elevated cholesterol primarily refers to high, low-density lipoprotein cholesterol (LDL-C) since approximately 70% of cholesterol is carried in the LDL particle. Lipid metabolism has two pathways 1. The exogenous pathway starts from the intestinal absorption of dietary fat and cholesterol. 2. Endogenous pathway that starts with VLDL production from the liver. The former is domination in the well-fed state, the latter in the fasted stage. 3. Reverse cholesterol transport is the process of removal of cholesterol from tissues and returning it to the liver. HDL (synthesised and catabolised in the liver and intestine) is the primary lipoprotein concerned with this process. According to *Ayurveda*, Dyslipidemia is a *Santarpanjanya Vyadhi*. A high-fat diet (Snighdha, Guru, Pichhila) and a sedentary lifestyle (*Cheshtadvasha, Asana sukha*) may contribute to *Medovriddhi*. A person having *Avyayama* (no exercise), *Achinta, Diwaswapna, Atisnigdha, Madhura, Adhyashan, Atimatra Ahara and Beeja Swabhava* (genetic) leads to *Medovaha Srotodushti*. In time, Srotorodha (Blockage) of Medovaha Srotas propagates defective tissue metabolism, leading to *Medovriddhi*<sup>1</sup>.

*Medo vriddhi* leads *Margavarana*, and because of that, *Pushti* of another *dhatu* stops. The purpose of management in disorders caused by *Medo Margavarana* is to clear the *Avarana*, re-establish the customary *Gati* of *Vata*, and remodel the already-occurring damage. The drugs used in the management of *Dyslipidemia* should be *Kapha Shamak, Vata Shamak, Medohara, and Aama pachan*<sup>2</sup>.

**AIM AND OBJECTIVES-** To evaluate the role of Ayurvedic Formulations in managing *Medo vridhi* with particular reference to *Dyslipidaemia*.

### Case report

A 44-year-old male patient visited the OPD of Dept. of Kayachikitsa, Udaipur, with complaints of nausea, vomiting and burning sensation in the chest region and feet for the last two months.

**Chief complaints** – Fainting, sweating, burning sensation in chest and foot - 2 months.

▶ Breathlessness – 2 Months

### Associated complaints.

▶ Headache – on/off - 3 months

▶ Nausea- 2 months

▶ Vomiting (after food intake) contains – watery - 2 months.

**History of Present illness-** The patient was healthy for two months, then he suffered from Sweating, Fainting, burning sensation in the chest and foot, breathlessness, nausea, vomiting and headache. He also complained of hypertension and smoking (alcohol). He took modern medicine for 20 days and has no symptomatic relief, so he came to Govt the Ayurvedic Hospital, Udaipur, for better treatment.

▶ **His biochemical parameters were as follows-**

➤ Total cholesterol- 229 mg/dl

➤ TAG- 538.7 mg/dl.

➤ LDL- 75.36 mg/dl

➤ VLDL- 107.74 mg/dl

➤ HDL- 45.9 mg/dl

### History of past illness:

✓ Surgical history- NAD

✓ Medical history- He took modern medicine for 20 days.

✓ Family history- no relevant history

✓ History of alcohol intake six years and withdrawal since last year.

## General Examination

**Table no. 1**

Appearance- Normal	Built– Normal
Oedema – No	Pallor –Absent
Lymphadenopathy – Absent	Icterus – Absent
Cyanosis – Absent	Clubbing – Absent
Skin, Hair, Nails- Normal	

## Asthavidha Pariksha-

**Table no. 2**

Nadi	kapha- Vataja	Drik	Swetabha
Shabada	Gambhira	Akriti	Samanya
Mala	Nirama	Jihva	Malavrita
Mootra	Pale yellow	Sparsh	Samanya

## Dashwidha Pariksha-

**Table no. 3**

Prakriti – Vata Kaphaj Pradhan	Sara – Madhyama (Asthi, Meda, Mansa.)
Samhanana –Madhyama	Pramana –Avara
Satmya –Sarva Rasa	Satva –Madhyama
Aharshakti –Madhyama	Vyayamshakti –Avar
Vikriti -	Vaya- Yuva

## Before treatment, cholesterol –

**Table no. 4**

Laboratory findings	Before Treatment
Cholesterol	229 mg/dl
Triglyceride	538.7 mg/dl
VLDL	107.74 mg/dl
LDL cholesterol	75.36 mg/dl
HDL cholesterol	45.9 mg/dl

## Treatment Plan-

**Table no. 5**

Medicine	Dose	Duration	Timing
Lekhaniya Mahakshaya	10 gm	BD	Empty stomach
Arogyvardhini Vati	2 tabs	BD	Before meal
Yakritplihari Loha	250 mg		
Navaka Guggulu	2 tabs		
Avipattikar Churna	2 gm		
Cap. Hemkunj	2 caps	BD	After meal

## DISCUSSION

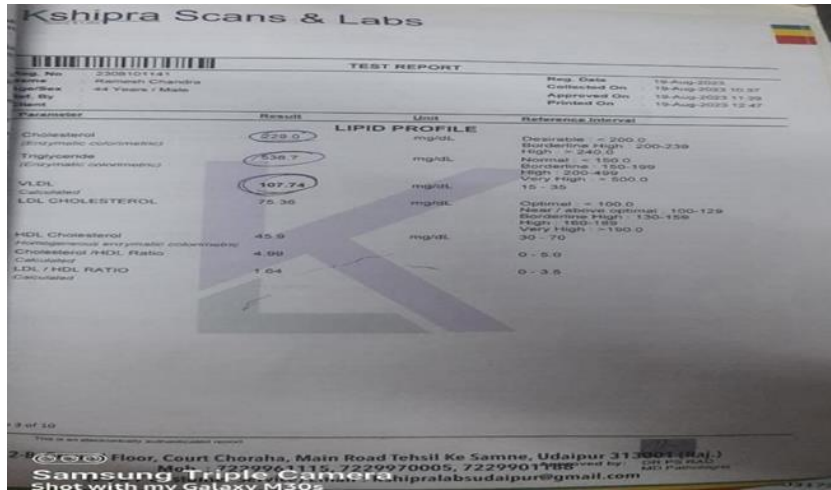
**Navaka Guggulu** – Meda, Kapha and Aama Vata-janya are cured. Navaka Guggulu have Laghu, Ruksha and Tikshna Guna. Dose- 4 Ratti (125 mg)<sup>3</sup>

**Avipattikar Churna**—Acidity (burning sensation) can be cured quickly by eating 8 Masha (gram) before and mid-meal. This powder also destroys constipation of stool and urine, Agnimandhya (reduced appetite), 20 types of Prameha (diabetes), and some kinds

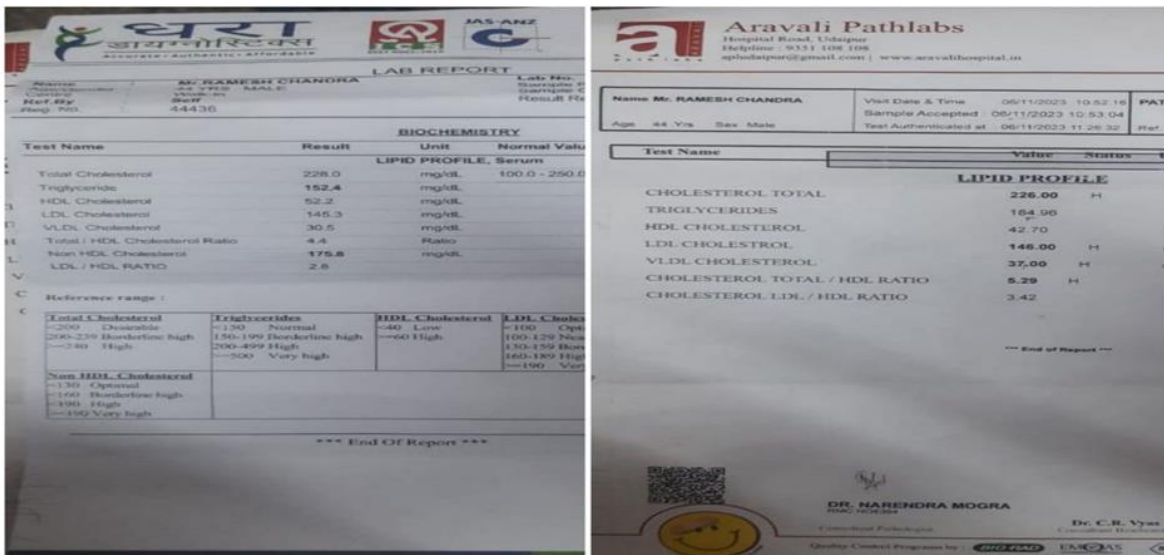
of Arsha (piles). Agastya has described this excellent powder as destroying many diseases<sup>4</sup>. Yakrit plihari Loha can cure Yakrit (liver), Pliha (splenomegaly), Kamala (jaundice), Shotha (inflammation), Mandaagni (reduced appetite), Aruchi (anorexia), and all types of Jawar (fever). It is rare in the world. The dose is 2 Ratti (1 Ratti—125 mg)<sup>5</sup>. **Arogyavardhani Vati** can cure all types of Vataja, Kaphaja, Pittaja Jawar (fever), Pachan—Deepan (digestion), Agni (increased digestive enzyme), Medo

Vinashani (dyslipidemia), Hridhya, and Sarva Roga, all disease vi. It is the main source of Kutaki. Kutaki has Lekhana (weight reducing), Dipana (improving digestion and metabolism) and Meda dosha-hara (correcting lipid metabolism and transportation) properties. **Lekhaniya Mahakashaya-** Musta, Kustha, Hridradhya, Vacha, Ativisha, Katurhini, Chitraka, Chirabilva, Safed Vacha<sup>6</sup>. These drugs possessing Tikta Rasa, Ushna Veerya, Laghu, Ruksha Guna, Kattu Vipak and Kapha Vatahara actions.

**Before treatment**



**After treatment**



## CONCLUSION

Laboratory finding	Before Treatment	After Treatment	
		(6/11/23)	12/02/24
Cholesterol	229 mg/dl	226 mg/dl	228 mg/dl
Triglyceride	538.7 mg/dl	184.96 mg/dl	152.4mg/dl
VLDL	107.74 mg/dl	37.0 mg/dl	30.5 mg/dl
LDL cholesterol	75.36 mg/dl	146 mg/dl	145.3 mg/dl
HDL cholesterol	45.9 mg/dl	42.70 mg/dl	52.2 mg/dl

The patient was only on oral medication for about four months during the treatment. Thus, after four months of treatment, the patient had significantly improved all symptoms. The results were appreciable in both the clinical and laboratory criteria. Statistically, it relieves nausea, vomiting, sweating, and burning sensations in the chest and feet, reducing total cholesterol, triglycerides, LDL, and VLDL levels.

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