

ROLE OF AYURVEDIC PROPERTIES OF NATURAL DRUGS TOWARDS THE MANAGEMENT OF METABOLIC DISORDERS

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ABSTRACT

Metabolic diseases have emerged as a major health issue in the contemporary era with their incidence increasingly on the rise owing to harmful lifestyle habits. Ayurveda classifies them under the definition "*Santarpanjanya Vikaras*" or diseases that result from improper tissue metabolism. In accordance with Ayurvedic philosophy, inattentive diet and a sedentary lifestyle disrupt the functioning of *Agni*, resulting in the production of *Ama* and ultimately predisposing to metabolic syndrome. Furthermore, *Dosha* imbalance, *Dhatu*s depletion and stasis of body channels also have an important role in the causation of these conditions. Ayurveda has a variety of herbs that are highly effective in managing metabolic processes. Ayurvedic drugs possessing *Langhana* effect, assists individuals in losing excess weight. Drugs with *Rukshana* property helps to removes excess *Meda*. *Apatarpaka* drugs soothe *Vata*, reduce *Kapha* and eliminate excess fat. Thus Ayurvedic drugs by virtue of their inherent properties provide relief in different types of metabolic disorders.

KEYWORDS: *Ayurveda, Meda, Kapha, Metabolic Disorders, Santarpanjanya Vikaras.*

INTRODUCTION

Metabolic disorders are rising more and more common in modern times, claiming millions of victims around the globe and disturbing natural functions of the body. Metabolic disorders affect glands and organs such as the adrenal glands, thyroid, pancreas and liver, causing problems such as diabetes, obesity, hormonal imbalance and disturb level of cholesterol, etc. Genetics,

environmental, lifestyle and dietary factors typically play a part in these diseases.^[1-3]

Ayurveda categorizes metabolic disorders under *Santarpanjanya Vyadhi*, which includes various types of disorders as mentioned in **Figure 1**. These disorders caused by impaired *Agni*, *Ama* & *Kapha* imbalance and *Meda Dushti*.

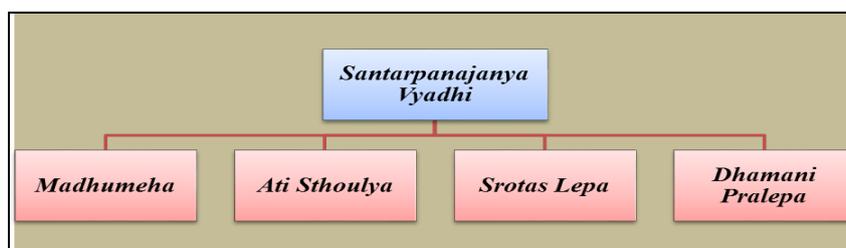


Figure 1: Examples of Santarpanjanya Vyadhi.

As mentioned above diabetes mellitus, obesity, atherosclerosis and dyslipidemia, etc. are some of the common examples of metabolic disorders. The major causes of these ailments are consumption of *Madhura* and *Snigdha Ahara*, *Diwaswapna*, *Avyayama* and *Beeja Dosha*. These factors initiates pathogenesis of metabolic ailments in which excessive *Kapha* aggravation causes

Ama accumulation, *Medovaha Srotas* dysfunction and impaired digestion, etc.^[4-6]

Ayurveda suggests a multi-dimensional treatment system, including daily regimes, physical exercise, meditation, stress management, and plant-based

medicine. The application of natural internal medicines is central to controlling metabolic disorders.

Role of Ayurvedic Drugs and their Properties in Santarpanajanya Vyadhi

The chief objective of Ayurvedic management of metabolic disturbances is to re-establish *Doshic* equilibrium and *Shamana* therapy play vital role in this

regards. Ayurveda therapy aims to facilitate reduction of excess body weight, depletion of excess *Meda*, and uses of *Guru* and *Apatarpaka* drugs which impart *Vata*-pacifying, *Kapha* reducing and *Medonashaka* properties. The inherent properties of Ayurvedic drugs (Tables 1) play key role in the management of such types of conditions.^[5-9]

Table 1: Properties of Ayurvedic Drugs to Manage Santarpanajanya Vyadhi.

Herbs	Properties	Therapeutic Actions in Santarpanajanya Vyadhi
<i>Davana</i>	<i>Tikta-Katu Rasa, Deepana-Pachana</i>	Facilitates digestion, regulates glucose levels
<i>Punarnava</i>	<i>Mutrala, Deepana</i>	Supports kidney function, glucose metabolism
<i>Palasa</i>	<i>Deepana</i>	Supports glucose metabolism
<i>Sagarghota</i>	<i>Krimighna</i>	Helps regulate blood sugar levels
<i>Bimb</i>	<i>Deepana-Pachana</i>	Aids digestion and glucose metabolism
<i>Amla</i>	<i>Tridosha-balancing, Antioxidant</i>	Enhances metabolic functions
<i>Haritaki</i>	<i>Tridosha-balancing</i>	Improves digestion
<i>Ashwagandha</i>	<i>Balya, Rasayana</i>	Strengthens tissues, supports glucose metabolism

As mentioned above many Ayurvedic drugs exerts their action against metabolic disorders by virtues of their various properties such as; *Tikta-Katu Rasa, Deepana-Pachana, Tridosha* balancing, *Balya, Kapha* reducing and *Medonashaka* actions. Some other drugs as mentioned below also considered beneficial in managing metabolic abnormalities:

- ✓ *Gudmar* is a *Medohara* plant that balances the metabolism of fats and carbohydrates.
- ✓ *Ficus benghalensis (Bur)* possesses *Stambhana* action and maintains blood sugar levels because of its *Pittashamaka* and *Medhya* properties.
- ✓ *Anantamul* inhibits metabolic inflammation.
- ✓ As a *Kapha-Pitta Shamaka* herb, *Gudhal* promotes the action of insulin.
- ✓ *Murraya koenigii* stimulates metabolic detoxification through the action of *Pachana*.
- ✓ *Vairi* as *Kapha-Vata Shamaka* drug helps to balances metabolism of sugar.
- ✓ *Syzygium alternifolium* is another *Kapha-Pitta Shamaka* medication preserves glucose homeostasis.

In order to prevent over-nourishment, which leads to the creation of *Meda*, Ayurveda emphasizes the significance of *Guru Guna* in managing *Agni* and *Atikshudha*. *Apatarpana* (depleting therapy), promotes the breakdown of extra fat. *Guru Guna* calms *Kosthagata Vata* and *Tikshnagni*, which controls excessive appetite and aids in weight loss. Ayurveda offers a helpful therapeutic approach for reducing excessive *Meda* and *Kapha* aggravation by using *Apatarpana* and *Guru Guna*-based treatments, making it a valuable tactic in the treatment of metabolic problems.^[6-10]

Additionally Ayurveda provides a diverse range of herbs with *Deepana, Pachana, Medohara* and *Rasayana* properties, which play a crucial role in regulating glucose metabolism, lipid balance, and digestive functions. Ayurvedic treatments including herbal formulations,

dietary modifications and *Yogic* practices offer a promising approach to manage metabolic problems.

Ayurvedic Formulations

Numerous Ayurvedic preparations are frequently used to treat metabolic disorders, including obesity, diabetes, dyslipidemia, and related conditions. Some of the well-known preparations include; *Triphala Churna*, which aids in digestion, detoxification, and metabolism control. *Guggulu* aids in fat reduction and balances *Kapha Dosh*. *Arogyavardhini Vati* maintains liver function and lipid metabolism. *Shilajit Rasayana* increases metabolism and helps in diabetes. *Punarnavadi Kashaya* prevents water retention and improves kidney function. *Kanchanar Guggulu* manages thyroid dysfunction and metabolism while *Haritaki Churna* regulates digestion and helps in detoxification process.^[8-11]

CONCLUSION

Ayurveda offers an effective and complete methodology for the management of metabolic disorders by addressing their causes such as deficient *Agni, Ama* deposition, and imbalance of *Doshas*. With the aid of *Langhana, Rukshana*, and *Apatarpana* treatments and herbal preparations that exhibit *Deepana, Pachana*, and *Medohara* activities, Ayurveda rectifies metabolism, establishes balance, and averts complications. Lifestyle changes like diet, physical exercise, and stress management also provide a boost to the therapy. Ayurveda drugs promote digestion and avoiding the formation of *Ama, Medohara* and *Lekhana* medicines help in reducing excessive *Meda* and *Kapha*. *Rasayana* preparations rejuvenate tissues and balance metabolic functions. *Kapha-Pitta Shamaka* medications regulate endocrine functions and lipid metabolism. Therefore Ayurveda offers a comprehensive and efficient approach to treating metabolic disorders, with long-term health advantages through natural and sustainable interventions.

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