

“AYURVEDIC CONCEPT OF MEDOROGA:REVIEW ARTICLE”**Dr. Suraj Prakash Rathod¹, Dr. Jayant Gulhane², Dr. Disha Ade³**

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ABSTRACT:

Ayurveda is a science mainly used for the prevention and treatment of diseases. Acharyas have mentioned their views and treatments for various diseases in Ayurvedic texts. Ayurveda mentions various concepts and treatments. Sthula, also called medroga by other Acharyas. They also mentioned Nidana, Samrapti, Rupa, Upadrava, Chikitsa and Patya Apathya. It is explained as sthulya roga, medroga as santarpana janya vyadhi, dhatvagni mandhyajanya vyadhi etc. Acharya Charak explained sthulya among Ashtaninditya purushas. The main causes of medroga are the sedentary lifestyle, stress and eating habits of the modern world for medroga. Modern medroga science explains many theories and concepts. Therefore, it is important to discuss medoroga according to Ayurveda.

KEY WORDS:- Ayurveda, Sthoulya, Medoroga, Obesity.

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INTRODUCTION

Ayurveda is an ancient science in which the principles and clinical concepts are described in such a way that it can be used in clinical practice. In modern era due to change in lifestyle and dietary habits, medoroga is one of the major lifestyle disorders. It is necessary to follow Ahara and Vihara mentioned in ayurveda to keep the mind and body healthy (1). As per ayurveda sushrut, madhyam sharira is considered as the best, atisthula and atikrisha are always affected with some diseases and disorders. Sthoulya that is medoroga has mentioned Acharya Charak under eight varieties of persons as astanindiniya purusha (2). Due to fast moving life and drastic changes have taken place in dietary habits, modes of lifestyle and is the first choice of every individual. This results in metabolic disorder and obesity also called as medoroga. In Ayurveda obesity is described as medoraga or sthoulya roga (3). Excessive intake of fatty food and fried food items and sedentary lifestyle leads to accumulation of excess body fats. In Ayurveda Shodhana procedure has mentioned to achieve the best result followed by Pathya Apathya and lifestyle modification plays an important role in the management of sthoulya. This article is an attempt to study Nidana (etiology), Samprati (etiology), Rupa (symptoms) and Chikishta Sutra (cure) of Sthuli through Pathya - Apathy (4).

Sthoulya Nirukti

As per Amarkosha excessive intake of nutrients is the cause of sthula (5).

Paribhasha

Acharya Charak has described the Atisthula person as an increase of the Meda & Mamsa Dhatu causes flabbiness and pendulous appearance, thus movement of the abdomen, buttocks, and breasts. (6)

Paryaya

In Amarkosha following synonyms of sthula are mentioned: (7)

- Vipula
- Pina
- Pinvi
- Pivara

Nidana

The factors which are responsible for the progression of the diseases is called Nidana. Nidana is useful for understanding the samprati of the diseases.

In Ayurveda, Nidana of sthoulya is classified into four groups as follows: (8)

- **Aharaja:** Atisampoorna, GuruSheeta, Snigdha, Madhura

- **Viharaja:** Avyayama, Avyavaya Diva Swapna
- **Manasika:** Achintata, Harshita
- **Anya:** beej dosha.

Purvarup

Purvarupa Sthula is not mentioned in any Ayurvedic text. Acharya Charak, in his Nidana Sthana, mentions the similar etiology of Prameha and Medoraga, since both have disturbances of Kapha and Meda ⁽⁹⁾. Their purvarupa is therefore considered the purvarupa of sthuli and medroga ⁽¹⁰⁾.

These are as follows.

1. Atinidra
2. Tandra
3. Alasya
4. Visra Sharira Gandha
5. Anga Gaurava
6. Anga Shaithilya
7. Ati Sweda



Rupa

Rupa is called as the Vyaktavastha of Vyadhi Kriya Kala

Acharya Charak has mentioned the following symptoms:

Pratyatma Lakshana ⁽¹¹⁾

- Medomamsa Ativrudhi,
- Chala Sphik
- Chala Udara,
- Chala Stana
- Ayathaopachaya,
- Anutsaha

Besides this Acharya Charka has also mentioned other effect of Sthoulya

Ashta Mahadosha ⁽¹²⁾

1. Ayushohrasa (Diminution of lifespan)
2. Javoparodha (Lack of interest in Physical activity)
3. Kricchra Vyavaya (Difficulty in having coitus)
4. Dourbalya (Debility)

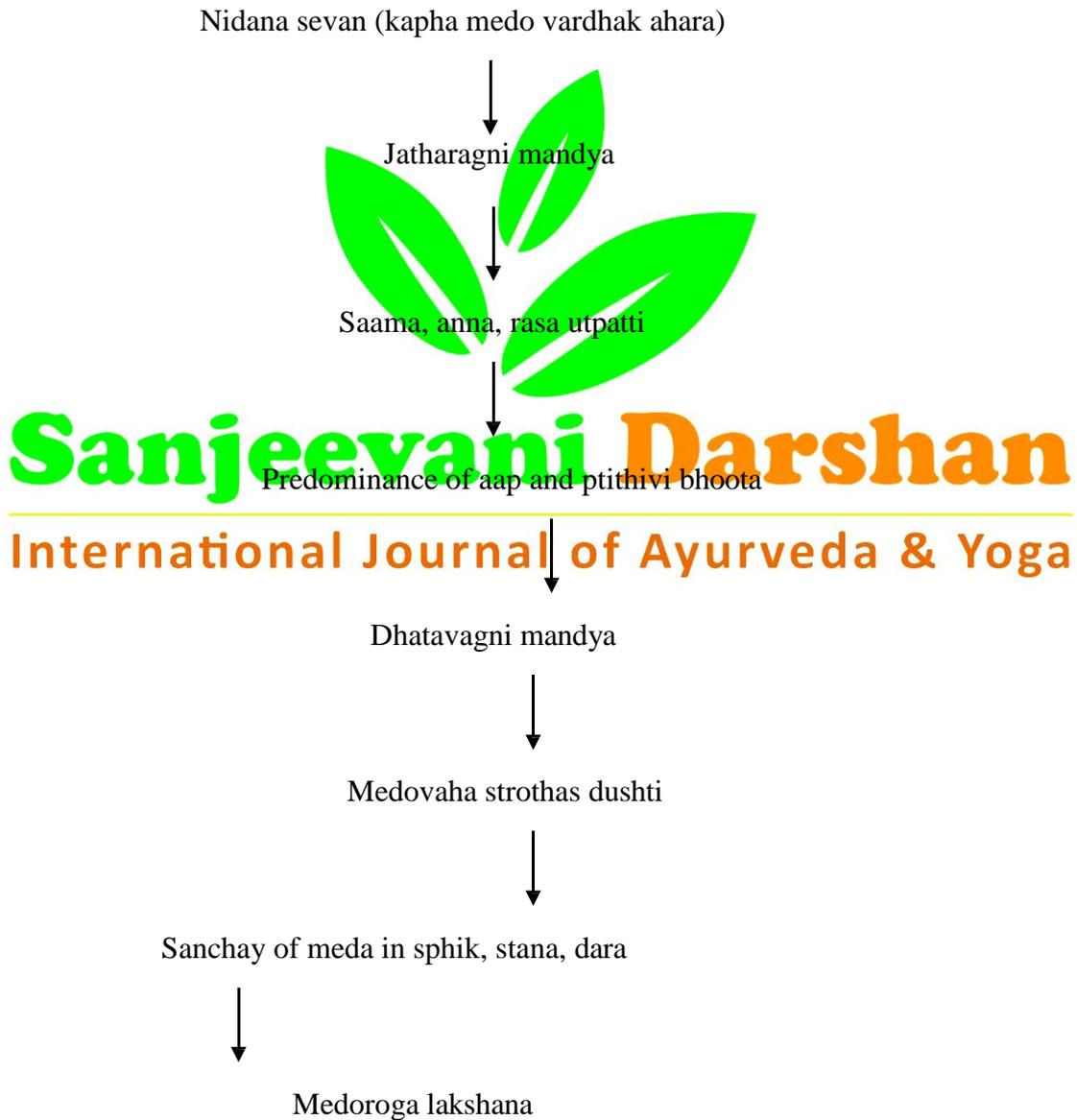
5. Dourgandhya (Unpleasant smell from the body)
6. Swedaabadha (Excessive sweating)
7. Kshudhatimatra (Excessive hunger)
8. Pipasatiyoga (Excessive thirst)

Bheda

According Vagbhata⁽¹³⁾:

1. Hina Sthoulya or medoroga
2. Madyama Sthoulya or medoroga
- Adhika Sthoulya or medoroga

Samprapti: ⁽¹⁴⁻¹⁵⁾



Samprapti Ghatakhas: ⁽¹⁶⁾

Dosha	Kapha, Kledaka Pitta, Pachaka Vata, Samana
Dushya	Rasa, Meda
Agni	Jatharagni, Medodhatvagni
Ama	Jatharagni Vishamata Janita, Medo Dhatvagni Mandhya Janita
Srotas	Medovaha
Sroto Dusti	Sanga
Udbhava	Amashaya
Prasara	Sarva Deha (specially where ever Medodhara kala is present)
Adhishtana	Vrukka and Vapavahana
Vyakt a Sthana	Sarvanga specially Sphik, Sthana, Udara, Gala
Roga Marga	Bahya and Abhyantara
Vyadhi Prakar a	Chirakari
Sadhy a Asadh y ata	Kruchrasadhya

Chikitsa

The general principals of treatment mentioned in Ayurved are as follows:

1. Nidana Parivarjana
2. Samshodhana
3. Samshamana

Referring to the Medora Acharya treatment, he said that the treatment of Atishtulain is very difficult because applying Karshana treatment aggravates the already deteriorated Jatra Agni and Vayu, and applying Brimhana treatment further worsens it. meda .⁽¹⁷⁾

It is described as follows:

- **Bahya Shodhana** - Ruksha Udvartana⁽¹⁸⁾

Abhyantara Shodhana ^(19- 23)

- **Snehana** - Medohara Taila like - Sarshapa Taila, Tuvaraka Taila
- **Swedana** - Mrudu Swedana, Niragni Sweda like Guru Pravarana, Bahupana, Kshudha Nigraha, Atap Sevan, Vyayama.
- **Pancha Karma** - Vamana, Vireacana, Nasya, Ushna-Teekshna Basti, Lekhana Basti, Raktamokshana.

Drugs ⁽²⁴⁾

- **Eka Moolika Prayoga** - Guduchi, Bhadramusta, Haritaki, Vibhitaki, Amalaki, Agnimantha, Guggulu.
- **Churna Yogas** - Trikatu Churna, Vidangadi Churna.
- **Vati Yogas** - Navaka Guggulu, Amritadya Guggulu, Taramandoora Guda
- **Rasa Yogas** - Trayushanadi Loha, Rasabhasma Yoga, Vadavagni Rasa, Trimurti Rasa, Mahalakshi Vilasa Rasa, Vidangadi Loha
- **Kashaya Yogas** - Aragvadadi Kashaya, Varunadi Kashaya, Triphaladhya Kashaya, BrihatmanjistadiKashaya
- **Taila Yogas** - Sarshapa Taila, Tuvaraka Taila, Yavatiktaka Taila, Triphaladhya Taila, Mahasugandhi Taila
- **Arista** - Takra Arishta, Loharista
- **Udvartana Yogas** - Kolakulattadi Churna, Rasnadi Churna, Triphala Churna, Karpuradi Churna, Dhattura Patra Svarasa (Vangasena)
- **Lepa Kalpana** - Medohara Lepa, Shareera Dourgandhyahara Lepa

Pathya – Apathy ⁽²⁵⁾

In case of treatment for Medoraga diet plays a very important role.

Ahara

Ahara Varga	Pathya	Apathya
Shuka Dhanya	Puran Shali, Kodrava, Shyamaka Yava, Priyangu, Laja, Nivara, Koradushaka, Prashatika,	Godhuma, Naveena Shali
Shami Dhanya	Mudga, Rajamasha, Kulatha, Chanaka, Masura, Adhaki, Makusthaka	Masha
Shakha Varga	Patola, Patrashaka, Shigru, Vrutaka, Katutikta, Rasatmaka, Vastuka, Trapusha Vartaka, Evaruka, Adraka, Mulaka, Surasa, Grajjana	Kanda, Shaka Madhura Rasamtaka
Phala Varga	Kapittha, Jambu, Amalki, Ela, Bibhitaki, Haritaki, Maricha, Pippali, Erand Karkati, Ankola, Narang, Bilvaphala.	Madhura Phala
Drava Varga	Honey, Takra, Ushnaja, Tila & Sarshapa Tail, Ashava Arista, Surasava, Jeerna Madhya	Dugdha Varga, Ikshu Vikara
Mamsa Varga	Rohita Matsya	Aanupa, Audaka, Gramya Mamsa Sevana

Vihara

Pathya	Apathya
Shrama	Sheetala jala sevana
Jagarana	Diwaswapna
Nitya bhramana	Avyayama
Vyayama	AVyavaya
Vyavaya	Ati shayana

Manasika

Pathya	Apathya
Chintana	Achintana
Shoka	Harshita
Krodha	Manaso nivrutti

DISCUSSION

Through the above-mentioned characteristics, the factors that cause Medor are Medo Dhatu Vardhak Akhara and Vihara, which basically lead to corruption of Meda, which leads to obstruction of Meda, which leads to provocation of Vata, which ignites Agni. . Any obstruction to Vata Dosh blocked in Kosha stimulates Agni and therefore Sthula Purusha will feel Adhika Kshut and Pipasa. For the destruction of Samrapti Sthuli, the control of the Guru and Atharpana Akhara with the additional attributes of Vata, Shleshma and Medonashaka is considered ideal. Selection of Treatment - Lekhana Basti is one of the specific Basti described in Sthula as Kapha and Medohara are at work.

CONCLUSION

Ayurveda is science which has lots of theories regarding various lifestyle disorders.

Medoroga is one of them. Vast description of Medoroga has mentioned by Acharya fromnidana to chikitsa and also with apathya and pathya. Various types and forms of medicine are mentioned for the treatment and mainly shodhana chikitsa and shamana chikitsa. This treatment shows the significant results on the treatment of Medoroga. Anta Parimarjan Chikista (Basti, Virechana etc.) and Bahir Parimarjan Chikista (Udhvartana, Lepa etc.)It is more effective in relieving the signs and symptoms of Medora. This treatment followed by Patya and Apataya gives the best results in Medoroga treatment.

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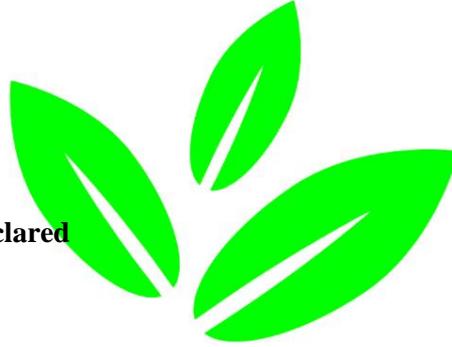
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