

REVIEW ARTICLE

Role of *Ayurveda* Modalities to Manage *Medoroga* (*Dyslipidemia*) – A Review Article

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ABSTRACT

Introduction: Dyslipidemia, a major lifestyle disorder, is characterized by abnormal lipid metabolism, increasing the risk of cardiovascular diseases, diabetes, and stroke. *Ayurveda* correlates dyslipidemia with *Medoroga*, primarily caused by *Kapha Dosha* and *Meda Dhatu* vitiation. It is classified as *Abaddha Meda*, referring to free-circulating fat in the blood, resembling modern lipid abnormalities.

Aim and Objective: To review *Medoroga* in the context of dyslipidemia, analyzing its etiopathogenesis and management from an *Ayurvedic* perspective.

Materials and Methods: A comprehensive review of *Ayurvedic* classical texts, modern medical literature, and research articles from sources such as Google Scholar, PubMed, and ResearchGate.

Discussion: Dyslipidemia is caused by genetic (*Beejdosha*) and environmental factors, including a sedentary lifestyle, poor diet, and metabolic disturbances. *Ayurveda* attributes it to impaired *Agni*, leading to *Ama* formation, *Srotorodha* (obstruction of microchannels), and excessive *Meda* accumulation. *Beejdosha* predisposes individuals to lipid metabolism disorders, leading to hereditary dyslipidemia. *Ayurvedic* management includes *Nidana Parivarjana* (avoidance of causative factors), *Samshodhana* (purification therapies), *Samshamana* (palliative treatment), *Pathya-Apathya* (diet and lifestyle modifications), and Holistic interventions: *Yoga*, meditation, and stress management contribute to overall metabolic balance.

Conclusion: *Ayurveda* provides a holistic approach to dyslipidemia by addressing both lipid imbalances and metabolic dysfunctions. Integrating *Ayurvedic* principles with modern research can enhance dyslipidemia management and prevent associated complications.

1. INTRODUCTION

The advancement in technology, busy schedules, sedentary lifestyles, and changes in dietary habits have made an individual prone to various “lifestyle disorders” dyslipidemia being one of them. Others are hypertension, diabetes, coronary arterial diseases, pancreatitis, etc. have been the real health challenges and major health burdens globally. In *Ayurveda*, *Medoroga* is due to the derangement of *Kapha Dosha* and *Meda Dhatu*. In *Ayurveda* classics, in reference to *Medoroga*,

two types of *Meda* (fat) are described, namely *Baddha Meda* and *Abaddha Meda*.^[1] Dyslipidemia is a form of *Kapha Vikara* specifically *Medoroga* in the form of *Abaddha meda*. *Abaddha Meda* as described by *Acharya Chakrapani* – “*Abaddhamiti Asahatam*” which means the fat which is mobile in nature and circulates in the whole body along with blood in the form of lipids. Dyslipidemia can be very well correlated to *Medodushtigata Roga* by referring to underlying etiopathogenesis and clinical symptoms. It is defined as a disorder of lipoprotein metabolism, it refers to lipid abnormalities consisting of either one or any combination of elevated total cholesterol (TC), elevated triglycerides (TG), elevated low-density lipoprotein (LDL-C), low high-density lipoprotein (HDL-C).^[2] Hyperlipidemia is the most common form of dyslipidemia. Dyslipidemia is one of the major

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health problems in both developed and developing countries. It is a major risk factor for atherosclerosis, cardiovascular disease (CVD), type II diabetes mellitus, ischemic stroke, etc. Dyslipidemia could be primary (genetic factors) and secondary (due to environmental factors, modifiable lifestyle, disease, and medications). CVD is heavily influenced by abnormal lipid metabolism and is a major independent risk factor for coronary artery disease (CAD). According to the Indian Council of Medical Research monitoring study, dyslipidemia is more common in young male industrial workers (62%) than it is in adults between the ages of 15 and 64. The normal levels of cholesterol, TC (levels below 200 mg/dL), TG (levels below 150 mg/dL), LDL cholesterol (levels below 100 mg/dL), HDL cholesterol (levels above 40 mg/dL in men and above 50 mg/dL in women), VLDL cholesterol (levels below 30 mg/dL), cholesterol HDL ratio (levels above 4.5).

1.1. Aim and Objective

To review *Medoroga* (~ Dyslipidemia) according to *Ayurveda* and modern context.

2. MATERIALS AND METHODS

The classical texts of *Ayurveda* and modern medicine, Journals, and research articles from Google Scholar, PubMed, Research Gate, etc, were searched for the study.

3. DISCUSSION

Dyslipidemia is a significant risk factor for CVD, posing a major global health challenge due to its association with abnormal lipid metabolism. It is characterized by increased levels of TC, LDL-C, and TG, accompanied by a reduction in HDL-C. This imbalance in lipid levels is primarily driven by lifestyle factors, including an unhealthy diet rich in saturated fats and processed foods, physical inactivity, and genetic predisposition. The accumulation of excess lipids in the bloodstream leads to the formation of atherosclerotic plaques, increasing the risk of conditions such as CAD, ischemic stroke, and type II diabetes mellitus. From an Ayurvedic perspective, dyslipidemia correlates with *Medoroga*, a disorder caused by the excessive accumulation of *Meda Dhatu* (fat tissue) due to the vitiation of *Kapha Dosha*. *Ayurveda* explains that *Medoroga* results from impaired metabolism (~*Agnimandya*), leading to excessive lipid deposition in the body. *Acharya Chakrapani* describes *Abaddha Meda* as fat that circulates freely in the blood and contributes to various metabolic disorders, resembling the concept of dyslipidemia. A key factor in the development of *Medoroga* is the derangement of *Agni* (~digestive and metabolic fire), which disrupts the proper transformation of nutrients, leading to improper digestion and metabolism. This dysfunction promotes the formation of *Ama* (~toxins or undigested metabolic waste), which obstructs the *Strotas* (~microcirculatory channels), impairing lipid metabolism and resulting in excessive *Meda* accumulation. Furthermore, *Kapha Dosha*, which governs stability and lubrication in the body, becomes aggravated due to sedentary habits, excessive consumption of heavy, oily, and sweet foods, and lack of exercise, further worsening dyslipidemia.

Ayurvedic interventions for managing dyslipidemia emphasize restoring metabolic balance through dietary modifications, detoxification therapies (~*Shodhana*), and herbal formulations (~*Shamana Chikitsa*). The approach includes: Correction of *Agni* (~metabolic fire): Strengthening *Jatharagni* (~digestive fire) and *Medo Dhatvagni* (~fat metabolism) to ensure proper digestion and lipid

regulation. This is achieved through the use of digestive and metabolic stimulants (~*Deepana* and *Pachana*), such as *Triphala*, *Pippali*, and *Trikatu*. Elimination of *Ama* (~Toxins): Detoxification therapies such as *Vamana* (~emesis therapy), *Virechana* (~purgation), and *Udwartan* (~medicated powder massage) help in expelling excess *Kapha* and *Meda*, reducing the lipid burden in the body. Balancing *Kapha Dosha*: Lifestyle and dietary modifications play a crucial role in controlling *Kapha*. Light, dry, and warming foods are recommended, whereas heavy, sweet, and oily foods should be avoided. Physical activities such as regular exercise, yoga, and pranayama are encouraged to maintain optimal metabolism and prevent fat accumulation. Use of Ayurvedic Formulations: Herbal preparations such as *Guggulu*, *Arjuna*, *Triphala*, and *Loha Rasayana* help in lipid metabolism regulation, reduction of excess *Meda*, and prevention of atherosclerosis. Holistic Lifestyle Modifications: Ayurveda advocates stress management techniques such as meditation and mindfulness, as psychological stress can indirectly contribute to dyslipidemia through metabolic disturbances. Regular monitoring and personalized *Ayurvedic* interventions help in long-term disease prevention and management. Thus, by integrating *Ayurvedic* principles with modern scientific understanding, dyslipidemia can be effectively managed, reducing the risk of CVD and promoting overall well-being.

3.1. NIDANA (~Etiological Factors)

According to *classics*^[3] the Nidana can be categorized into different types. Dietary causes include *Ati Sampuran* (~overeating), *Guru* (~heavy), *Madhur* (~sweet), *Sheeta* (~cold), *Snigdha* (~oily) *Anna Sevana*. Lifestyle causes involve *Avyayama* (~lack of exercise), *Avyavaya* (~abstinence from sexual activity), and *Diwaswapna* (~daytime sleeping). Psychological causes include *Harshanitya* (~uninterrupted cheerfulness), and *Achintana* (~lack of worry). Another cause is *Beej Swabhava* (~hereditary). According to *Madhav Nidana*, *Bhavprakash*, and *Yogratnakar*, the primary causes of the disease include *Avyayama* (~lack of physical exercise), *Diwaswapna* (~sleeping during daytime), *Shleshmal ahara sevan* (~*kapha* increasing food).

3.2. RUPA (~Clinical Features)

According to *Ayurveda context*,^[4,5] clinical features are *Kshudra Shwasa* (~shortness of breathing), *Trishna* (~excessive thirst), *Moha* (~delusion), *Swapna* (~excessive sleeping), *Krathana* (~sudden obstruction to breath), *Sadana* (~laxity of the body), *Kshuta* (~excessive hunger), *Sweda* (~excessive perspiration), *Daurgandhya* (~Foul odor of the body), *Alpa prana* (~fatigue), *Alpa maithuna* (~loss of libido). According to *Acharya Charak*,^[6] *Medo Roga* leads to eight distinct disabilities, each with a specific pathogenesis. *Ayushohrasa* (~deficient longevity) occurs due to the excessive production of *Meda Dhatu*, which hinders the proper growth of other *dhatu*s, ultimately affecting lifespan. *Javoparodha* (~slow movement) results from the looseness, tenderness, and heaviness of fats, impairing bodily movement. *Kricchavyavaya* (~difficulty in sexual intercourse) arises due to the obstruction of semen channels by *Meda* and the reduced quantity of semen. *Daurbalya* (~weakness) manifests as the equilibrium of *dhatu*s is disturbed, leading to an overall lack of strength. *Daurgandhya* (~foul body odor) is caused by the inherent defects of fat tissue and excessive sweating. *Swedabadha* (~excessive sweating) occurs due to the fluid, heavy, and *kapha*-associated nature of fat, making the body unable to withstand physical exertion. *Kshudhatimatrata* (~excessive hunger) and *Pipasatiyoga* (~excessive thirst) are consequences of sharp

digestive power and an excessive presence of *vayu*, which, due to *Meda* obstruction, results in an increased urge to eat and drink frequently.

3.3. SAMPRAPTI (~Pathogenesis)

I. *Nidana Sevana (Kapha Pradhan Ahaar Vihar) → Kaphavridddhi, Medovridddhi → Jatharagni dushti → Aam Annarasa → Medovaha Srotosanga → Medo Dhatvagni Mandya → Aamrup Medovridddhi → Medoroga*^[7,8]

Medoroga, as described in *Ayurveda*, is a disorder caused by the vitiation of *Kapha* and *Meda Dhatu*, leading to an excessive accumulation of fat and impaired lipid metabolism. It is primarily caused by the intake of *Guru* (~heavy), *Snigdha* (~unctuous), *Madhura* (~sweet), and *Atisampurna* (~excessive) *Ahara*, along with a sedentary lifestyle and lack of physical activity. This results in *Agnimandya* (~weakened digestive fire), leading to the improper digestion and metabolism of nutrients, particularly *Meda Dhatu*. The imbalance in *Meda Dhatu* disrupts the normal function of *Vata Dosha*, specifically *Samana* and *Vyana Vata*, leading to defective lipid transport and deposition in the body. *Srotorodha* (~obstruction of channels) occurs, impairing the circulation of *Rasa* and *Rakta Dhatu*, which contributes to cardiovascular risks and metabolic disturbances. In addition, the involvement of *Ama* (~toxins) further aggravates the condition, leading to dyslipidemia, obesity, and related complications.

II. *Nidana (Beejdosha) → Medovaha Srotodushti → Aam Asthayi Medo dhatu vridddhi → Medoroga*^[9]

When *Medoroga* (~dyslipidemia) is caused by *Beejdosha* (~genetic or hereditary factors), the vitiation of *Doshas* occurs at the time of conception, leading to an inherent predisposition toward impaired lipid metabolism. *Beejdosha* primarily affects *Meda Dhatu*, resulting in a natural tendency for excessive fat accumulation and abnormal lipid levels. This genetic influence weakens *Agni* (~digestive and metabolic fire), leading to improper digestion and assimilation of nutrients, further aggravating *Meda Dushti*. In addition, due to the hereditary nature of *Beejdosha*, there is a congenital weakness in the *Srotas* (~microchannels), particularly *Medovaha Srotas*, causing inefficiency in fat metabolism and transport. *Kapha Dosha* remains dominant, contributing to excessive *Snigdha* and *Guru* qualities in the body, leading to elevated cholesterol, TG, and lipoproteins. Over time, the obstruction of the *Srotas* occurs, disturbing the normal circulation of *Rasa* and *Rakta Dhatu*, increasing the risk of metabolic disorders and CVD. Thus, *Beejdosha*-based *Medoroga* aligns with familial dyslipidemia in modern medicine, where inherited genetic mutations affect lipid metabolism, making individuals prone to hypercholesterolemia and associated complications.

3.4. CHIKITSA (~Management)

The management of diseases arising from the vitiation *Medovaha Srotas* should be aligned with the principle outlined for treating *Medoroga* in the *Ashtaninditiya Adhyaya* of *Charak sutrasthana*^[10] The general management principles of *Medoroga* is *Nidana Parivarjana*, *Samshodhana*, and *Samshamana*. The *chikitsa* of *Medaroga* are depicted in Flow Chart 1.

3.5. NIDANAPARIVARJANA (~Avoidance of Causative Factors)

Nidana Parivarjana is the first and most essential step in the management of *Medoroga* in *Ayurveda*. It involves the elimination of factors that contribute to the vitiation of *Medovaha Srotas* and

excessive accumulation of *Meda Dhatu*. Avoiding causative factors such as *Madhur* (~sweet), *Guru* (~heavy), *Snigdha Ahara* (~oily), *Atisampurna Bhojana* (~overeating), *Diwaswapna* (~daytime sleeping), *Alcohol and Fermented Foods*, *Avyayama* (lack of exercise), *Atinidra* (~excessive sleeping), *Alasya* (~inactivity), *Chinta* (~worry), *Bhaya* (~fear), *Shoka* (~grief) helps in preventing and managing *Medoroga* effectively.

3.6. SAMSHODHANA (~Detoxification Therapies)

In *Ayurveda*, *Medoroga* which is *Bahudoshaj vyadhi* is primarily caused by an imbalance in *Kapha Dosha* and *Meda Dhatu*. *Samshodhana* is one of the key approaches to managing *Medoroga* by eliminating excess *Ama* and *Meda Dhatu* from the body. Therapies like *Vamana* (*Madanphala*, *Pippali*, *Yashtimadhu*, etc.), *Virechana* (*Triphala*, *Trivrit*, *Musta*, and *Erand tail*), *Lekhana Basti* (*Triphala* and *Dashmool*), *Raktamokshana*, *Udwartan* (*Kola*, *Triphala*, *Yava*, and *Haridra*, etc.) offers a holistic approach to managing *Medoroga* (~Dyslipidemia).

3.7. SAMSHAMANA (~Pacification Therapies)

In *Ayurvedic* practice, pacification therapies are employed to alleviate various disorders associated with the body's *doshas* and to promote overall wellness. According to the *Yogratnakar*, several *Churna* (~powdered herbal formulations) are recommended for their specific therapeutic actions. For instance, *Phaltrikadi Yoga*^[11] *Churna* is beneficial when taken consistently for 6 months, as it balances the *Kapha*, *Meda*, and *Vata doshas*. *Guduchyadi Yoga*^[12] *Churna*, when mixed with *Takrarishta* or *Madhu*, is specifically used to treat *Medoroga* (~dyslipidemia). The *Tryushnadi Churna*,^[13] when taken with *Ghrta* (~clarified butter) and *Madhu* (~honey), helps deplete *Meda* (~fat), *Prameha* (~urinary disorders), *Kapha*, and *Kushtha* (~skin diseases), and is considered an excellent *Rasayana* (rejuvenative). *Guggulu* formulations are also widely used for various conditions. *Navaka Guggulu*^[14] helps address diseases related to *Meda*, *Kapha*, and *Amavata* (~rheumatoid arthritis). For external applications, *Lepa* (~pastes) such as *Mochrasa* mixed with *Samudraphen* (~cuttlefish bone powder) immediately neutralizes pungent body odors.^[15] *Vasa Swarsa* combined with *Shankh Bhasma* or *Bilwa Patra Swaras* is useful for curing body odors.^[16] In addition, rubbing a paste of *Haritaki Churna* on the body before bathing can help reduce excessive sweating.^[17] For treating *Medoroga* (~dyslipidemia) specifically, oils like *Triphaladi Tail*^[18] and *Maha Sugandhi Tail*^[19] are recommended, with the latter being particularly effective for alleviating excessive sweating and body odor. Various *Ras* (~metals and minerals) such as *Rasbhasma Yoga*,^[20] when combined with *Madhu* or hot water, are also considered beneficial in pacifying *doshas* imbalances, while preparations like *Trimurti Ras*^[21] and *Vadavagni Ras*^[22] are used to address specific health issues such as indigestion and inflammation. According to *Bhavprakash*, in cases of excessive perspiration in the palms and soles, medicated *ghrita* made with *Panchtikta* and *Guggulu* is highly effective.^[23] *Amritadi Guggulu*, which contains a blend of herbs such as *Guduchi*, *Ela*, *Vayvidang*, and others, is useful for balancing *Kapha*, *Vata*, and *Ama doshas*.^[24] *Dashang Guggulu* or *Vyoshadi Guggulu* are also recommended for conditions related to *Meda*, *Kapha*, *Ama*, and *Vata* imbalances.^[25] *Tryushnadi Guggulu* is indicated in the disease due to *Kapha*, *Vata Doshas*, and *Meda*.^[26] *Loharishta* is indicated in *Medoroga*.^[27] *Loha Rasayana* is an excellent preparation for *Medoroga*.^[28] Further, the textbook *Bhaishjya Ratnavali* mentions several beneficial herbal formulations, such as *Vidangadi Loha*,^[29] *Tryushnadi Loha*,^[30] and

Vadvagni Loha,^[31] which help with *Medoroga*. In addition, *Varunadi Kashaya*^[32] and *Arogyavardhini Vati*^[33] are used for *Medoroga*, while *Arjuna Churna* or *Kwatha* is helpful in addressing atherosclerosis and promoting fat metabolism in the arteries. These therapies play a crucial role in managing conditions related to doshas imbalances, particularly those associated with *Meda* and *Kapha* disorders.

3.8. PATHYA–APATHYA

In Ayurveda, diet and lifestyle play a crucial role in maintaining health. Pathya Ahara includes foods that are beneficial for the body, such as Purana Shali, Mudga, Kulattha, Uddalaka, Kodrava, Yava, Godhuma, Takra, Madhu, Ushnodaka, Til Tail, Sarshap Tail, Rajmasha, Masur, Tila, Vrantak, Patrashaka, Patola, Madhurshaka, Kapitha, Jamun, Amalaki, Hingu, and Jeerak. Pathya Vihara refers to healthy lifestyle practices, including physical activity such as Shrama, Vyayam, Jagarna, Vyavaya, Chinta, Shoka, Upwas, Swedana, Virechana, Vamana, Lekhana Basti, and Yoga. On the other hand, Apathya Ahara includes foods that should be avoided, such as Godhuma, Navanna, Ikshu, Navneet, Ghrita, Dadhi, Anupa, Audaka Masha, Pishta Anna, and excessive consumption of Madhur dravya. Similarly, Apathya Vihara refers to lifestyle habits that are harmful to health, such as Divaswapna (~daytime sleeping), Atyavaya (~Abstinence from sexual activity), Achintana (~Lack of worry), Ayyayam (~lack of physical exercise), Atinidra (~excessive sleeping), Nitya Harsh (~uninterrupted cheerfulness), Sukh Shaiya (~a state of comfort), Manso Nivriti (~calming of mental activity), Mala-mutradi vegdharana (~suppression of natural urges for stool and urine).^[34]

4. CONCLUSION

Medoroga is a rising health concern with significant effects on overall well-being, often leading to complications such as diabetes, hypertension, and CVD. Its management requires a sustainable, individualized approach. Ayurveda offers a holistic approach to dyslipidemia, addressing both lipid abnormalities and overall metabolism. Further research on Ayurvedic formulations can validate their role in preventing and managing dyslipidemia effectively.

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6. AUTHORS' CONTRIBUTIONS

All the authors contributed equally to the design and execution of the article.

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9. CONFLICTS OF INTEREST

Nil.

10. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

11. PUBLISHERS NOTE

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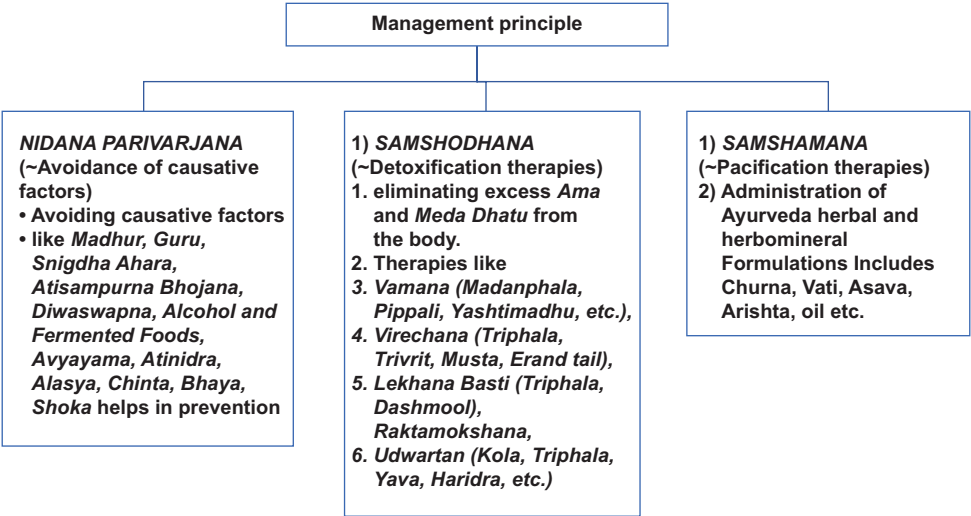
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Flow Chart 1: Management of the Medoroga