



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Ayurvedic management of (Dyslipidemia) '*Ras-rakta-gat-abaddha-medovridhi*: Case Study

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Abstract:

'*Ras-ras-gat-abaddha-medovridhi*' or dyslipidemia cases are increasing day by day because of lack of physical activities & popularization of fast or junk food in the society. Allopathic science has very limited pharmacological intervention along with undesired effects. A 46 years old Female patient, suffering with dyslipidemia was treated successfully with classical line of management of '*Santarpanotha-vyadhi*'.

रोगास्तस्योपजायन्ते

सन्तर्पणनिमित्तजाः।

प्रमेहपिडकाकोठकण्डूपाण्ड्वामयज्वराः॥५॥

कुष्ठान्यामप्रदोषाश्च

मूत्रकृच्छ्रमरोचकः।

तन्द्रा क्लैब्यमतिस्थौल्यमालस्यं गुरुगात्रता॥६॥ ⁽¹⁾

(Sushrut Sutra- 23/5-6)

Keywords: *Medovridhi*, Dyslipidemia, *Aam*, Lifestyle disease, Cholesterol

Introduction:

In the changing era of fast & competitive life there are so many changes have been adopted by society and this has been caused so many health issues because of changing food habits and life style. '*Ras-rakta-gat-abaddha-medovridhi*' or dyslipidemia is now becoming global health problem because it may lead to severe complications like Diabetes, C.A.D. etc. Currently developed allopathy science has no root-eradicate solution for this but additionally there are severe side & adverse effects are well documented. Ayurveda has very effective care for dyslipidemia with its specific concept of '*Aam*', *Agni* & *Medodushti* along with concept of '*Santarpanotha*' disease.

रसोऽतिवृद्धो हृदयोत्क्लेदं प्रसेकं चापादयति; रक्तं रक्ताङ्गाक्षितां सिरापूर्णत्वं च; मांसं स्फिग्गण्डौष्ठोपस्थोरुबाहुजङ्घासु वृद्धिं गुरु गात्रतां च; मेदःस्निग्धाङ्गतामुदरपार्श्ववृद्धिं कासश्वासादीन् दौर्गन्ध्यं च; अस्थ्यध्यस्थीन्यधिदन्तांश्च; मज्जा सर्वाङ्गनेत्रगौरवं च; शुक्रं शुक्राश्मरीमतिप्रादुर्भावं च ॥१४॥⁽²⁾ (Sushrut Sutra- 15/14)

Case Report :-

A 46 years old female patient was suffering from 'Dyslipidaemia' (*Rasa-Rakta-Gata-Abaddha-Medovridhi*) since March 2019 came with the following complaints...

1. Indigestion since 2 months
2. Flatulence
3. Headache on/off
4. Burning micturition on/off
5. Constipation on/off

In her report (lipid profile date 24-mar-2019) serum cholesterol level was 282.8 mg/dl, LDL cholesterol was 206.56 mg/dl. She was advised modern anti-hypertensive and anti-lipid drugs but these were not taken due to fear of side & adverse effects. She has planned *ayurvedic* treatment for these complaints.

After the *ayurvedic* treatment the serum cholesterol level and LDL cholesterol is 168.1 mg/dl and 95.2 mg/dl respectively. This report was done on date 4-july-2019. Patient was also able to stop anti-hypertensive drugs with given treatment, her B.P. is now around normal. Reviewing her condition following '*Samprapti-components*' were observed.

1. *Dosha- Shleshma mainly*
2. *Dushya-Ras, Rakta, Mansa, Meda*
3. *Srotas- Ras, Rakta, Mansa, Meda*
4. *Sroto-dushti-Sanga/Vimarga-gaman*
5. *Adhisthan-Sarva-sharir, Dhamani*
6. *Udbhav- Amashaya-sammuttha*
7. *Roga-marga- Shakha/madhyam*
8. *Agni- Mand*
9. *Sama/niram- Sam*
10. *Vyadhiprakar- Chirkari*
11. *Sadhyasadyata- Sadhya*

Treatment given:

1. *Pathyadi kwatha* 20gm BD with *kwatha* preparation method at 7 AM & 5 PM empty stomach
2. *Shivakshar-pachan-churna* - 6gm
Shankh-bhasma-500 mg
Sarjika-kshar- 500 mg
BD with hot water, just before meal
3. *Shankh vati*-2 tab
Arogyavardhini vati- 2 tab
BD with hot water after meal
4. *Haritaki* tab- 4 at HS
Each tab. of approx. 500 mg *Haritaki*

Pathya-advised :

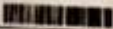
She was advised a 40 days course of gram processed/fried in pure '*Mudga-ahar*', diet based on green spices *go ghrita*, seasonal vegetables and green were also allowed to maintain the taste.

[illegible]

before treatment report-
serum cholesterol level was 282.8 mg/dl, ldl cholesterol was 206.56 mg/dl.


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TEST REPORT

Reg. No. : 390722003612 **Reg. Date :** 04-Jul-2019 10:00
Name : AVANTARANI Y. PATEL
Age : 46 Years **Sex :** Female
Ref. By :
Location : JETVANDHEEP CLINIC @ GODSAR

Collected On : 04-Jul-2019 13:07
Report Date : 04-Jul-2019
Dispatch At :

Parameter	Result	Unit	Biological Reference Interval
LIPID PROFILE			
CHOLESTEROL Serum ENZYMIC COLORIMETRIC METHOD, OXCO-750	168.3	mg/dL	<200 Desirable 200-239 Borderline High ≥240 High
TRIGLYCERIDE Serum ENZYMIC COLORIMETRIC METHOD	73.9	mg/dL	<150 Normal 150-199 Border Line High 200-499 High ≥500 Very High
VLDL Serum	14.38	mg/dL	0 - 30
LDL CHOLESTEROL Calculated method	95.2	mg/dL	<100 Optimal 100-129 Near Optimal/above optimal 130-159 Borderline high 160-199 High ≥200 Very High
HDL CHOLESTEROL Serum HOMOMETHOD ENZYMIC COLORIMETRIC	58.5	mg/dL	≥60 Low (High Risk) <40 High (High Risk)
CHOL/HDL RATIO	2.87		0.0 - 3.5
LDL/HDL RATIO	1.6		1.0 - 3.4
TOTAL LIPID	440.00		400 - 1000

End Of Report

Test done from collected sample

This is an electronically authenticated report.

Approved by:
Approved On: 04-Jul-2019 14:38

Dr. MAJEDA MALEK
 04-Jul-2019 14:38

Generated On : 04-Jul-2019 14:50

after treatment report-
serum cholesterol level was 168.1 mg/dl, ldl cholesterol was 95.2 mg/dl.

Discussion:

This case was treated as per concept of '*Santarpan-apatarpan*'. Many suppurative G.I. Signs & Symptoms was there as per age, a sort of anxiety, season etc. Medicine mainly checked that G.I. Symptomatology and strict '*Mudgahar-pathya*' helped in achieving desired '*Apatarpan*' that ultimately shown in reports. *Mudga* being '*Kapha-pitta & Kleda-shoshi*' useful in '*santarpan-janit*' various disorders. *Mudga* is one of best cereals that is called '*Nitya-sevaniya*' (to be consumed daily) and it is called completely opposite to *Meda*, *Kapha* & *Pitta-dosha* being *Ruksha* & *Laghu*.

Properties of Mudga:

कषायमधुरो रुक्षः शीतः पाके कटुर्लघुः।

विशदः श्लेष्मपित्तघ्नो मुद्गः सूप्योत्तमो मतः॥२३॥⁽³⁾ (Charak Sutra- 27/23)

Selection of the drugs was based on the concept of '*Agnimandya*, *Samavastha* & *Pratilom-vat* hence appropriate *Deepan*, *Pachan*, *Anuloman* & *Medoghna* drugs used in the management. *Pathyakram* played most important role in cure.

Conclusion:

This can be concluded that *Ras-rakta-gat-abaddha-medovridh* '*(Dyslipidemia)*' cases can be treated with simple *Ayurveda* management effectively. If patient follows the classical *Din-ritucharya* & daily regimen for longer duration then obtained cure can be long lasting without the fear of any side & adverse effects.

References:

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2. *Sushruta Samhita* edited with *Sushrutvimarshinee* by *Vaidhya Anantram Sharma* Chaukhambha Sanskrit Sansthan, *Sutra Sthana* chapter 15 /14.
3. *Charaka Samhita* edited with *Charaka Chandrika* by Dr. Brahmanand Tripathi Chukhamba Surbharati Prakashan, *Sutra Sthana* chapter 27/23.

