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A CONCEPTUAL REVIEW ON MEDOVAHASROTAS WITH SPECIAL REFERENCES TOMEDODUSHTI IN STHAULYATA (OBESITY)

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ABSTRACT

In the ancient Ayurveda, describes the anatomy and physiology of the human body. It includesthe terms of Dosha, Dhatu, Malas and Srotas, Kostha, Kostangas, stoats can be compair as extremely fine passage and pores present in the lotus stem through which rasadiposhya dhatu circulates all over the body, which provide nutrition to body. Number of srotas are different by different Acharyas. There are 13 srotas as described by Acharya Charak and 11 pairs as per Acharya Sushruta. Bothhave described the Medovaha Srotas. Medhovaha srotas – The fat carrying channels, as their names indicate, do not carry fat in them. They transport materials needed for the formation and balance of fat tissue. When these channelsget contaminated / vitiated or damaged leads to excessive formation of fat that is fat accumulate beneath the skin fold and thyroid hormone, insulin, Androgen, growth hormone level has relation to over weight and obesity. As in Ayurveda Medovahasrotas if vitiated causes medodushti which may be expressed as either Pramehapoorvaroopa or Sthoulyalakshanas.

KEYWORDS:- Medo dushti, Obesity, Srotomoolam medovahasrotas.

INTRODRUCTION

Ayurveda is the science of life, which concerned with the maintenance and promotion of Positive health as well as curing diseases. The aim of medical science is to provide better

health to every human being.

“Yatra sanga kha vaigunyātvyādhitatraupajāyate
A tree is affected by injury to its root resulting in an injured or a dead tree. it is similar example of srotasmoola are vitiated by Dosha they will lead Srotas Dusthi Lakshan and its diseases.

Moolasthana of Medovaha Srotas is Vrikka, Vapavahan, Kati, described in ayurvedic samhitas According to modern science adipose tissue stored in kidney, omentum, liver subcutaneous tissue of abdomen and waist region etc. So fat deposition is mainly occurs in this region. The site of fat deposition mentioned in Ayurveda texts and modern science are same.

Ayurvedic anatomy is a living anatomy so, Srotas parform an major role either anatomically as well as physiologically. The disease of Medovaha Srotas will leads to Obesity, diabetes, hypertension these are the main health issues of the society. So it is necessary to know about Medovaha Srotas anatomy and its clinical importance. Management of Srotas is helpful to prevention and cure of diseases. Thus we can make strong socioeconomic status of peoples andnations to make healthy environment.

Mulasthana of medovaha srotas.

In ayurvedic text Acharya Chakrapani has described Mulasthan is anatomical seat of individual Srotas.[11] The vitiation or an injury to the Srotas may affect their Mulas and treating the Mulasthan of respective Srotas the disease will be cured of medovaha srotas,[12] Vrikka (kidney) Vapavaha (omentum)Kati(waist region).

Acharyas states that Vrikka aids in the nourishment of abdominal fat. According to modern science Hormones from Adrenal cortex and medulla influence lipid metabolism. Glucocorticoids from Adrenal cortex influences fat metabolism by influencing sterol metabolism and adipose tissue synthesis. Cortisol helps in redistribution of fat in the body.[5]

Vapavahana is explained as ‘udarasthasnigdhavartika’ Modern science explains omentum as large peritoneal folds attached to the stomach that act as storehouse of fat. Absorption of excessfat as intra-abdominal fat into the omentum leads to pot-belly (udaralambanam). Thus, vapavahan can be correlated to omentum.

kati region (waist) there is abundant amount of fat. Waist circumference measurements are evaluated which allows indirect measure of abdominal adiposity. So Kati may be rightly considered as mulasthana of medovahasrotas.

Medodusti lakshna of medovaha srotas.

Swedagman (Excessive sweating):- Sweat glands is a tubular coiled gland. It consists of two parts one coiled portion lying deeper in dermis, which secrets the sweat and other duct portion, which passes through dermis and epidermis. Endocrine sweat gland opens out through the sweat pore. The coiled portion is formed by single layer of columnar epithelial cells, which are secretory in nature. Epithelial cell is the interposed by the myoepithelial cells. The hormonal level of epinephrine and norepinephrine increased leading to excessive sweating.[4]

Taalu shosha (Dryness of the palate):- dry mouth in palate will occur due to the salivary flow rate is less than the rates of water absorption from the mouth. A dry mouth is cause of high bloodsugar. Sex steroids also affect the rate of sebum secretion like testosterone that has stimulatory effect and estrogen has been shown to have inhibitory effect. corticotrophin hormone receptor also have effect on human skin and sebaceous glands.

Thirst (Pipasa):- The cause of thirst (pipasa) may be due to decrease of blood volume without reducing the intracellular fluid. The decreased blood volume is distinguished by cells in the kidneys and elicits thirst for both water and salt via the renin-angiotensin mechanism. Excessivethirst is characteristically found in diabetes.

Shophataa (Edema):- Excessive accumulation of free fluid in the interstitial tissue and cavities. Extra renal mechanism involves the secretion of aldosterone a sodium retaining hormone by therennin angiotensin mechanism.

Sthaulya (Obesity):- Is one of the Santarpanjanya Vyadhi which occurs due to vitiation of Medovaha srotas. It is found that dietary factors, lifestyle factors, physiological factors and genetic factors all responsible for Stholya.[9] Food rich in carbohydrate sedentary lifestyle (lack of exercise, day sleep) and psychological factors generic factors (Matrija Bija) is responsible for formation of Medo Dhatu and the excessive Medo Dhatu is formed by defective generic material,[10] The most widely used method to calculate the obesity in body mass index (BMI) which is equal to weight in kg/height in m2. A BMI between 25 to

29.9kg/m2 is called over weight and BMI greater than 30kg/m2 is called obese. the adipocytes are fat storing cell and these cells release leptin (energy regulator hormone),. Increased fat deposition in body leads to sthaulya.

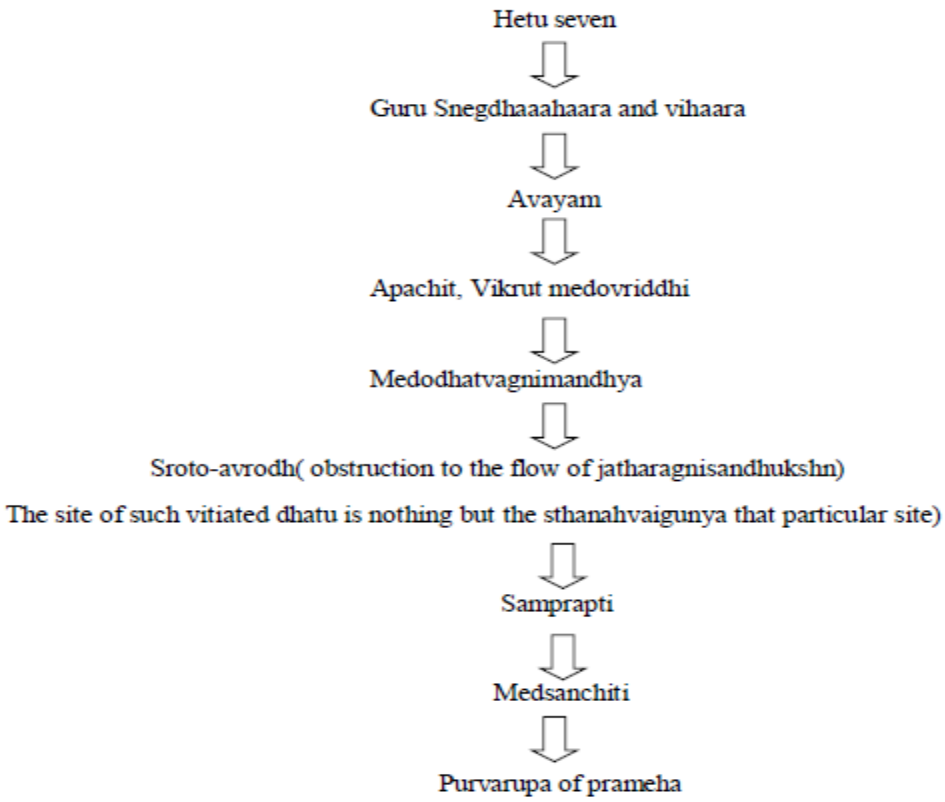
Function of medodhatu

- Sneha
- Asthi pushti
- Netra gatra snigdhata

Review of literature

Meda is one among the Saptdhatu. The internal transport system which carry these Dhatus (Parinampradh) is Srotas. As the Vitiation and depletion of Srotas can lead to many pathological conditions in body. If MedovahaSrotas is vitiated it will cause Medo Dushti which may be expressed as either Prameha Poorvaroopa or the Sthoulya Vyadhi. And in modern point of viewthey are compared with diabetes and obesity respectively.

Mode of medovahasrotodushti as follows.



Chikitsa sidhhant

Nidanparivarjan:- Nidanparivarjan is the first and main step of treatment of diseases. Avoid causative factors like Aharaj and Vihara which are responsible for Sthaulya.[6]

Sansodhan chikitsa:- Use of Panchkarma procedure such as Vaman, Virechan, Lekhan basti swedana Abhyang[7] etc.

Sanshman chikitsa:– Use of Ayurvedic drugs such as Guggul preparations.[8]

Yoga:- Perform regular Vyayam in daily routine with Karshna, Guru Aptarpan Chikitsa.

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