

EKALA DRAVYA CHIKITSA IN LIFESTYLE DISORDERS**Shraddha Dilip Hankare^{1*} and Ranjeet Balasaheb Rupnar²**

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ABSTRACT

Nowadays lifestyle disorder is burning issue in developed as well as developing countries. Over stress and bad food habits or bad life style hampers the individual's happiness and predispose to many diseases like Diabetes type 2, PCOD, HTN, Mental depression, Osteoarthritis and various other clinical conditions. Ayurveda being the life science, as preventive and curative aspect, one can adopt the Ayurvedic methodologies to overcome the jeopardies. According to present day lifestyle, with different kinds of food i.e. junk food, fast food, packed food etc. with the life style changes leads to disturbance and its ramification in different systems in the body which leads to lifestyle disorder. With various kinds of treatment initially instead of

proprietary drugs one can get to know about the single drug used in such type of lifestyle disorders plays a key role to cure a disease. The purpose of this article is to enlist the Ekala Dravya Prayog (single drug use) in one roof which are used in lifestyle disorders. One can easily come to know the disease and can choose single drug according to availability and by their convenience as a curative aspects of disease. These herbs have immuno-modulator properties which helps to manage the corresponding diseases and balances the immune system and thus leads to healthy and disease free life. In this article a small attempt is made to congregate a list of Ekala Dravyas which can be effectively used in such type of diseases.

KEYWORDS: Ekala Dravya, Ayurveda, Lifestyle disorders.

INTRODUCTION

Nowadays lifestyle disorder is burning issue in developed as well as developing countries.

These diseases linked with the way people live their life. Over stress and bad food habits or bad life style, hampers the individual's happiness and predisposes to many diseases.

Ayurveda being the life science, as preventive and curative aspect, one can adopt the Ayurvedic methodologies to overcome the jeopardies.

According to present day lifestyle, with different kinds of food i.e. junk food, fast food, packed food etc. with the life style changes leads to disturbance and its ramification in different systems in the body which leads to lifestyle disorders. Life style is - A way of Life or living of a person's attitudes / habits / behavior etc.

Causes of life style disorders^[1,2,3]

Unhealthy Food

Lack of Physical activity Too much of mental stress Waking up late night

Tobacco smoking and chewing Alcoholism

Drug abuse Wrong posture Staying indoors

Overuse of electric gadgets like Mobile, Laptop etc.

Disorders^[4]

Metabolic dysfunction

Obesity

Atherosclerosis HTN

Diabetes type 2 Thyroid disorders PCOD in Females Cancer

Liver Disorders Depression COPD etc.

METHODS

Different literature of Ayurveda and Modern books, journals are studied to understand Life Style Disorders and use of Ekala Dravya Chikitsa in it.

Ekala dravya chikitsa^[5]

In such types of Life Style Disorders with the knowledge of Ekala Dravya's i.e. Single Drug Therapy, in various kinds of treatment initially instead of proprietary drugs one can get to know about the single drug used in such type of lifestyle disorders plays a key role to cure a disease.

The purpose of this study is to enlist the Ekala Dravya Prayog (single drug use) in one roof

which are used in lifestyle disorders. One can easily come to know the disease and can choose single drug according to availability and by their convenience as a curative aspects of disease.

These herbs have immuno-modulator properties which helps to manage the corresponding diseases and balances the immune system and thus leads to healthy and disease free life.

These ekala dravyas can be used in any forms like Churna, Svarasa, Kalka, Kwatha etc. In some cases Ghrita paka, Asava, and Avaleha preparation of single drug have been also mentioned eg: Kharjurasava, Bibhitaki avaleha. Oral route is mentioned as choice of route of drug administration in majority of cases. Few other route of drug administration can also be used viz. nasal route eg: nasya, dhoopana; local application eg: lepa, mardana.

As the basic principles of Ayurveda focuses on Tridosha Siddhanta and Samanya Vishesh Siddhanta, use of single drugs helps to explain the mode of action of drug in particular disease in specific way, regarding the modern pharmacology it is easier and more scientific to explain the pharmacokinetics and pharmacodynamics of a drug.

Following are the disease wise Ekala Dravya's list along with their mode of action in respective Life Style Disease,^[6, 7, 8]

Diabetes type2 ekala dravya

Mamajjak, Meshashrung, Latakaranj, Katuki, Rakta Marich, Pippali, Indravaruni, Vijaysar, Methi, Jamboo Beej, Karvellaka

Actions

Reinforce Insulin Production Counter Insulin destruction Increase tissue sensitivity to insulin Burn excess fat
Counter CAD/Stroke

Liver diseases

Ekala dravya's

Bhumyaamalaki, Kakmachi, Sharpunkha, Katuki, Punarnava, Kasani, Bhringraj, Guduchi, Kalmegh, Chirayta.

Action

Protect liver from toxins Correct liver dysfunction

Normalize abnormal liver enzymes Reinforce renal function

Stimulate metabolism

Ischaemia/cad/stroke ekala dravya's

Pushkarmoola, Arjuna, Brahmi, Guggulu, Bhallatak, Chitrak, Katuki, Bhumyaamalaki, Trikatu, Rakta marich, Rason

Action

Dilate constricted arteries Reinforce myocardial activity Lower oxygen need of myocardia
Lower heart rate

Protect/correct endocardial damage Prevents thrombus formation

Htn**Ekala dravya's**

Shankhapushpi, Jatamansi, Sarpagandha, Kakmachi, Katuki, Mandukparni, Trin Panchmool

Action

Counter vasoconstriction

Correct hypothalamic-pituitary dysfunctions Lower mental stress

Correct metabolic dysfunctions Correct hepatic dysfunction Correct renal dysfunction

Metabolic disorders ekala dravya's

Guggulu, Brahmi, Rakta Marich, Pippali, Gnadir, Shunthi, Chitrak, Bhallatak

Action

Stimulate thyroid gland Stimulate metabolism Burn excess fat Counter atherosclerosis
Counter free radicals

Increase tissue sensitivity to insulin

Ovulation disorders ekala dravya's

Shatavari, Putranjeev, Mamajjak, Meshashruni, Latakaraj, Katuki, Pippali, Rakta Marich, Indravaruni

Actions

Correct hypothalamic-pituitary-ovarian dysfunction Reinforce follicle maturation

Reinforce ovulation Reinforce endometrium

Mental depression ekala dravya's

Vacha, Jyotishmati, Akarakara, Kapikacchu, Ashwagandha, Brahmi

Action

Elevates higher brain centres Lower the AChE in the brain Reinforce thinking, retention

Reinforce confidence

Osteoarthritis ekala dravya's

Ashwagandha, Mandukparni, Dugdhika, Amalaki, Asthi shrunkhala, Erand Mula, Shallaki

Action

Protects cartilage matrix Strengthen joint cartilage Promote new bone formation Prevent

bone loss

Skin diseases ekala dravya's

Manjishtha, Chakramarda, Sariva, Haridra, Nimba, Khadir, Tulasi

Action

Reinforce epithelization

Prevents hyper keratinization of skin tissue Helps to reduce skin inflammation Improves exfoliation

Recounterdiscoloration of skin

CONCLUSION

These Ekala Dravyas by their chemical composition, Panchbhautiktva and their properties like Rasa, Virya, Vipak etc act collectively use to treat the diseases. It's very time consuming and become messy to the individual when they come across to any kind treatment so if one can come to know that, such type of Ekala Dravya practicing in day to day life without any extra efforts they can adopt such things in their daily routine.

Even Ayurved Practitioners regularly came across such type of patients, in such cases instead of using any proprietary medicine, they can use these Ekala Dravyas in various forms like

Churna, Kwath, Ekeri ghan vati, Swaras etc in day to day practice.

Individuals can consume these Ekala Dravya's as a Pathya (Wholesome diet) and even practitioner can elaborate Pathya to their patient very effectively after the knowledge of Ekala Dravya's used in such type of Life Style Disorders.

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