

A CONCEPT OF MEDOROGA AND HYPERLIPIDEMIA***Vd. Mohini Deepak Nagargoje**

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ABSTRACT

A common metabolic disease called hyperlipidemia is brought on by unusually high blood levels of certain lipids. The human body is made up of seven different kinds of tissues called Dhatus. Among those Dhatus, Meda is essential to preserving Snehatwa, or lubricity. In contemporary science, it can be linked to lipids. Lipids are similar to several elements found in the human body, such as Vasa and Majja. Medo Dhatu is crucial because it contributes to the development of a number of metabolic diseases, such as obesity and diabetes mellitus, which are already referred to in Ayurveda as Sthaulya and Prameha, respectively, and are brought on by an excess of Meda. While some mention hyperlipidemia under the general word Ama, the majority compare it under the heading of Medoroga and some believe it to be Rasagata Snehavridhi. Therefore, all of these conditions are somewhat alike. Hence, in Ayurveda, Medoroga is associated with hyperlipidemia.

INTRODUCTION

As the incidence of medoroga rises globally, there is growing worry about the rising rates of diabetes, coronary heart disease, and cerebrovascular illness, as well as the resulting financial and health consequences for the populace. Medoroga induces a cascade of secondary diseases including Diabetes, Insulin resistance, Dyslipidemia, Inflammation, Thrombosis, Hypertension, Metabolic syndrome, and Obstructive Sleep Apnea. Hyperlipidemia refers to increased levels of lipids (fats) in the blood, particularly cholesterol and triglycerides. It is a substantial risk factor for cardiovascular illnesses, such as heart attacks and strokes.

Lubricity is a typical Snehatwa feature of lipids. Medo Dhatu, Vasa, and Majja Dhatu are the three components of the human body according to Ayurveda. Lipids can be associated with these three components because they exhibit the same characteristics as Snehatwa.^[2] Although they all exhibit similar characteristics, they are found at various locations and have distinct purposes.^[3] Sneha is vital and gives the body body fat when it is in a healthy state, but when it is disrupted, it causes a number of illnesses, such as Rasagata Snehavridhi, which causes Medodushti.

In Ayurveda, obesity (Sthoulya) is described as “Medoroga”. Medoroga and Hyperlipidemia being the most common problems in adolescents as well as older age groups, there is a necessity to elaborate them as mentioned in classics which maybe useful to know the associated conditions of Medodushti. In this regard, an attempt has been made to critically review the Medoroga mentioned in the classical texts which may abet our understanding of prevention of these conditions.

ITS STUDY NEED ?

The majority of people worldwide are currently dealing with the issue of dyslipidemia. Over the past three decades, India has seen an upsurge in the prevalence of cardiovascular ailments. According to a Government of India study, by 2015, coronary artery disease (CAD) would affect over 62 million people in India, with 23 million of those patients being under 40.^[4]

MATERIALS AND METHODS

All the concerned Ayurvedic and modern texts, articles, websites related to the disease was studied in detail. Some of the ayurvedic classics include Charaka samhita, Madhav nidan, Sushruta samhita, etc.

Concept of meda

Meda is mostly found in Udara, some of its parts are also found in Mansa and Brihat Asthi. When Meda is found inside Anu Asthi (little bones), it is called Sarakta Meda; when it is found inside Sthula Asthi (big bones), it is called Majja. The pure form of Meda found within the Mansa (Peshi) is called Vasa.^[5] Therefore, all types of lipids can be connected to Meda, Vasa, and Majja. However, Medo Dhatu is more significant than the others since it causes a number of metabolic diseases, including Medoroga (hyperlipidemia).

According to Ayurveda, there are two kinds of Meda (Fat).^[6]

1. Baddha (immobile/bounded) Meda: The non-mobile fat that is deposited in different locations (fat depots, the body's muscles, and the omentum) as fat.
2. Abaddha Meda (unbounded/movable): This is the fat that is mobile and circulates in the body as lipids (such as cholesterol, triglycerides, LDL, HDL, and VLDL) along with blood.

Derangement of medodhatu

In the organism, Agni is responsible for all metabolic processes. For Kshaya and Vriddhi of Dosha, Dhatu, or Mala, it bears exclusive responsibility. Food particles that are not adequately digested due to Agnimandya (Diminished Appetite) cause Ama to develop, which in turn causes a number of metabolic problems.

- As a result, the Dhatus are unable to absorb Ama. Depending on their availability at various physiological levels, this Ama has harmful effects.
- The specific Dhatus were unable to absorb nutrients from the circulating Poshaka Dhatu because of Dhatwagnimandya. As a result, these Poshaka Dhatu are unnaturally gathered in Ahara Rasa, sometimes referred to as Ama, and then collected in various bodily locations. In Dhatus, this procedure is referred to as Linatwa of Ama. This Linatwa is the cause of a great number of diseases.
- The homologous nutrients found in Poshak Medo Dhatu will be in excess of circulation when the aforementioned pathologies with Medo Dhatu or when Medo Dhatwagni is hindered, resulting in an excessive buildup of abnormal amounts of Poshak Medo Dhatu in Rasa.
- Medo Dhatwagni is unable to incorporate Poshak Medo Dhatu into Sthayi Medo Dhatu, which results in an overabundance of Poshak Medo Dhatu in circulation. This condition can result from any factor that can produce Pittakshaya, Vataprakop, or Kaphavridhi. Such a rise in Poshak Medo Dhatu could have negative effects on conditions like atherosclerosis, Dhamani Prachaya (hypertension), etc.^[6]

Medoroga

The illness associated with Medo Dhatu Dushti is sometimes referred to as "medoroga." Medodushti is the abnormal buildup of Meda Dhatu in the body as a result of Agnimandya and metabolic disorders.

causes:

- Aharaj factors: Ati Med Ahara and Ati Madya (Liquors) sevan, excessive Madhur, Sheeta, Guru Ahara, Shleshma dravya Ahara, excessive baking goods, and other improper eating practices are examples of dietary factors.
- Behavioral Factors: Lifestyle changes are the primary cause of the majority of metabolic disorders. These are caused by certain behaviors, such as sleeping during the day, not exercising, not thinking, being exhausted, and being sedentary.
- The development of Medoroga (Sthaulya) is significantly influenced by genetic or hereditary factors.^[7]
- Inappropriate Therapeutic Use: Medoroga (Sthaulya) may receive Santarpana (weight gain therapy).^[8]

Purvaroop

1. Atinidra
2. Tandra
3. Aalasya
4. Angashaithilya

Roopa

1. Ayushohrasa (Diminution of life span)
2. Javoparodha (Lack of enthusiasm)
3. Kricchavyavayata (Difficulty in sexual act)
4. Daurbalya (General debility)
5. Dargandhya (Foul smelling of body)
6. Swedadhikya (Excessive sweating)
7. Atikshudha (Excessive hunger)
8. Atipipasa (Excessive thirst)

Samprapti ghataka

Dosha -Kapha – Kledaka

Pitta – Pachaka

Vata – Samana, Vyana

Dushya - Rasa, Meda

Srotas -Especially Medovaha, Rasavaha

Srotodusti -Sanga (Margavarodha)

Agni -Jatharaagni, Medadhatvaagni

Adhithana- Complete body, Sphika, Udara, Stana, especially Vapavahan and Medodharakala.

VyaktisthanaSarvanga, specially Sphika, Udara, stana

Rogamarga- Bahya

Svabhava- Chirkalina

HYPERLIPIDEMIA

Hyperlipidemia is abnormally high levels of any or all lipids (e.g. fats, triglycerides, cholesterol, phospholipids) or lipoproteins in the blood.

lipids-Hydrocarbon-containing molecules known as lipids are the fundamental units of living cells' structure and functionality. Lipids are a great way to store energy since the hydrocarbons oxidize when they are digested, releasing a significant amount of energy.

Types of Lipids

- Cholesterol
 1. LDL (Low-Density Lipoprotein): Often referred to as "bad" cholesterol; high levels can lead to plaque buildup in arteries.
 2. HDL (High-Density Lipoprotein): Known as "good" cholesterol; helps remove other forms of cholesterol from the bloodstream.
- Triglycerides: A type of fat found in the blood, elevated levels can also contribute to cardiovascular risk.

Healthy levels for LDL, HDL, and triglycerides are

1. Total cholesterol: Less than 200 mg/dL
2. LDL: Less than 100 mg/dL
3. HDL: Greater than or equal to 60 mg/dL is best, and levels less than 50 mg/dL are considered low
4. Triglycerides: Less than 150

Causes

Hyperlipidemia can result from:

- Genetics: Family history can play a significant role.

- Diet: High intake of saturated fats, trans fats, and sugars.
- Obesity: Excess body weight can increase lipid levels.
- Sedentary lifestyle: Lack of physical activity can contribute to higher lipid levels.
- Medical conditions: Diabetes, hypothyroidism, and kidney disease can impact lipid levels.

Symptoms

Often, hyperlipidemia doesn't present specific symptoms. However, severe cases may lead to:

- Fat deposits in the skin (xanthomas)
- Chest pain or angina (in cases of cardiovascular issues)

DISCUSSION

1. Hyperlipidemia and Medoroga can be linked after looking at the information above. Instead of mentioning Medoroga specifically, Acharya Charak described Sthaulya, which is simply Medoroga.^[14]
2. Under the topic of Atisthauya, Acharya Charak indicated that Medoroga is a synonym for Atisthauya, which is caused by the dushti of Medovaha Srotas.
3. Acharya Madhava explained the etiology of Medoroga. He clarified that Medodushti is the name for the body's aberrant deposition of Medo Dhatu. Many other Medo Vikaras, together referred to as Medoroga, are included in Medodushti.
4. It is possible to say that Medoroga is the term for the aberrant and unequal distribution or gathering of Medo Dhatu in the body.
5. This theory is also supported by Madhukoshkara^[15] and Bhavamishra^[16] by describing individual chapter of Medoroga.
6. In the 34th chapter, Madhavakar describes the illness under the title of Medoroga and uses the terms Medaswina,^[17] Atisthula,^[18] and Sthula^[19] as synonyms.
7. Using all of the ideas from other writers, Madhavakar has stated the Nidana, Rupa, and provided a comprehensive image of Medoroga.

CONCLUSION

The signs, symptoms, and etiological variables that cause Medoroga are just like those of hyperlipidemia. Thus, the term "Medoroga" can be used to describe the condition that is characterized by dyslipidemia in the body.