

AYURVEDIC PERSPECTIVE ON METABOLIC DISORDER

Dr. Hinal^{*1}, Dr. Akshay², Dr. Kulvinder Kaur³

¹P.G. Scholar, P.G. Department of Agada Tantra, Rajiv Gandhi Government Post Graduate Ayurvedic College & Hospital Paprola, (H.P.)

²P.G. Scholar, P.G. Department of Agada Tantra, Rajiv Gandhi Government Post Graduate Ayurvedic College & Hospital Paprola, (H.P.)

³Lecturer, P.G. Department of Agada Tantra, Rajiv Gandhi Government Post Graduate Ayurvedic College & Hospital Paprola, (H.P.)

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Corresponding Author*Dr. Hinal**

P.G. Scholar, P.G. Department of
Agada Tantra, Rajiv Gandhi
Government Post Graduate
Ayurvedic College & Hospital
Paprola, (H.P.).



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ABSTRACT

Obesity, dyslipidemia, insulin resistance, and hypertension are just a few of the anomalies that make up metabolic diseases, which are an increasing global health concern. From an *Ayurvedic* perspective, these diseases can be broadly comprehended within the framework of *Santarpanajanya Vyadhi and Medopradoshaja Vikara*, where pathological involvement of *Meda Dhatu*, vitiation of *Kapha Dosha*, and derangement of *Agni* play a key role. *Agnimandya* and *Ama* are caused by poor eating habits, a sedentary lifestyle, excessive consumption of *Guru, Snigdha, and Madhura Ahara*, and inactivity. *Abaddha Meda* abnormally accumulates as a result, obstructing *Srotas (Srotorodha)* and impairing tissue metabolism. Conditions like *Sthaulya, Prameha*, and associated illnesses that closely match the clinical signs of metabolic syndrome are described in classical *Ayurvedic* writings.

Through *Nidana Parivarjana, Ahara-Vihara Shodhana, Shodhana Chikitsa* (particularly *Vamana and Lekhana Basti*), and *Shamana Chikitsa* using *Medohara, Deepana, and Pachana* medications, *Ayurveda* stresses a comprehensive approach to treatment. Therefore, by addressing the underlying cause at the level of *Agni, Dosha, and Dhatu* rather than concentrating only on symptomatic alleviation, *Ayurveda* offers a whole preventive and therapeutic framework for metabolic illnesses.

KEYWORDS: *Ayurveda, Chikitsa, Nidana Parivarjana, Dosha, Dhatu.*

INTRODUCTION

The basis of life-sustaining chemical reactions in the human body is metabolism, which permits the transformation of nutrients into energy and supports vital physiological processes including development, repair, and regulation. The body performs at its best when the metabolic systems are in equilibrium. However, disturbances in this equilibrium, which are frequently brought about by contemporary lifestyles, might result in a number of health problems. Metabolic syndrome, a disease marked by a number of risk factors such as abdominal obesity, high blood pressure, raised blood sugar, and abnormal cholesterol or triglyceride levels, is one of the most worrisome consequences of metabolic imbalance. The underlying causes of metabolic syndrome are inextricably connected to lifestyle decisions. The risk of acquiring a number of noncommunicable diseases, such as type 2 diabetes and cardiovascular disorders, is greatly increased by metabolic syndromes. Our susceptibility to non-communicable diseases (NCDs) is influenced by the kind of food we eat, how we handle stress, how much sleep we get, and how active we are.^[1] According to *Ayurveda*, health is defined as a dynamic equilibrium of the three *Doshas* (*Pitta, Kapha, and Vata*), *Dhatus* (tissues), and *Malas* (waste products). The healthy operation of *Agni* is essential to preserving this equilibrium. According to *Ayurveda*, *Agni* controls the processes of digestion, absorption, assimilation, and metabolism, and maintaining both physical and mental health depends on its perfect functioning. According to *Charaka Samhita*, "*Rogah Sarveapi Mandagnau*"—all illnesses stem from *Agni*'s compromised functioning.^[2]

AIM

The aim of the study is to understand the concepts of Metabolic Disorders with Ayurvedic Perspective.

MATERIALS AND METHODS

Reviewed from various Ayurvedic literature, websites and relevant journals.

CONCEPT OF AGNI

Agni, also known as the "digestive fire," is the transformational energy that controls every bodily metabolic process. *Agni*, which has its roots in the ancient *Ayurvedic* writings, is linked to both digestion and the assimilation and conversion of food into the nutrients and energy needed to maintain life. According to the *Charaka Samhita*, *Agni* is the source of

vitality and the state of health, immunity, and general well-being are determined by the balance of *Agni*. The body becomes vulnerable to a number of illnesses, both systemic and localized, when *Agni* is out of equilibrium, underscoring its crucial role in *Ayurvedic* pathology. *Agni* is essential to several bodily physiological and pathological processes, including

1. Health and Immunity: *Ojas*, the essence of energy that supports immunity, physical strength, and mental toughness, is produced when *Agni* is balanced. People that have a high *Agni* are said to be resilient to illness, intelligent, and have exceptional stamina.

2. *Ama* Formation: Incomplete digestion caused by impaired *Agni* results in the production of *Ama*, a poisonous waste that *Ayurveda* claims is the primary cause of the majority of illnesses. *Ama* builds up in the body, disrupting *Dosha* balance and obstructing pathways (*Srotas*).

3. Mental and Emotional Health: According to *Ayurveda*, mental health and *Agni* are related. While deficient *Agni* is linked to disorders like anxiety, sadness, and brain fog, balanced *Agni* is linked to clarity, positivity, and attention.

There are similarities between present scientific knowledge and the *Ayurvedic* idea of *Agni*

1. Gut bacteria and Metabolism: *Ayurveda's* focus on *Jatharagni* and *Ama* is consistent with the importance of gut bacteria in digestion and metabolic control. Obesity, diabetes, and irritable bowel syndrome (IBS) have all been connected to imbalances in gut flora.

2. Inflammatory Pathways: Conditions linked to *Tikshnagni*, including hyperacidity, have resonance in contemporary research on oxidative stress and chronic inflammation, both of which are connected to conditions like peptic ulcers and gastritis.

3. Metabolic Disorders: While *Vishmagni* is similar to disorders like IBS, where gut motility and digestion are unpredictable, *Mandagni* is closely associated with hypometabolic states.^[3]

AETIOPATHOGENESIS

Since vitiated *Meda* is the principal tissue involved in the formation of metabolic syndrome, it can be regarded as a *Medopradoshaja Vikara*, a disorder resulting from the disturbance of *Medo Dhatu*.^[4] Obesity is a clinical manifestation of aberrant *Meda* deposited in subcutaneous tissues in the context of metabolic syndrome. Similarly, *Prameha* symptoms

are exacerbated when unprocessed *Meda* (*Abaddha Meda*) builds up in the bladder (*Basti*).^[5] Additionally, it increases peripheral resistance (*Dhamanipratichaya* or arteriosclerosis) when it is improperly deposited in artery walls,^[6] resulting in hypertension symptoms. Furthermore, the presence of this aberrant *Meda* in *Rakta Vahasrotas* (blood-carrying channels) raises harmful fat levels, which causes hypercholesterolemia.^[7] Nowadays, a number of illnesses are categorized as *Santharpanajanya* disorders, which are mostly brought on by stressful, sedentary lifestyles and poor eating habits. Together with *Mamsa* and *Meda Dhatus*, these elements intensify *Kapha Dosha*, which leads to the development of metabolic illnesses such as *Atisthoulya* (obesity), *Prameha* (diabetes), *Sopha* (inflammatory conditions), and *Dhamani Pratichaya* (atherosclerosis).^[8] There is a strong correlation between metabolic syndrome and *Santarpanajanya* illnesses, as these ailments are frequently associated with metabolic syndrome.^[9] The *Charaka Samhita* mentions bad eating habits and a lack of physical activity as causes of lifestyle disorders.^[10] According to the *Acharya Charaka*, emotional disorders including excessive thinking, grief, fear, and rage can interfere with digestion. Indigestion (*Ajeerna*) and weakened digestive fire (*Agnimandya*) are the outcomes of this disturbance. The accumulation of waste products in tissues (*Dhathumalasanachaya*) and reduced tissue metabolism (*Dhatwagnimandya*) may develop if this state continues.^[11] Increases in attributes like heaviness (*Guru*), slowness (*Manda*), stability (*Sthira*), and stickiness (*Abhishyandi*) can cause an imbalance in *Kapha*, further impair digestion, and finally reveal detrimental metabolic waste. *Ama* has the ability to block bodily pathways since it is sticky and heavy (*Picchila* and *Guru*) (*Srothorodha*).^[12]

Modern pathology identifies insulin resistance as the main cause of Metabolic Syndrome (MetS), which is mostly caused by higher blood levels of free fatty acids, frequently as a result of consuming excessive amounts of high-calorie foods.^[13] Insulin resistance can be understood as *Srothorodha*, or blockage of bodily channels, brought on by *Kleda*, *Bahudrava Kapha*, and other *Dushya*. According to *Ayurveda*, the ensuing state of hyperinsulinemia might be interpreted as an accumulation of metabolic waste, or *Mala Sanchaya*.^[14]

MANAGEMENT OF METABOLIC DISORDERS

In order to preserve health and stave against illness, *Ayurveda*, an ancient Indian medical system, places a strong emphasis on maintaining a balanced state of body, mind, and spirit. *Samshodhana* and *Samshamana* are the two main therapeutic techniques utilized in *Ayurvedic* medicine. *Samshodhana* is the term for purifying therapies that try to remove

deep-seated imbalances and accumulated poisons from the body, frequently by means of *Panchakarma*. *Samshamana*, on the other hand, uses dietary and lifestyle modifications, together with pharmacological formulations, to calm unsettled doshas without physically eradicating them. These complementary methods form the cornerstone of *Ayurvedic* disease prevention and treatment and work together to restore equilibrium within the body's internal environment.

1. *Nidanaparivarjanam*: People with metabolic syndrome (MS) should be given the right advice to avoid risk factors such as excessive consumption of fats and carbs, inactivity, smoking, alcohol consumption, and other lifestyle-related triggers.
2. *Yoga*: *Yogasanas*, or *Yoga* poses, have a favorable impact on metabolic syndrome by combining neurological, hormonal, and physiological mechanisms. By increasing muscle absorption of glucose and decreasing insulin resistance, regular practice increases insulin sensitivity. By boosting metabolic rate and encouraging fat redistribution, particularly visceral fat loss, it aids in controlling body weight. Additionally, *Yoga* poses activate the parasympathetic nerve system, which reduces levels of the stress hormone cortisol, which in turn reduces systemic inflammation, a major contributing factor to metabolic syndrome. Additionally, *Yoga* enhances endothelial function, lowers blood pressure, and improves lipid profiles to promote cardiovascular health. Together, these benefits lead to improved metabolic balance and a lower chance of syndrome-related problems.
3. An imbalance in the Agni (digestive fire) is the main underlying disease. Therefore, treatments that enhance and control Agni should be the first line of treatment.^[15]
4. Astringent (*Kashaya*), bitter (*Tikta*), and pungent (*Katu*) flavors have important advantages. They have qualities like improved digestion (*Deepana*), increased metabolic activity (*Pachana*), and decreased fat and moisture (*Lekhana* and *Meda-Kleda Upashoshana*). These activities facilitate the digestion of *Ama*, aid in the restoration of defective digestive fire (*Agni Vaishamya*), remove obstructions in the body's pathways (*Srothorodha*), and rectify imbalances associated with *Kapha* and *Meda*.^[16]
5. Long-term compliance and illness management were improved by incorporating *Dinacharya* and *Ritucharya* into dietary guidelines based on *Ahara Vidhi*.^[17]

DISCUSSION

The foundation of *Ayurveda* is the idea of *Agni*, or digestive fire, which is essential to preserving both bodily and mental well-being. Digestion, assimilation, and transformation are biological and metabolic processes. *Agni* is regarded as the cornerstone of health, and all physiological functions depend on its equilibrium. *Ayurvedic* principles state that *Bhutagni* controls the body's elemental transformations, *Dhatwagni* (tissue fire) controls tissue metabolism, and *Jatharagni* (digestive fire) controls the digestive process. In terms of contemporary medicine, *Agni* can be linked to the gastrointestinal system's activities, such as the balance of gut bacteria, enzyme activity, and stomach acid output. The *Ayurvedic* concept of impeded *Agni* can be used to understand disruptions in these systems, such as in illnesses like IBS, GERD, and metabolic disorders like type 2 diabetes and obesity. Additionally, *Ayurvedic* treatments. Furthermore, the restoration of *Agni* is the goal of *Ayurvedic* therapies like dietary adjustments, herbal remedies, *Panchakarma* (detoxification therapies), and lifestyle modifications. These therapies emphasize customized treatment plans based on an individual's constitution (*Prakriti*), current state of health (*Vikriti*), and seasonal factors. The goal of these treatments is to balance the *Agni* and stop digestive and metabolic diseases from getting worse.

CONCLUSION

A distinctive and comprehensive viewpoint on digestive and metabolic health is offered by the *Ayurvedic* concept of *Agni*, which also offers important insights into the pathophysiology of numerous illnesses. *Agni* is crucial for preserving the body's balance, and when it malfunctions, a variety of illnesses, especially those pertaining to metabolism and digestion, might develop. *Ayurveda* provides efficient methods for avoiding and treating these conditions by emphasizing the restoration of *Agni* balance through dietary, lifestyle, and medicinal approaches. By encouraging customized and preventative methods, integrating *Ayurvedic* concepts into contemporary healthcare could improve the understanding and treatment of gut and metabolic disorders. To validate *Ayurvedic* concepts, particularly the role of *Agni* in the contemporary medical framework, and to investigate its therapeutic potential in managing chronic conditions like diabetes, obesity, and gastrointestinal disorders, more research and clinical studies are required. *Ayurveda's* knowledge of *Agni* can be used in conjunction with contemporary medicine through a multidisciplinary approach to promote overall health and wellbeing.

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