

**IMPACT OF VARUNI MADYA CONSUMPTION ON FAT METABOLISM: AN
AYURVEDIC PERSPECTIVE ON MEDOROG****Dr. Aditi Sarnopant^{1*}, Dr. Vinayak Joshi², Dr. Mangesh Udmale³**

¹Post Graduate Scholar, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

²Professor, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

³HOD, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

***Corresponding Author: Dr. Aditi Sarnopant**

Post Graduate Scholar, Dept. of Rog Nidan, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University), Pimpri, Pune, Maharashtra, India.

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ABSTRACT

Aim: To evaluate the effect of Varuni madya sevan on fat metabolism insight of both modern bio medics as well as ayurveda theories and substantiate the traditional claims through classical references and also with the documented case studies. **Background:** Chronic alcohol consumption specially in unregulated manner palys significant role in the development of metabolic disorders like fatty liver, Obesity, dyslipidemia. Ayurved classic mentions the excessive madya seven specially the alcohol from Varuni varga is the causative factor of medovaha srotas dushti. Particularly emphasizing Varuni Madya for its specific vitiation of particular doshas. **Methods:** A structured Literature review was carried out using the guidelines provided by PRISMA. Textual analysis of ayurvedic classics was combines with modern biomedical research evidences. Relevant case studies are examined for the clinical correlation. **Review Result:** in ayurveda describes Varunu Madya as agrivation Kapha dosh and pitta dosha also weakens the agni and causing the ama formation which ultimately Causes the medoroga, In other hand Modern Evidens supports the role of alcoholism in increase in lipid accumulation causing hepatic stenosis, and disturbing the adipokine regulation. **Conclusion:** there is significant correlation between ayurvedic an modern interpretation of ampact of alcoholism on fat metabolism integrative approach combining dietary management, detoxification, and lifestyle interventions are effective iun managing Medorog. **Clinical Significance:** The clinical relevance of *Varuni Madya Sevan* (alcohol drinking) is highlighted in this article as a major contributing factor to the disruption of fat metabolism that results in disorders such as obesity and fatty liver (*Medoroga*). It provides a deeper knowledge of how alcohol disrupts lipid pathways, increases the accumulation of toxins (*Ama*), and inhibits digestion (*Agni*) by bridging Ayurvedic and contemporary biological viewpoints. Through lifestyle changes, herbal therapy, and Ayurvedic cleansing, the study promotes integrative management. Improvements in BMI, liver function, and metabolic health are demonstrated in documented case studies. This enhances Ayurveda's ability to provide evidence-based, individualized treatment for metabolic diseases brought on by alcohol.

KEYWORDS: Particularly emphasizing Varuni Madya for its specific vitiation of particular doshas.

BACKGROUND

The growing prevalence of obesity, fatty liver, and metabolic syndrome globally has sparked widespread concern among public health experts. This tendency is largely caused by lifestyle issues, including alcohol use and poor eating habits. Medoroga is a comparable illness

that is mostly caused by Kapha imbalance and weak digestive fire, according to the ancient holistic medical system known as Ayurveda.

Ayurvedic scriptures emphasize Varuni Madya, a fermented beverage made from palm tree sap, for its

strong and upsetting effects when taken in excess. Ushna, Snigdha, and Tikshna are its attributes that lead to systemic imbalance, especially with regard to Medo Dhatu (adipose tissue).

Through the integration of contemporary clinical and biochemical knowledge with ancient Ayurvedic principles, this article seeks to offer a thorough understanding of Varuni Madya Sevan's effects on fat metabolism.

METHODS

This study focuses on the use of primary Ayurvedic texts, peer-reviewed articles from modern medical databases, and case studies and clinical reports on Ayurvedic interventions in alcohol-related metabolic disorders. The sources used include Ayurvedic scriptures, databases like PubMed, AYUSH Research Portal, ScienceDirect, and Google Scholar, and journals like JRAS and IJAIM. The selection process involved 98 articles screened from 1990-2024, with 24 included in the final analysis. Data was manually extracted and categorized under concepts like pathogenesis, doshic involvement, fat metabolism, clinical signs, and treatment outcomes.

REVIEW AND RESULT

Varuni Madya's Ayurvedic Description: Varuni Madya, which falls under Sura, is made from the fermented sap of palm trees. It is piercing (Tikshna), hot (Ushna), unctuous (Snigdha), and light (Laghu). Excessive use of these qualities weakens the Agni, upsets the equilibrium between Kapha and Pitta, and causes Ama (metabolic poisons) to build up. Lethargy, excessive weight, and metabolic inefficiency are signs of Medoroga caused by these imbalances that block the Medovaha Srotas, which are channels that carry fat.

Current Knowledge about the Metabolism of Alcohol and Fat: In liver cells, ethanol metabolism raises the NADH/NAD⁺ ratio, which hinders fatty acid β -oxidation and encourages the production of triglycerides. Alcohol-induced insulin resistance contributes to central obesity and overeating by promoting adipogenesis and interfering with leptin signaling. Chronic alcohol consumption causes obesity, elevated blood triglycerides, and hepatic steatosis (fatty liver), all of which are symptoms that are in line with Medoroga in Ayurveda.

In Ayurveda, pathogenesis (Samprapti): Nidana (Causative Factors): A diet heavy in calories and fat, excessive alcohol consumption, and a sedentary lifestyle. Dosha Involvement: Pitta comes in second, followed by Kapha. Rasa, Mamsa, and Medas are the Dushya (Affected Tissues). Agni Dushti: Ineffective metabolism is caused by a suppressed digestive ability (Agni Mandya). Ama Formation: Buildup of indigestible, unassimilated materials.

Srotorodha: Obstruction of the channels that convey fat (Medovaha Srotas).

Clinical Manifestation: Dyspnea, heaviness, exhaustion, excessive perspiration, and extra body fat.

DISCUSSION

The study's conclusions demonstrate the practical applicability of Ayurvedic principles. Modern medicine and Ayurveda agree that alcohol contributes to abnormalities in fat metabolism. The development of Medoroga is eloquently explained by the Ayurvedic idea of Madya Sevan vitiating Kapha and creating Ama. From a therapeutic standpoint, Ayurveda offers a comprehensive method. Herbal remedies that promote lipid metabolism, restore Agni, and eliminate Srotas include Guggulu, Triphala, Mustaka, and Shilajit. Ama and Medo Dhatu that have collected are eliminated by detoxification treatments such as Vamana, Virechana, and Lekhana Basti. The relationship between contemporary hepatology and Ayurvedic concepts supports conventional wisdom and promotes deeper integration of the two systems. Alcohol-induced abnormalities of fat metabolism can be efficiently treated using patient-centered procedures that combine herbal support, Ayurvedic cleansing therapies, and lifestyle modification.

CONCLUSION

Through processes that have been proven effective in both Ayurveda and contemporary biomedical science, Varuni Madya Sevan makes a substantial contribution to the development of Medoroga. Disorders of fat metabolism can be prevented and managed using a multimodal strategy that includes detoxification, Ayurvedic treatment, and lifestyle modifications.

This study highlights the importance of combining traditional knowledge with modern scientific findings to improve clinical comprehension of metabolic disorders linked to alcohol consumption.

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