

KAYACHIKITSA AN AYURVEDA APPROACH FOR THE MANAGEMENT OF METABOLIC DISORDERS ASSOCIATED WITH MODERN DAY LIFE STYLESDr. N. S. Gangasagre*¹ and Dr. Jyotsna N. Gangasagre²¹Prof. & Head of Agadtantra Dept., Govt. Ayurvedic College, Nanded, India.²Associate Prof & Head of Samhita Siddhant Dept., SGR Ayurved Mahavidyalaya, Solapur, India.***Corresponding Author: Dr. N. S. Gangasagre**

Prof. & Head of Agadtantra Dept., Govt. Ayurvedic College, Nanded, India.

Article Received on 13/01/2020

Article Revised on 03/02/2020

Article Accepted on 24/02/2020

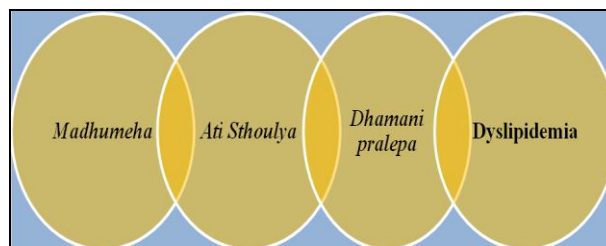
ABSTRACT

Ayurveda the ancient science of health and well being encompasses different branches for specific purposes; Kayachikitsa is one of the branches of Ayurveda science that mainly deals with management of general diseases using internal medicine. Kayachikitsa involves complete treatment (Chikitsa) of body (Kaya) using different approaches. The principles and approaches of Kayachikitsa helps to treat diseases such as; fever, infections, anemia, gastric trouble, diabetes, arthritis and various metabolic disorders, etc. The prevalence of metabolic disorders increases day by day due to the awful conduct of daily regimen. Considering the frequency of metabolic diseases and therapeutic advantages of Kayachikitsa present article summarizes role of internal medicine in the management of metabolic disorders mainly related with disturbed pattern of life style.

KEYWORDS: Ayurveda, Kayachikitsa, Internal Medicine, Metabolic Disorders.**INTRODUCTION**

Kayachikitsa is important stream of Ayurveda that relates with the common illness and their management using natural drugs. The use of herbs, Ayurveda formulation and *Shodhana* therapy, etc. can be utilized as approaches of *Kayachikitsa* for the management of different diseases including; *Sosha*, *Jwar*, *Unmad*, *Apasmara*, *Atisara*, *Kustha* and *Prameha* etc. *Kayachikitsa* provides all aspects related to the diagnosis and treatment of diseases. It encompasses knowledge about dispensing, dose and duration of medicine. The principles of *Kayachikitsa* correct *Agni*, *Dosha*, *Dhatu* and detoxify body thus help to cure general diseases. The rejuvenation therapy (*Rasayana*) of *Kayachikitsa* also restores physical and mental health status.

The basic principles of *Kayachikitsa* provide ways for the management of diseases related to the disturbed pattern of life style i.e. metabolic disorders. The *Kayachikitsa* helps to manage various metabolic disorders including; obesity, hypertension, high cholesterol, fatty liver, diabetes and digestive problems. These diseases mainly occurs due to the disturbed pattern of daily regimen such as; irregular diet, physical exertion, stress, disturbed sleeping patterns, bad dietary habits, anger and lack of exercise, etc The drugs such as; *Haritaki*, *Amalaki*, *Vibhitaki* *Guggulu Resin*, *Vidanga*, *Morus Indica*, *Gymnema Sylvestre*, *Kalonji* and *Eugenia Jambolana*, etc. **Figure 1** depicted some common examples of metabolic disorders.

**Figure 1: Common examples of metabolic disorders.****Drugs for Obesity****Guggul**

Guggul is dried resin recommended for weight loss since it helps to break down fat cells.

Aloe vera

Aloe vera juice reduces weight, the consumption of *aloe vera* juice on empty stomach offers several health benefits that ultimately triggers reduction in weight.

Kalonji

Kalonji is black cumin helps in weight loss since it reduces general tendency to gain weight.

Ayurveda formulations for Obesity

- ❖ *Aswagandharishtam*
- ❖ *Avipathi Churnam*
- ❖ *Triphaladi Churnam*
- ❖ *Varanadi Kashayam*

❖ *Gandharvahastadi Kashayam***Drugs for Diabetes*****Coccinia indica***

It is anti-diabetic agent, regulates starch breakdown, prevent rise in blood sugar level after carbohydrates consumption.

Morus Indica (Mulberry)

The drug is recommended for lowering blood sugar level since it helps in carbohydrate metabolism.

Gymnema Sylvestre (Gurmar)

The leaves of drugs helps to reduce blood sugar level, it facilitate regeneration of pancreatic beta cells and reduces insulin medications dependence.

Momordica Charantia

Momordica charantia is used for diabetes; since it increases insulin secretion and enhances functions of pancreatic beta cells.

Trigonella Foenum

Trigonella foenum reduces insulin resistance therefore control blood glucose level, the presence of compound diosgenin offers anti-diabetic effects.

Eugenia Jambolana

The fruit of *Eugenia jambolana* lowers blood sugar level since it stimulates insulin secretion and improves functioning of kidney. It is recommended as anti-diabetic drug classically which also has been proven by various research studies.

Drugs for Fatty Liver***Phyllanthus Niruri (Bhumi Amla)***

Phyllanthus Niruri relief liver problems such as; Hepatitis B and prevent liver damage therefore help in metabolic abnormalities related to the liver.

Boerhavia Diffusa (Punarnava)

Punarnava offers diuretic properties, support renal blood flow and maintain bile flow therefore help to prevent fat deposition on liver.

Drugs for Hypercholesterolemia***Terminalia (Arjuna)***

The adverse effects of hypercholesterolemia mainly affect functioning of heart and *Arjuna* boosts cardiovascular muscle therefore helps to regulates normal functioning of heart.

Cinnamomum Zeylanica

Dalchini reduces breathlessness, improves strength of heart muscles and offers antioxidant effects therefore helps in the management of adverse effects of hypercholesterolemia.

Drugs for Digestive Problems***Chitrak, Clove, Asafetida***

These drugs strengthened *Agni*, improves digestion, removes *Ama* thus get rid of metabolic problems associated with digestion.

Pepper and Ginger

These drugs offer *Dipana* effect, reduces feeling of heaviness, alleviate gas and correct digestive abnormalities.

Cumin, Coriander and Fennel

These herbs affect *Samana Vayu*, improve digestion and offer carminative effects therefore balances metabolic activities related to the digestive system.

Ayurveda Formulations in Metabolic Disorders

The *Vanaspati Kashaya*, *Lekhana Kashaya*, *Aptarpana*, *Vatahara* and *Kaphahara* effects of ayurveda drugs suppress pathological progression of metabolic disorders such as; *Ati Sthoulya*, *Dhamani pralepa* and *Madhumeha* etc.

❖ *Trikatu Churna* and *Pippali Churna*

These formulations improves *Agni* thereby regulates metabolic activists.

❖ *Silajatu*

Enhances *Ojas* thus prevent pathological progression of metabolic disorders related to the autoimmune consequences.

❖ *Dasamoolarishta & Kaisora Guggul*

Offers beneficial effects in jaundice and *Prameha*.

❖ *Mahamehantakarasa*

Liver and urinary disorders.

❖ *Triphala*

Reduces blood glucose levels in type 2 diabetes and helps in weight loss.

❖ *Kumaryasavam*

Helps to relief symptoms of obesity.

❖ *Varadi Kashayam*

Offers health benefits by facilitating weight loss

CONCLUSION

The medical physician now a day's paying great attention toward the metabolic diseases since their incidences increases day by day. The consequences of metabolic disease not only affect health of society but also puts huge economic burden to the country. The prevalence of such problems; obesity, diabetes, fatty liver and digestive troubles affects all age group population globally. The current scenario of life style and bad dietary habits contributes greatly toward the pathogenesis of metabolic diseases. The branch of ayurveda; *Kayachikitsa* that deals with use of internal

medicine offers various options for the management of metabolic disorders. Drugs like *Guggulu*, *Meshshringi*, *Aloe vera*, *Arjuna*, *Kalonji*, *Gymnema Sylvestre*, *Momordica Charantia*, *Eugenia Jambolana* and *Haridra* provides health benefits in different types of metabolic disorders similarly ayurveda formulations such as; *Punarnavadi guggulu*, *Triphala*, *Nisamlaki Churna*, *Kumaryasavam*, *Dasamoolarishta*, *Trikatu Churna* and *Pippali Churna* also provides health benefits in the management of *Madhumeha*, *Ati Sthoulya* and other metabolic disorders.

REFERENCES

1. Dr. P.V.Sharma; Sushruta samhita, part 1, Varanasi, Chaukhamba Bharati Academy; su /su/1/3, 1999; 11.
2. Chakradutta. Chakrapanidutta, Vaidyprabha Hindi Commentary by Tripathi, Indradev Chaukhamba Sanskrit Sansthan Varanasi, 1997.
3. Vaidya Yadavji Trikamji Acharya and Narayan Ram Acharya; Sushruta samhita of sushruta with Nibandhasangraha commentary of Sri Dalhanacharya, Varanasi, Chaukhamba Sanskrit sansthan; su /su/17/4-10, 2015; 17-18: 82-83.
4. Agnivesh, Charaka, Dridhbala, *Charaka Samhita*, Sutrasthan, 17/80. English Translation by Sharma RK and Bhagwan Dash. Vol. 4. Reprint. Chowkhamba Sanskrit Series Office, Varanasi, 2009.
5. Vaidya Yadavji Trikamji Acharya and Narayan Ram Acharya, Sushruta samhita of sushruta, with Nibandhasangraha commentary of Sri Dalhan Acharya, Varanasi, Chaukhamba Sanskrit sansthan; su /ni/5/5-13, 2015; 20-28, 33, 34: 284, 286.
6. Charaka samhita, Sootra sthana, Chaukhamba publication, Reprint edition 23rd chapter, verse 03-07, 2011; 122-738.
7. Dr. Keval Krishna Thakral; Sushruta samhita of maharsi sushruta (Shri Dalhanacharya evam Shri Gayadas virasita vistrira hindi vakhya), part 2, Varanasi, Chaukhamba orientalia; su /ni/12/4-8, 2014; 10-15: 835-842.
8. Acharya YT Sushrutha Samhita with Nibandhasangraha commentary of Dalhana: Chowkambha Orientalia, Varanasi, Reprint ed, 2009; 2,106,148, 255.