

SWASTHVARITHA FOR THE MANAGEMENT OF METABOLIC DISORDERS; AN
AYURVEDA APPROACH

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ABSTRACT

The metabolic disorders are burning health issues now a day's and present pattern of living enhances incidences of such problems therefore it is require to pay attentions for curing metabolic disorders. Ayurveda mentioned term "Santarpanjanya Vikaras" for diseases which may occurs due to the defect in tissue metabolism. The sedentary life style, genetic factors, environmental conditions and improper dietary habits, etc. can cause metabolic disorders. The ayurveda concept of Swasthvaritha helps to prevent consequences of improper daily and dietary regimen thus conduction of rules of Swasthvaritha can prevent initial pathogenesis of such types of disorders. Considering this aspect present article summarizes role of Swasthvaritha towards the management of metabolic disorders.

KEYWORDS: Ayurveda, Swasthvaritha, Metabolic Disorders, Diabetes, Obesity.

INTRODUCTION

The prevalence of metabolic disorders has now becomes major health crises due to the disturbed daily regimen. As per medical science *Sthaulya*, *Hridroga* and *Prameha*, etc. are the major metabolic disorders. It is believed that vitiation of *Agni*, *Dhatu* and *Rasa* can cause metabolic disorders. The formation of *Ama*, *Sama Medadhātu*, vitiation of *Dosha* and blockage of micro-channels are major triggering factors of metabolic disorders along with genetic and hormonal factors. These factors cause pathogenesis of metabolic disorders in following manners:

Dosha vitiation

Vyana vāyu can cause metabolic abnormalities, *Pitta Medovridhi* and *Amadosa* associated with *Kapha* accumulation can leads symptoms of obesity and Dyslipidemia.

Abnormality in Agni

Mandata in *Dhatvagni* leads abnormality in adipose tissue and disturbed hormonal regulation thus precipitate pathogenesis of metabolic disorders.

Vitiation of Dhatus

Vitiation of *Rakta*, *Mamsa* and *Meda Dhatu* mainly involved in pathogenesis of metabolic disorders.

Srotasa

Srotasa such as; *Rasavaha*, *Medovaha* and *Raktavaha* if get blocked then metabolic syndromes may occurs.

Ayurveda concept of *Swasthvaritha* provide way of living which resist pathological progression of metabolic disorders the general benefits of *Swasthvaritha* in metabolic disorders are as follows:

- The dietary and daily regimen as per *Swasthvaritha* prevents *Mandata* in *Dhatvagni*, control hormonal regulation and maintain nutritional supply thus prevent metabolic abnormalities. The proper dietary habits and avoidance of sedentary life style prevent accumulation of *Ama* thus helps in metabolic syndrome.
- Conduction of ethical regimen and control in sexual activities prevent loss of *Dhatu*s.
- Daily exercise, *Yoga* and physical activities help to remove excessive fat deposition.
- The disciplinary daily regimen helps to prevent blockage of micro channels (*Srotasa*); *Rasavaha*, *Medovaha* and *Raktavaha* thus restrict pathogenesis of metabolic disorders.
- Waking up early in the morning, avoidance of heavy food stuffs, avoidance of sleep just after meal and day time sleep help to prevent *Dosha* aggravation.
- Prevention of *Kapha* vitiation through disciplinary conduct helps in metabolic disorders such as; dyslipidemia and obesity.
- Avoidance of day time sleep prevent *Pitta* vitiation thus restrict progression of *Medovridhi*.
- *Yoga*, meditation and exercise helps in hyperglycemia and hyperthyroidism.

Figure 1 depicted some specific conduct of *Swasthvaritha* which help to prevent metabolic disorders.

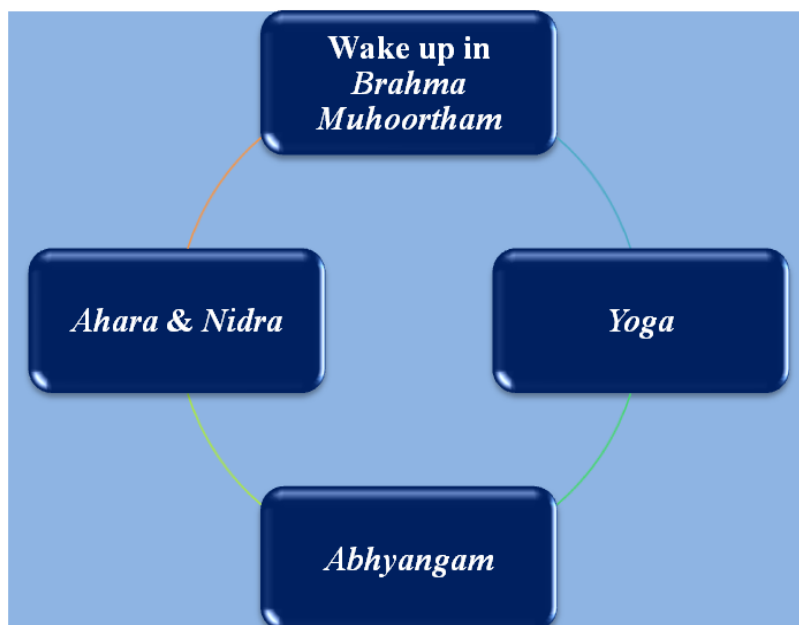


Figure 1: Some specific conduct of *Swasthvaritha* which help to prevent metabolic disorders.

Swasthvaritha for Obesity

- The rules (exercise, *Yoga* and massage) of *Swasthvaritha* help to lose weight.
- The principle of *Swasthvaritha* enhances break down of fat cells.
- Conduction of disciplinary regimen reduces tendency of weight gain.

Swasthvaritha for Diabetes

- The disciplinary dietary habits regulates glucose metabolism properly.
- The avoidance of junk foods and consumption of vegetable/fruits helps in hormonal regulation.
- Morning activities and avoidance of sedentary life style help in starch breakdown thus maintain blood sugar level.
- Keeping away from stress also helps in diabetes since stress is considered as triggering factor of diabetes.
- Avoidance of alcoholism and smoking habits boost functioning of kidney and liver thus decreases chances of diabetes.

Swasthvaritha for Fatty Liver

- Consideration of concept of *Ahara* and detoxification helps to prevent condition like Hepatitis B.

- Intake of water in morning time enhances diuretic properties thus prevent damage of kidney and other tissues.
- The involvement in balance routine and avoidance of sedentary life style prevent fat deposition on liver.

Swasthvaritha for Hypercholesterolemia

The good conduct of daily regimen reduces effects of hypercholesterolemia, boosts cardiovascular activities, control hypertension, restore normal functioning of heart, help in breathlessness, prevent fat deposition on blood vessels and open up micro-channels.

Swasthvaritha for Digestive Problems

The concept of *Brahmacarya*, *Ahara* and *Nidra* helps to strengthened *Agni* thus improves process of digestion, eliminate *Ama* and prevent aggravation of metabolic problems associated with disturbed digestion. The avoidance of heavy food stuffs correct feeling of heaviness and reduces chances of obesity.

The ayurveda principles of daily and dietary routine specifically help in particular types of metabolic disorders as mentioned in **Table 1**.

Table 1: Physical, Mental and Ethical conduct for specific symptoms of metabolic disorders.

S. No.	Symptoms of Metabolic Abnormalities	Recommended regimen
1	Diabetes, dyslipidemia, excessive thirst and laziness	Exercise, <i>Yoga</i> and consumption of compatible foods
2	Obesity, fatigue and loss of lust	Avoidance of incompatible food, keeping away from stress, avoiding alcoholism and daily exercise
3	Fatty liver, indigestion and lack of enthusiasm	Concept of detoxification, conduction of ethical regimen and avoidance of late night awakening.

CONCLUSION

The ayurveda concept of balance daily and dietary routine not only helps to manage optimal health status but also helps in the prevention of metabolic disorders. The disciplinary conduct of living regimen helps to prevent consequences of diseases like; diabetes, obesity and fatty liver, etc. Conduction of ethical regimen, daily exercise, *Yoga*, waking up early in the morning, avoidance of incompatible food stuffs & day time sleep and exercise, etc. helps to reduce pathological progression of metabolic disorders like; obesity, diabetes, hyperthyroidism and fatty liver.

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