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ROLE OF ETIOLOGICAL FACTOR IN PATHOLOGICAL EVENTS OF METABOLIC DISORDERS

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ABSTRACT

The current health status of global population severely facing problems related to the metabolic disorders and such types of health issues seeking attention of medical physician since incidences increases day by day. Ayurveda explained term *Santarpanjanya Vikaras* on the basis of symptomatic similarities with defective tissue metabolism. Improper dietary habits, indulgence in sedentary life style, genetic and environmental factors may disturb *Agni* leading to the production of *Ama* and vitiation of *Rasa* & *Medadhātu* accompanying *Dosha* aggravation can triggers pathogenesis of metabolic disorders. *Sthaulya* and *Prameha*, etc. can be considered as metabolic disorders. diseases which affects health status of society badly. Ayurveda described *Santarpanjanya Vikaras* as diseases due to the defective metabolism. It is believed that *Rasa*, *Meda*, *Rakta*, *Mamsa*, *Srotasa*, *Dosha* and *Agni* mainly get hampered in metabolic disorders. Considering high number of prevalence of such cases this article emphasizes role of etiological factors associated with metabolic disorders.

Key-Words: *Ayurveda, Metabolic Disorders, Etiological Factors, Sthaulya, Prameha.*

Introduction

Medoroga & *Prameha* are considered as major metabolic disorders which affects most of the common population of higher age group. Many etiological factors causes diseases

pathogenesis including *Pichhila*, *Guru* and *Snigdha Ahara Sevana*, *Madyapana*, *Avyayama*, *Diwaswapa*, *Chinta* and *Atiasan* behavior, etc. The major metabolic disorders as per Ayurveda depicted in **Figure 1**.

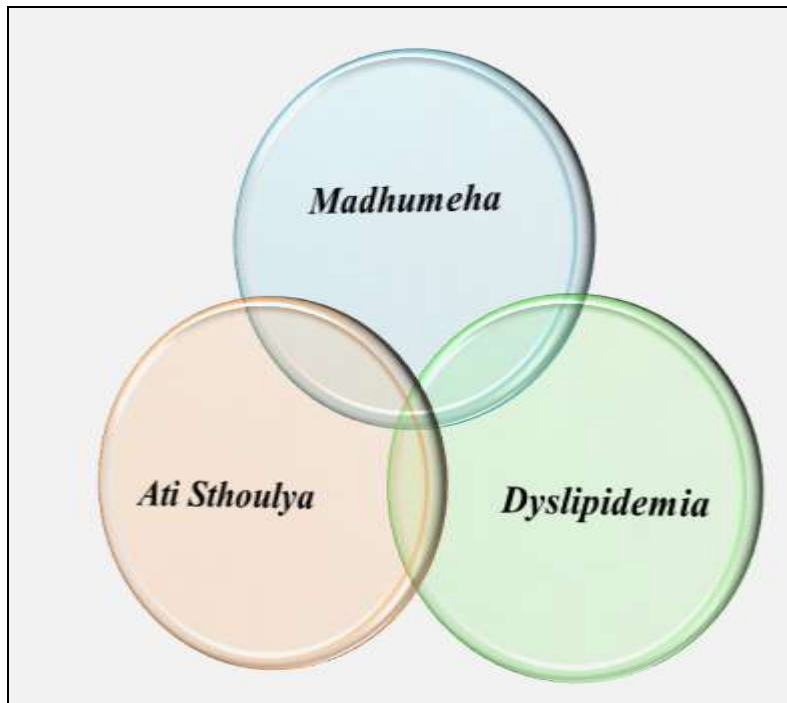


Figure 1: Common Metabolic Disorders.

Dosha & Metabolic Disorders

Excessive intake of meat of marshy and aquatic animals, *Tila* oil, *Payasa*, *Krisara*, *Vilepi*, immature curd and dairy products, avoidance of physical exercise and excessive sleep, etc. can vitiate *Kapha* leading to the accumulation of *Amadosa* which can results dyslipidemia and obesity.

Similarly the etiological factors which can vitiates *Pitta* are; excess intake of food even before the digestion of the previously ingested meal, exposure to hot climatic condition, physical exertion, intake of contradictory foods, food cooked

improperly and sedentary life style. The vitiation of *Pitta* due to the above mentioned factors can lead *Medovridhi*, hyperthyroidism or hypothyroidism and other metabolic abnormalities.

Srotasa & Metabolic Disorders:

As mentioned above there are many factors which can vitiates *Srotasa* such as; *Rasavaha*, *Raktavaha*, *Mamsavaha* and *Medovaha*. The disturbance in these *Srotasa* can contributes towards the pathological progression of metabolic disorders. Various etiological factors such as *Kulaja* (genetic predisposition), *Sahaja* (etiological factors

related to the diet, lifestyle and emotional state), *Abhigata* (trauma) and *Purva vyadhi*, etc. can vitiate functioning of *Srotasas*.

Agni & Metabolic Disorders:

Etiological factors such as; *Atyambupana*, *Vishmashana*, *Sandharana*, *Swapnaviparyaya*, *Bhaya*, *Krodha*, *Chinta*, *Shoka*, *Dukh* and *Rug dainya*, etc. can causes *Mandata* in *Dhatvagni* leading to the abnormality in adipose tissue, irregular hormonal control and production of *Ama*. These all consequences can lead pathogenesis of metabolic disorders.

Dhatu & Metabolic Disorders:

Malnutrition, fasting, presence of chronic diseases, excessive exercise, drug abuse, smoking, drinking habits, improper dietary routine and lack of nutritional diets, etc. can cause vitiation of *Dhatu* such as; *Mamsa*, *Meda* and *Rakta Dhatu* which ultimately initiates pathogenesis of metabolic disorders.

Role of etiological factors towards the specific symptoms of metabolic disorders:

Etiological factors such as; *Avyayama*, *Divasvapna* and *Medyanam Ati Bhakshanat*, etc. can imparts symptoms of early diabetes, thirst, laziness and weakness.

Excessive consumption of *Guru*, *Lavana* & *Amla Rasa*, improper sleep and emotional factors can cause fatigue, *Ojas Kshaya*, irregular dietary urges and infrequent urination as symptoms of metabolic disorders.

Genetic factors, environmental factors and disturbed daily regimen, etc. can leads symptoms of hormonal imbalance, anorexia, thirst and cardiac

problems associated with obesity and diabetes.

Role of Etiological Factors in *Atisthaulya*:

Etiological factors such as; *Adhyashana*, *Atisampurna*, *Guru Ahara Sevana*, *Madhura Ahara sevana*, *Shleshmala Ahara Sevana*, *Avyayama*, *Diwaswapa*, consumption of high fat diet, genetics factors, endocrine disorders and psychiatric illness, etc. can causes obesity. The aggravation of these factors vitiates *Kapha* which down regulates *Jatharagni* and suppress *Meda-Dhatvagni*, moreover production of *Ama* which vitiates *Meda-Dhatu* which obstruct *Srotas* leading to the *Vata-Dosha* dysfunction. This vitiated *Vata-Dosha* increases hunger and vitiates *Dhatu*, these all consequences together leads *Sthaulya*.

Role of Etiological Factors in *Prameha*:

Etiological factors such as; *Atisampooranat*, *Guru madhura sheetasnigdhopayogat*, *Avyayamat*, *Avyvayat*, *Divaswapnat*, *Beejaswabhavat*, *Chinta* and *Madyapana*, etc. can cause diabetes and it is also associated with obesity. Indulgence in above mentioned *Nidana* can cause *Aparipakwa Kapha* and *Meda* along with vitiation of *Kleda*, further aggravation of vitiated *Rasa Dhatu* with imbalances of *Tridoshas* mainly *Kapha* leads disease manifestation.

Conclusion

The metabolic disorders in current scenario being considered as major health issue due to their high number of incidences. Vitiation of *Agni*, production of *Ama*, disturbed functioning of *Dhatu*, aggravation of *Dosha* and obstruction of *Srotasa* mainly involved in pathological events of metabolic disorders like; *Ati*

Sthoulya, Srotsam Lepa, Madhumeha and dyslipidemia, etc. Ayurveda described *Atyambupana, Vishmashana, Swapnaviparyaya, Krodha, Chinta, Shoka, Rug dainya, Avyayama, Divasvapna, Medyanam Ati Bhakshanat, Guru Ahara Sevana, Madhura Ahara sevana, Shleshmala Ahara Sevana, Beejaswabhavat* and *Madyapana*, etc. as major etiological factors involved in the pathological events of metabolic disorders. These factors not only initiates disease pathogenesis but also fasten pathological progression if aggravated inside the body for long time, therefore avoidance of causative factors is prime approach to prevent prevalence of such diseases.

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