



Review Article

CONCEPTUAL STUDY- SANTARPANJANYA VIKARA W.S.R. DYSLIPIDEMIA

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ABSTRACT

There are group of disorder that develops as complication of dyslipidaemia which can be categorise under *Santarpanjanya vikaras*. Modernisations have certainly made our live easier, but they have led many of us to adopt more sedentary and luxurious life. Wrong eating habits, indulgence in drinking, smoking, alcohol consumption, drug abuse, malnutrition, stress and many more are the presentation of unhealthy lifestyle, which nowadays is considered as good and dominant form of lifestyles. Due to more stress and decreased physical activity various sedentary lifestyle disorders like diabetes mellitus, hypertension, dyslipidaemia, obesity, thyroid disorder, PAD etc develops. The incidence of these lifestyle disorder associated with cardiovascular diseases is high on the rise.

This study mainly focuses on the facts and management of *Santarpanjanya vikaras* occur as result of dyslipidaemia (lifestyle emerging condition).

INTRODUCTION

Now a days dyslipidaemia is expected as the most challenging condition among many lifestyle disorders. It doubles the risk of cardiovascular diseases, Hypertension, obesity, atherosclerosis, peripheral arterial disease etc.

Dyslipidaemia is not only a disease itself but also found as major provoking factor in condition like cardiac diseases. In Ayurveda it can be correlated with *Santarpanjanya vikaras* on the basis of causative agents and group of disease (like diabetes, Hypertension, CAD etc) which occur as its complication.

Epidemiology

Epidemiological studies have established a strong correlation between premature CAD/CVD & serum cholesterol levels.^[1]

In 2002, WHO has reported that high cholesterol level is one of the main non-communicable disease- related risk factors in India.

The Indian Council of Medical Research (ICMR) surveillance project reported a prevalence of dyslipidaemia of 37.5% among adults aged between 15-64 years, with an even higher prevalence of dyslipidaemia (62%) among young male industrial workers.^[2]

Santarpanjanya Vikaras

The word *Santarpan* refers to 'satiety'. In pathological state it refers to more energy intake comparable to its expenditure. *Santarpanjanya vikaras* comprise due to overnutrition and defective tissue metabolism.^[3]

Excessive implementation of *Nidanas* leads to *Santarpanjanya vikaras* like *Prameha*, *Pidika*, *Kotha*, *Kandu* (itching), *Pandu* (anemia), *Aamaj jwara*, *Kustha* (skin diseases), *Aamaj vikaras*, *Mutrakriccha*, *Arochaka* (anorexia), *Tandra* (torpor), *Klabya* (impotence), *Atisthaulya* (obesity), *Alasya* (laziness), *Guru gatrata* (heaviness in the body), *Indriya lepo*, *Srothas vaigunyata*, *Buddhi moha*, *Pramelaka*, *Sopha* and other similar disorders.^[4]

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Aharaj Nidana^[4]

Ahara Guna	Properties	Pathological intervention
<i>Snigdha</i>	Mainly composed of fats and lipids, guru (heavy) and of <i>Kapha dosha</i> predominance	Excess intake increases <i>Kapha dosha</i> and heaviness in the body and can obstruct body channels.
<i>Guru</i>	Delays the digest and increases bulkiness of the body tissues.	Excess intake take prolong time in their metabolism and can increase <i>Medo dosha</i> in the body leads to the deposition of adipose tissues.
<i>Picchila</i>	Sticky in nature	Excess intakes obstruct body <i>Srotas</i> and particularly vitiate <i>Kapha, Medo</i> and <i>Mamsa dhatu</i> in the body.
<i>Madhura</i>	Sweet in origin to the body tissues and tongue	Excess intake predominantly vitiates <i>Kapha</i> and <i>Medo dhatu</i> in the body
<i>Sheeta</i>	Cold in nature and predominantly composed of <i>Prithvi mahabhuta Mukhya karma- Stambhana</i>	Excessive <i>Sheet ahara sevana</i> increases <i>Kapha</i> and <i>Vata dosha</i> in body
<i>Naveen anna, Naveen Madhya, Anoop mamsa</i>	Take more time to metabolise in the body	Excess intake cause accumulation of <i>Kapha dosha</i> in the body and heavy to digest

Research to proof the impact of *Madhur rasa, Snigdha* and *Picchila guna ahara* in causing *Santarpanjanya vikaras*

Today's research findings are consistent with Ayurveda. Researchers acknowledge that taste receptors exist in upper gastrointestinal as well. These receptors are primarily located in the intestinal brush and endocrinal cells and recognise sugars, D-amino acids, sweet proteins and artificial sweeteners,^[5] as per research. Peptide YY (PYY) exerts its action through NPY receptors by inhibiting gastric motility and increasing water and electrolyte absorption in the colon.^[6] PYY may also suppress pancreatic secretion, as it is secreted by neuro-endocrine cells in the ileum and colon in response to a meal and has been shown to reduce appetite. It works by slowing down the gastric emptying, thereby increasing the efficiency of digestion and nutritional absorption after a meal. Considering the effects of sweet substances PYY in certain quantities, help induce satiety in a person and thus in excess, inhibits appetite.

Viharaj Nidana^[4]

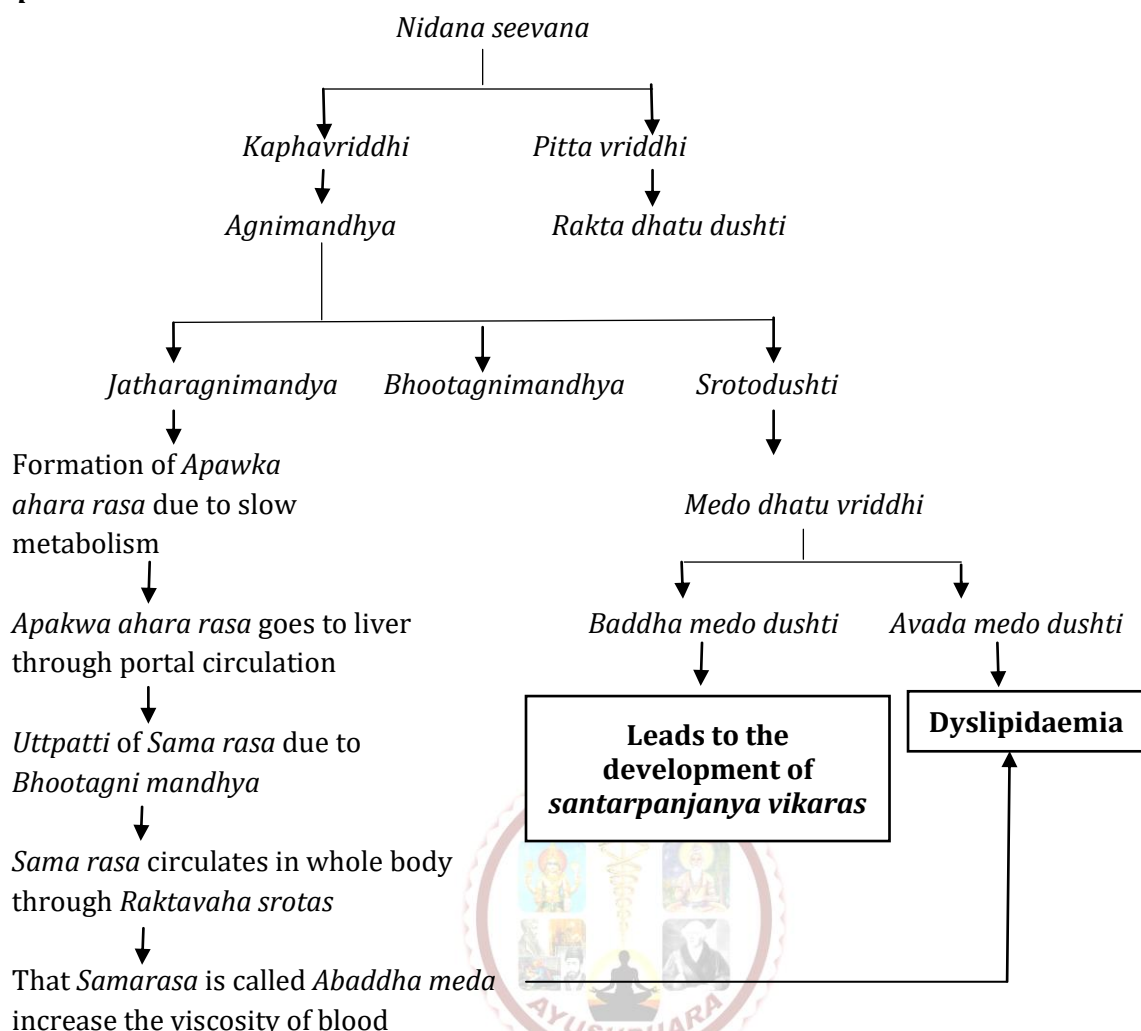
Viharaja Nidana	Properties	Pathological intervention
<i>Divaspana/ Asyasukham swaprasukhanam (Prameha nidana)</i>	Vitiates <i>Kapha pitta dosha</i> in body	Excessive sleep obstructs the body channels by <i>Kapha dosha</i> predominantly hinders the normal flow <i>Pitta</i> and <i>Vata dosha</i> leading to metabolic disorders
<i>Avyayama</i> or less physical activity with intake of more calories	Less expenditure of energy increases deposition of adipose tissue and viscosity of body fluids as less amount of heat produce by	Increase calorie intake with less expenditure slows down the body metabolism which vitiates the <i>Kapha dosha</i> and causes <i>Medovahasrotodusti</i>

If the above properties elaborated by Acharya Charak are to be understood, it can be clearly stated that they increase body tissue in volume and delay the digestion of food. This seems to be more acceptable and the effect may be mediated through peptide YY. As it delays digestion and increases the nutrient uptake, these food substances lead to *Santarpana*.

Researches to proof the impact of *Naveen madya (new wine)* in causing *Santarpana* opposite to *Purana madya (old wine)*

New or fresh wine should not be consumed because they cause heaviness and create imbalances in *tridoshas* while old wines promote circulation in the body, increases digestion, lightness and enhances taste in the food. Normally new wines contain about 0.02-0.03% acetic acid. This is reduced in aged wine if it is packed properly, this physiochemical change in aged wine, change in taste and aroma modify its pharmacological effects. Increase in its oxidant properties and change in anthocyanin tannin complex makes wine more effective than age.^[7]

the body.

increases the chances of *Santarpanjanya vyadhis*.**Samprapti****TREATMENT**

Nidana parivarjan: The first line of management of disease is considered as avoidance of etiological factor.^[8] Avoidance of *Medovardhak*, *Kaphavardhak*, *Atisheet*, *Picchila*, *Madhura*, *Guru Ahara*, *Anoopa mamsa seevan*, *Naveen madya seevan*, smoking, saturated fats and *Divaswapana*, *Atinidraseevan*, *Avyayanama* are some causative factors prevents the pathogenesis of *Santarpanjanya vikaras*.

Sanshodhana Chikitsa: It comprises of specialised therapy which keep the *Doshas* in maintain form by eliminating the toxins from the body.

“Sashtama ullekhanam tatra vireko raktamokshanam

Vyayama cha upvasa cha dhoomacha swednani chaa” (ch.su. 23/8)

Vamana, *Virechan*, *Raktamokshana*, *Vyayama*, *Upvasa*, *Dhoompana* and *Swedana* is the best treatment in *Santarpanjanya vikaras*.^[9]

Samshaman chikitsa- Drugs having properties of *Medohara*, *Lekhana*, *Kaphapittashamak*, *Raktasodhaka*, *Agnideepana* properties should be given.

The drugs (single & compound) used are according to the prevalence of disease in *Santarpanjanya vikaras*.

Treatment of *santarpanjanya vyadhis* can be seen.

Tatra medoanilasleshma nashansarbamishyate Kulathajurnashyamakyavamugdhamadhukam Mustadnadaahataaristhachintasodhanajagrana Madhunatriphalalehyadatriphala guduchighanam (a.h sutra14/21-24)¹⁰

- Treatment which reduces *Medas*, *Vata* and *Kapha* are desirable
- Use of *Kulatha*, *Jurna*, *Syamaka*, *Yava*, *Mudga* and honey water
- Indulgence in worry, purification therapies, avoidance of sleep
- Either use of *Triphala*, *Guduchi*, *Abhaya* (*Haritaki*) and *Ghana* should be given with honey daily, either *Rasanjana*, *Vhrat panchmula* (*Bilva*, *Agnimantha*, *Syonaka*, *Gambhari*, *Patala*), *Guggulu* or *Shilajatu*, along with the fresh juice of *Agnimantha* is suitable, powder of *Vidanga*, *Nagara*, *Kashar* (*Yavkshar*) and

iron filling powder of *Yava* and *Amlaka* along with honey should be taken daily.

- Powder of *Vyosa* (*Trikatu*), *Katvi*, *Vara*, *Sigru*, *Vidanga*, *Ativisha*, *Sthira*, *Hingu*, *Saurvachala*, *Ajaji*, *Yavani*, *Dhanya*, *Citraka*, *Nisha* (*Daruhaldi* and *Haldi*), *Brhati* (both), *Hapusa*, roots of *Patha* and of *Kembuka*, should be mixed with honey or ghee and

oil in equal proportion and sixteen parts of *Saktu* (corn flour), this mixture taken as drink daily cures severe obesity and all other diseases and even others of similar nature, heart diseases, jaundice, leukoderma, dyspnoea, cough, obstruction in the throat, improves power of thinking, intelligence, memory and kindles the weakened fire.

Three types of *Aptarpana chikitsa*, *Dravya* and list of their uses in diseases^[11]

Upkarma	Upkarma Dravya	Upkarma Prayoga sthala
Langhana	Dashvidha langhana- <i>Vamana</i> , <i>Virechana</i> , <i>Niruh basti</i> , <i>Nasya</i> , <i>Pachana</i> , <i>Pipasa</i> , <i>Maruta sevana</i> , <i>Atapa sevana</i> , <i>Upvasa</i> , <i>Vyayama</i> etc.	<i>Vata yukta kaphapitta rakta malaadhikaya</i> , <i>Vamana</i> , <i>Atisara</i> , <i>Hridayaroga</i> , <i>Visuchika</i> , <i>Alasaka</i> , <i>Jwara</i> , <i>Vivandha</i> , <i>Arochaka</i> , <i>Twak vikara</i> , <i>Abhisyandi</i> and <i>Sthoola</i> patients.
Rukshana	<i>Katu- tikta- kashaya rasa</i> , <i>Ativyavaya</i> , <i>Takra</i> , <i>Madhu</i> , <i>Khali</i> etc	<i>Abhisyandi</i> , <i>Mahadosha</i> , <i>Urustambha</i> , <i>Marmastha vyadhi</i> etc.
Swedana	<i>Tryodasha saagni sweda</i> , <i>Dashvidha niragni sweda</i> etc (ch. Su. 14)	<i>Swasa</i> , <i>Kasa</i> , <i>Hikka</i> , <i>Shoola</i> , <i>Ardita</i> , <i>Pakshwadha</i> , <i>Grahadasi</i> , <i>Anaha</i> , <i>Mutrakriccha</i> etc

DISCUSSION

There are so many preparations mentioned in Ayurveda for the treatment of *Santarpanjanya vikaras*. Apart from this, appropriate diet and life style plays a very importance role in prevention. *Acharya Kashyap* has explained the importance of diet as '*Ahara hi mahabhaishjyam*'.^[12]

He explained that our food should be our medicine. If we eat right quality and quantity of food then the chances of pathology decreases. Under *Santarpanjanya vikaras* there are several diseases grouped together having same causative factors. *Acharya Vagbhat* has quoted '*Guru chaaptarnam sthulee*'^[13] which means food make filling for long time and not increasing ideal weight are ideal for the obese.

Santarpanjanya vikaras typically involves *Kapha*, *Medo* and *Pitta dushti*. So, the drug use should have *Lekhana*, *Kaphashamak*, *Medonashak* properties. The *Pitta* and *Rakta* have similar properties thus pacification of *Pitta dosha* and purification of *Rakta dhatu* should be done. Drugs with *Pitta shamak* properties like *Tikta*, *Sothhara*, *Rechana*, *Anulomana* properties should be used. *Kapha* and *Medodhatu* are *Samandharmi* according to *Samanaya vishesh siddhanata* decrease in one lead to decrease in other. Pacification of *Kapha dosha* is very essential as it plays a major role in the manifestation of disease.

CONCLUSION

For elucidating the pathogenesis of dyslipidaemia, concept of *Agnimandhaya*, *Kapha pitta vardhak ahara*, obstruction of the *Srotas*, *Vyan vasyama*, circulation of *Abadha meda* are the factors should be brought collectively to the practice. *Bhedavastha* of dyslipidaemia can be correlated with *Santarpanjya vikara utpatti*. If the condition is not treated properly then complications occur.

Complications of dyslipidaemia leads to the development of many diseases like coronary artery diseases, hypertension, liver disorders, kidney disorders, obesity etc. Lifestyle modifications and diet plays a very significant role in the management.

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