

ROLE OF AMRUTADHYA GUGGULU AND LEKHAN BASTI IN MEDODUSHTI WITH SPECIAL REFERENCE TO DYSLIPIDAEMIA

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ABSTRACT

Cardiovascular diseases (CVD) are the major cause of morbidity and mortality in our society with Dyslipidaemia contributing significantly to atherosclerosis. All components of Dyslipidaemia get the most attention because of the link between plasma lipids and CVD, as it is major risk factor for fatal diseases such as Coronary Artery Disease (CAD). As described in *Ayurveda*, *Medodushitijanya* Sign and Symptoms shows strikingly resemblance with Dyslipidaemia explained in modern text. Thus while treating the *Medodushiti*, selection of *Dravya* should have criteria that help to *Lekhana* of excessive *Meda-Kapha* without *Vayu-prakopa* and normalising the *Agni* both at the level of *Jatharagni* and *Dhatwagni*. Thus to assess the efficacy of *Lekhana Basti* and *Amrutadhyaya Guggulu*, present study was planned and carried out on 30 clinically diagnosed and investigated individuals of Dyslipidaemia. Patients were selected from OPD and IPD of *Arogyashala*, NIA, Jaipur. Patients were administered *Amrutadhyaya Guggulu* in dose of 3g/day with 15 *Lekhana Basti*. The results were highly significant in both Subjective as well as Objective parameters. Thus, this study gave very effective, safe, and easily manageable management of Dyslipidaemia in cheaper rate.

Keywords: *Medodushiti*, Dyslipidaemia, *Amrutadhyaya Guggulu*, *Lekhana Basti*

INTRODUCTION

During last centuries, life style alteration has been characterised by increased calories, fat intake and reduction in physical activities along with a dramatic increase in metabolic syndrome related disorder such as Diabetes, Dyslipidaemia, HTN, obesity, and so on. Cardiovascular diseases (CVD) are the major cause of morbidity and mortality in our society with Dyslipidaemia contributing significantly to atherosclerosis. Dyslipidaemia alone currently affects approximately 10% of global population. The term Dyslipidaemia is used to describe disordered lipid metabolism. All component of Dyslipidaemia get the most attention

because of the link between cholesterol and CVD as it is major risk factor for fatal diseases such as Coronary Artery Disease.

According to WHO survey done in 2002 almost 1/5th (80%) of global stroke events and about 56% of global heart disease are attributed to Dyslipidaemia. This is responsible for about 4.4 million death (7.9% of the total) and 2.8% of global disease burden. According to National Commission on Macroeconomics and Health (NCMH), government of India undertaking, there would be around 62 million patients with Coronary Artery Disease (CAD) by 2015 in India and of this 23 million would be patients younger than 40 years of Age.

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