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A compendious study on *Santarpanotta Vikara* vis-a-vis to metabolic diseases

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ABSTRACT

Ayurveda the science which deals with healthy lifestyle, health promotion and sustenance along with disease prevention, diagnosis and treatment. As health is multifactorial and complex. It is influenced by a no. of factors, In which lifestyle has a significant influence on physical and mental health of human being. In recent decades, life style is a common influencing factor on health. According to WHO, 60% of related factors to individual health and quality of life are correlated to life style. Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like Metabolic disorders, Cardiovascular diseases, Hypertension, Overweight, Joints and skeletal problems, Violence and so on can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered. These all disorders are categorized in mainly two concepts those are *Santarpanotta Vikara* and *Apatarpanotta Vikara*. The *Santarpana Rogas* can be compared with Metabolic disorders. This includes almost all the disease arise by Over nourishment or Impairment in the metabolism. Those are *Prameha*, *Pandu*, *Atistholya*, *Kushta* etc. At the same time *Santarpana* and *Apatarpana* are the two important treatment modalities (*Upakrama*), which helps to cure diseases. *Santarpana* i.e., nourishing, enriching *Chikitsa* is recommended in the *Apatarpanajanya Vyadhis* and the *Apatarpana* i.e., depleting, cleansing *Chikitsa* is recommended in the *Santarpanajanya Vyadhis*. Thus for *Santarpanajanya Vyadhis* like *Medoroga*, *Prameha*, *Pandu* etc. *Apatarpana* (*Langhana*) is considered as the best treatment modality. Here is an attempt made to understanding of *Santarpanavikara* with Metabolic diseases and its treatment.

Key words: *Santarpana*, *Apatarpana*, *Metabolic Disorders*.

INTRODUCTION

Ayurveda gives foremost importance to the concept of *Trayopasthambha*, which are *Ahara*, *Nidra* and *Bramhacharya* these become essentials for individual health.^[1] *Ahara* is the most important factor for substance of life. According to *Acharya Kashyapa*,

Ahara is considered as the *Mahabhaishajya*.^[2] For the transformation of *Ahara* into *Dhatu* the *Agni* is the key factor.^[3] *Agni* (*Jatharagni*, *Bhutagni* and *Dhatwagni*) plays an important role in all the Metabolic activities. When there is any impairment in functions of *Agni* it leads to the formation of *Ama*.^[4]

Ama is usually conjugated with *Doshas* and *Dhatu*.^[5] As *Ama* accumulates in the body, it clogs the channels of the body and disrupts tissue nutrition. This *Ama* can disturb physiological process at the cellular level as well. When *Ama* finds its way into deeper tissues, it clogs the individual membranes inhibiting cellular communication and weakening of the immune response.

So that, the diseases which are originated from the improper metabolism of food are broadly categorized under the *Santarpana Vikaras*. And these can be compared with the Metabolic syndrome/ Diseases.

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The varied and complex process involved in utilization and storage of macros and micro-nutrients either assimilated from diet or metabolites, generated *de novo* as well as elimination of undesirable by-products by the organism is called as metabolism. Most of the metabolic disorders are consequent to defects at enzymatic levels, either intracellular or at plasma tissue interface. Metabolic disorders can be classified by mode of inheritance or by abnormal metabolites produced or deficiency on any specific protein or metabolite necessary for that particular metabolic event.^[6]

Definition

Santarpana the word meaning “*Santarpayati Santarpanamacharati*” i.e. Gratifying or Satisfying the desires.^[7]

Nidana

Nidana includes the excessive intake of *Snigdha, Madhura, Guru, Pischila Ahara Sevana*. Then over consumption of *Navanna, Nootanamadira, Anupa* and *Jaleeyamamsa, Gorasa, Guda, Pishta* etc. *Ahara Padarthas* which nourishes the *Dhatus* excessively.^[8] These all foods are having the predominance of the *Prithvi* and *Aapmahabhoota* quality.

Excessive intake of *Madhura Rasa Ahara* does over nourishment of the body, as it increases the *Sthoulata, Mardavata, Alasya, Gouravata* etc. along with this it does the *Agnimandhyata*. And also the *Madhuravipaka* increases the *Kapha*.^[9] The functional property of *Snigdha* is *Sneha, Mruduta* and *Ardata*. It stimulates *Kapha* and increases *Mala*.^[10]

Vihara, Diwaspana, Shayyasana and *Avyayama* etc. also leads to *Santarpanajanya Vikaras*.^[11]

Samprapti

These all the above *Nidanas* leads to formation of *Aparipakwa Amarasa* and *Tridoshaprakopa*. And gets lodges in the *Rasadi Dhatus* and takes *Sthanasamshraya* in the *Amashaya*. From there it spreads into respective *Srotas* and leads to various *Vyadhis*.

Some of the *Sampraptis* have been mentioned which are listed under the heading of *Santarpanajanya Vikara* which are;

1. In *Medoroga, Medasavrittavata* is one of the *Samprapti*. Which is explained in the context of the *Astouninditiya Adhyaya* of *Acharya Charaka* and *Medoroga Prakarana* of *Madhavanidana*.

The first and foremost *Nidana* is explained as the *Atisampuranat* i.e. excessive intake of food.^[12] It is co related with the “*Medasavritta Margatwad Vayuhu Koste Visheshataha*” here, the increased *Medadhatu* obstruct the pathways of the *Srotas*.^[13] At this time the *Vata* enters into the *Koshta* and ignite the *Agni*. Along with this absorption of the food takes place. Therefore, the digestion of food takes place instantly. Thus, the person eats food again and again in more quantity. Like this if food habits are continued for long time which leads to many chronic conditions of the *Vata* and *Pitta* associated diseases. This vitiated *Agni* along with *Vata* increases in turn leads to many complications as like the increased *Agni* destroy the whole forest. This condition can be co-related with the complication of the *Medoroga* like *Pakshaghata, Hridroga* etc.^[14]

Other than this *Aharas* like *Guru, Madhura, Sheeta, Snigdha, Viharas* like *Avyayama, Avyavaya, Diwaswapna* and *Manasikabhavas* like *Achinta, Ashoka* etc. Also the *Beejaswabhaba* of *Mata-Pita* also a causative factor for the *Medoroga*.

The *medoroga* symptoms includes the *Ashaktahasarvakarmasu, Gurugatrata, Atisweda, Atitrishna, Krichrashwasa, Alpamaithuna* etc.^[15]

2. *Prameha* - As the causative factors for the *Prameha* are similar to that of the *Santarpanaahara* and *Viharas*.

“*Shlemapittam cha medaschamamsam cha atipravardhate | tairavratagatirvayorojaadayagacchati*” ||^[16]

The *Nidana* factors leads to the *Kapha, Pitta, Meda* and *Mamsaativridhi*, this forms the *Avritta* of *Vayu*. This *Prakupita Vayu* take out the *Oja* to the *Mutrashaya* and leads to *Madhumeha*.

The symptoms includes the *Avilamutrata*, *Hastapadadaha*, *Gurugatrata*, *Tandra*, *Avasada*.^[17]

3. *Raktagatavata* - The *Vata* along with *Raktadhatu* leads to a condition called as *Raktagatavata* (Hypertension). Due to the *Nidanasevana*, *Sharirika* and *Manasika Tridosha* gets vitiated, leading to *Kapha* and *Medavridhi* and *Mana Kshobha*.^[18] These *Dosha* gets lodge in the *Dhamanis* causing *Margavarodha*, in turn leading to *Vataprakopa* (*Vyanavata*). This *Vyanavata* combine with *Rakta* alters the *Raktasamhanana*. This condition is called as *Raktagatavata* (*Uccharaktachapa*).

The symptoms includes the *Padadaha*, *Twakshota*, *Shwayathu*, *Klama*, *Raktasrava* and *Spandana*.^[19]

Along with above diseases, *Pidaka*, *Kotha*, *Kandu*, *Panduroga*, *Mutrakrichra*, *Aruchi*, *Tandra*, *Klaibhya*, *Atisthoulya*, *Alasya*, *Gurugatrata*, *Indriyapradoshaja Vikara*, *Moha*, *Pralapa* like many disorders comes under the metabolic syndrome.^[20]

Samprapti Ghataka

- **Dosha** - *Kapha* predominant *Pitta* and *Vata*
- **Dushya** - *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Majja*, *Shukra* and *Oja*
- **Agni** - *Jatharagnimandhya*
- **Srotas** - *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Majja*, *Shukra*
- **Srotodushti** - *Srotosanga*, *Vimargagamana* followed by *Atipravritti*
- **Udbhavasthana** - *Amashayotthavyadhi*
- **Vyaktasthana** - *Sarvasharira /Avayavavishesha*
- **Sancharasthana** - *Sarvasharira*
- **Swabhava** - *Chirakari*
- **Sadhyasadyata** - *Krichrasadhyavyadhi*

Chikitsa Krama

As *Santarpana Vikaaras* are *Bahudosha Pradhana Vyadhis*, along with *Shamana*, *Samshodhana* are the necessary treatment modalities. In which

Samshodhana measures are most drastic effect in the metabolic syndrome.

For *Santarapanajanya Vyadhi*, *Apatarpana* is the treatment modality. *Apatarpana* includes the *Langhana*, *Swedana* and *Rukshana Karmas*.

For *Medoroga* the line of treatments^[21] are

1. As *Nidanaparivarjana* is first line of treatment, the person should avoid *Vata*, *Shleshma Medakara Ahara* and *Vihara*.
2. *Rooksha*, *Teekshna* and *Ushnabasti* like *Lekhanabasti* are advised. *Rooksha Udwartana* are indicated. As *Udwartana* does the *Kaphameda Pravilayana* it helpful in the *Srotoshodhna* and *Doshavilayana*.
3. *Guduchi*, *Bhadramusta*, *Triphala*, *Takrarishta* and *Madhu* are prescribed. Administration of *Vidanga*, *Nagara*, *Kshara*, *Lohabhasma* along with *Madhu* can be given. *Yava* and *Amalaka Churna* can be given.
4. Administration of *Bilwadi Panchamoola* along with *Madhu*.
5. Administration of *Agnimantha* along with *Shilajatu*.

Prameha

It has been explained that in *Balavan* and *Sthoola Pramehi* conditions the *Samshodhana* is the main line of treatment. As *Prameha* is a *Bahudosha Vyadhi*, here mainly the *Pramanataha Vriddhi* of *Dosha* and *Gunataha* the combination of *Kapha* and *Meda* will occur. So that the *Shodhana* (*Langhana*) is one of the treatment modality in the *Prameha*.^[22] It has been also explained that *Shodhana*, *Virookshana Lekhana* and *Langhana* therapies are helpful treatment in the *Kaphaja* and *Pittaja Prameha*.^[23] As *Vamana Karma* is effective in pacifying symptoms like *Prabhutamutrata* and *Avilamutrata*, because both symptoms are mainly due to *Kaphaprakopa* and *Abadha Medas*.^[24] In *Pittaja Prameha*, *Virechana* is best line of treatment. As *Karapadadaha*, *Atisweda* etc. are *Pitta* predominant characteristics *Virechana* is indicated. And than in *Madhumeha* all *Drava Dhatus* gets lodges in the *Basti*

because of *Apana* and *Vyanavigunata*, *Basti Chikitsa* is prime treatment modality here.^[25]

In *Samprapti* of *Prameha* as it is *Bahudrava Shleshma* and *Abaddhameda* are important. Among the *Dosha* and *Dushyas*, indicating excessive *Aapdhatu* in the body. In this main line of treatment is *Shoshana*, that is done by *Rookshana*. That is by *Pragadha Udwartana* with *Triphaladi Churna*, *Kolakulathadi Churna* etc.^[26]

Swedana does *Utkleshana* and *Vilayana* of *Doshas* adhered to the *Dushya*, but in *Prameha Doshas* are already in *Utlhklishta Avastha*, *Swedana* is contraindicated. As it is necessary to give *Swedana* before *Shodhana*, it could be done by *Nadisweda* or *Seka*.

Raktagatavata

In this condition advised to take *Laghu*, *Supachya*, *Sneharahita*, *Lavanarahita Ahara*. The *Ahara* which does not increases the *Kapha* and *Meda*.

As *Samshodhana Lekhnabasti*, *Virechana* and *Raktamokshana* are suggested with suitable drugs as *Langhana* therapy.^[27]

Nitya Vyayama, *Jirnanteh Bhojana*, *Yava Godhuma Bhojana* etc. are recommended.

CONCLUSION

Modern life style can be treated as an indicator of social attitudes, as it has introduced many changes in the way of living. The tremendous development and innovation in all aspects of life in general and in field of technology in particular, which has made living much more comfortable on one side but on the other side, gifted many lifestyle related diseases. These disorders are included under the metabolic syndrome. The metabolic syndromes are having the nearer correlation with the pathology of the *Ama* and *Avarana* concept of Ayurveda. Ayurveda is having the unique and efficient treatment modalities in controlling these diseases. And prevent the further complications. Thus Ayurveda can improve the health and increases the longevity of patients with metabolic syndrome.

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