

EFFECT OF CLASSICAL VAMANA KARMA (THERAPEUTICEMESIS) IN DYSLIPIDEMIA (MEDOROGA) - A CASE STUDY

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ABSTRACT

Cardiovascular diseases (CVDs) and diabetes mellitus are major diseases for which dyslipidemia is one of the prime causative factor. Abnormal cholesterol levels are estimated to cause 18% of the global CVDs and 56% of the global Ischemic Heart Diseases (IHD). South Asians around the globe have the highest rate of Coronary artery disease (CAD). According to National Commission on macroeconomics and health (NCMH) a govt. of India undertaking, there would be around 62 million patients with Coronary artery disease by 2015 in India and of these 23 million would be patients younger than 40 years of age. In ayurveda dyslipidemia can be compared to *Medoroga* which is *Santarpanoatha Vyadhi* and *Vamana Karma* (Therapeutic emesis) is the preferred line of management. It is a single case study of a 26 yr old male patient presented with increased lipid profile. Classical *Vamana Karma* was done as the line of management. Cholesterol and triglycerides had come down after the *Vamana* procedure. Complete classical *Vamana Karma* is effective in reducing lipid level.

Keywords: *Vamana Karma, Medoroga, Santarpanoatha Vyadhi, Dhamargava, Dyslipidemia.*

INTRODUCTION

Dyslipidemia is defined as a condition with abnormally elevated levels of any one or all lipids in the blood. It is one of the diseases that resulted due to faulty life-style. It is of significance because it leads to atherosclerosis of vessels (arterial walls) leading to Vascular accidents (Cerebrovascular/Cardiovascular disease).

Non-communicable disease (NCDs) includes type 2 diabetes mellitus (T2DM), cardiovascular diseases (CVDs), chronic obstructive airways disease (COPD), cancer, injuries and mental disorders. Among these cardiovascular diseases (CVDs) and diabetes mellitus are major diseases for which dyslipidemia is one of the prime causative factor. Abnormal cholesterol levels are estimated to cause 18% of the global CVDs and 56% of the global Ischemic Heart Diseases (IHD). For every

1% reduction in lipid level, the risk of heart diseases reduces by 2.5%. Dyslipidemia is an established risk factor for atherosclerotic disease.^[1]

There is no direct reference of dyslipidemia in Ayurveda, but the symptoms of dyslipidemia can be correlated to that of *Medoroga, Atisthoulya* and *Prameha poorva rupas*. The signs and symptoms of *Atisthoulya* like *Ayoshohrasa* (reduction of life expectancy), *Javoparodha* (reduced efficiency in physical activity), *Kruchrayavayatha* (erectile dysfunction), *Dourbalya* (weakness) etc.^[3] These are commonly observed in patients with dyslipidemia, further *Prameha poorva rupas* (pre-diabetic condition) are described as the outcome of *Medopradoshaja vikara*. Similarly dyslipidemia is commonly observed in diabetic and pre-diabetic pa-

tients. Further *Medoroga* is characterized by dyspnoea, excessive thirst, delusion, fatigue, sexual dysfunction which are seen in patients with dyslipidemia.

Hence, *Medoroga* may be considered as dyslipidemia. *Medoroga*, *Atisthoulya* is *Santarpanoatha vyadhi* similarly sedentary life style and heavy fatty diet is main cause for dyslipidemia.

Vamana karma is one among the *Panchakarma* procedures considered as the best for the elimination of *Kapha Dosh*a and related morbid factors. *Vamana Karma* is the best line of management for *Santarpanoatha Vyadhi*. So in this case, *Vamana Karma* was done with *Dhamargava Beeja Churna*, as it has been indicated for *kaphaja vyadhi* and *Hridroga*.

After the treatment there was marked change in the lipid profile and patient also had symptomatic relief.

CASE REPORT: A male patient aged 26 years with Regd. No. 29687 visited NIA OPD, presented with complaint of exces-

sive sweating, weakness, increased body weight since 6 months. He was diagnosed dyslipidemic 6 months back.

Personal history

Patient had disturbed lifestyle since 3 years. He had faulty dietary habits, excessive food consumption especially non-vegetarian food, fast food, junk food, smoking, drugs (bhang, opium, charas), frequent alcohol consumption. According to the history given by the patient, he was emotionally disturbed due to personal reasons. Due to the above reasons he lost the health and gradually landed in obesity. He was diagnosed dyslipidemic 6 months back.

Observations

Weight -116 kg

Heavy built, Dull and lethargic.

Symptoms: Excessive sweating, general body weakness, gradual increase in body weight.

Reports

LIPID PROFILE	
Total Lipid	785 mg/dl
S Cholesterol	258 mg/dl
S Triglyceride	275 mg/dl
HDL	40 mg/dl
LDL	163 mg/dl
VLDL	55 %
SGOT	180 U/L
SGPT	224 U/L

Prakriti: – *kapha pitta*

Vaya: – *madhyama*

Bala: – *madhyama*

Agni: – *vishamagni*

Koshta: – *krura koshta*

Treatment:

Classical *Vamana* treatment has been planned for the patient.

1. **Deepana Pachana:** *Panchakola churana* was given to the patient in the dose

of 5gms before food with warm water 3 times a day for five days

2. **Snehapana (Internal oleation):** *Murchita Tilataila* (medicated Sesame oil) was administered from 6th to 9th day in increasing dose once in the morning.

3. **Abhyanga and Svedana:** (whole body oil massage and steam bath) was given for two days.

4. **Vamana karma:** On second day of massage and steam early morning patient was given five glasses of milk to drink followed by oral administration of emetic formulation (*Dhamagava beej churna, Yashtimadhu churna Vacha Churna, Saindhava lavana, madhu*) and administration of *Yashtimadhu Kwath* (decoction of *Glycerrhiza glabra*) in between to assist the processes of vomiting. 6 bouts of vomiting took

place starting with mucous and watery consistency and ended with bile in vomitus.

5. **Samsarjana krama:** After cessation of vomiting, patient was advised to take rest and drink warm water only. In the evening thin rice gruel was given as a food and special diet is advised for next five days as follows.

Diet Chart

Day	Morning	Evening
1	-----	Liquid Portion of the gruel (<i>Peya</i>)
2	Liquid Portion of the gruel (<i>Peya</i>)	Gruel with little solid portion (<i>Vilepi</i>) added with small amount of salt and ghee.
3	Gruel with little solid portion (<i>Vilepi</i>) added with small amount of salt and ghee.	Green gram soup (<i>Akrita Yusha</i>).
4	Green gram soup (<i>Krita Yusha</i>) with salt and ghee.	Rice with green gram soup, salt and ghee.
5	Rice with green gram soup, salt and ghee.	Normal light diet.

Observations and Results:

Weight before treatment – 116 Kgs

Weight after treatment- 114 kgs

After the procedure patient had lightness in the body, increase in appetite.

Lipid profile	Before treatment	After treatment
Total Lipid	785 mg/dl	687 mg/dl
S Cholestrol	258 mg/dl	215 mg/dl
S Triglyceride	275 mg/dl	215 mg/dl
HDL	40 mg/dl	37 mg/dl
LDL	163 mg/dl	147 mg/dl
VLDL	55 %	43 %
SGOT	180 U/L	136 U/L
SGPT	224 U/L	158 U/L

DISCUSSION

Vamana karma is one of the classical Bio-Cleansing therapies which eliminate the morbid material, like vitiated *Dosha*, metabolic waste, unwanted excessive accumulated substance from the body.

It is specific for *Kapha Dosha* which belongs to the category of *Medo Dhatu* (Fats), there by having its direct effect on Fat tissue which may be one of the reasons for reduction in lipid levels, further *Vamana* also correct *Pitta Dosha* to moderate extent indirectly improves function-

ing of liver which plays an important role in the lipid metabolism. Hence this may be the second reason for reduction of lipid levels. *Vamana karma* being cleansing in nature may help for the mobilisation of peripheral fat, which subsequently gets eliminated through liver.

Lastly *Vamana Karma* improves digestion and metabolism there by corrects the lipid metabolism and may regulate endogenous production of lipids.

CONCLUSION

Complete classical *Vamana Karma* is effective in reducing lipid level and relieves the general complains in patients of dyslipidemia in particular obese patients with dyslipidemia.

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