HYPERLIPIDEMIA AND ITS TREATMENT- AN AYURVEDIC APPROACH
* K S Divya ** Prashasth *** Muralidhara
* PG Scholar, Dept. Of P.G Studies in Kaya Chikitsa, SKAMCH&RC, Bangalore
**Lecturer, Dept. Of P.G Studies in Kaya Chikitsa
*** H O D, Dept. Of P.G Studies in Kaya Chikitsa

INTRODUCTION:
Dyslipidemia is a disorder of Lipoprotein metabolism, which includes overproduction or deficiency of Lipoproteins or both. The disorder can manifest as an elevation of plasma Cholesterol, Triglycerides, or both, or a Low density lipoprotein level or all three together that contributes to the development of atherosclerosis. Hyperlipidemia is the elevated level of lipids in the blood serum. Hyperlipidemia caused due to sedentary lifestyle has a high significance since Dyslipidemia, especially hypercholesterolemia, elevated LDL and decreased HDL levels are strongly associated with increased risk for Coronary Artery Disease.

As per the Ayurvedic view, when the Avastha paka and Nishtapaka is occurring in the body in equilibrium, the Dhathu parinama and poshana will also be proper. When there is a disruption in this rhythm due to sedentary lifestyle habits like Avyayama, Adhyashana, Divaswapna etc..., it can lead to Kapha vruddhi and Ama formation which can affect the Adhya Dhathu and cause more Kitta than Sara during the Parinama of Rasa Dhatu.

PATHOPHYSIOLOGY: Madhura and Snigha ahara, Adhyashana and Divaswapna leads to the Kapha vruddhi, especially the Snaihika guna of Kapha and formation of Amrasa due to the excessive Madhura of Anna rasa during Avasthapaka.

• Due to the Ashrayaashrayi bhava between Kapha and Rasa, Snaihika guna of the Rasa dhathu increases and there will be formation of Ama in the Rasa Dhatu.
• Due to this Ama the Rasa Dhatwagni will be unable to digest it, resulting in increased formation of Malarupi Kapha.
• This increased Snaihika guna of Rasa Dhathu and Malarupi Kapha reaches the Rasavaha Srotas, this condition can be considered as hyperlipidemia. If not treated

ABSTRACT
Hyperlipidemia is the abnormally elevated level of lipids in the blood. It is the most common form of dyslipidemia. Hyperlipidemia is of two types, they are primary and secondary. Hyperlipidemia is one of the major concerns in the modern era as it can lead to cardiovascular diseases and stroke. Ayurveda aims at maintaining health through maintaining the equilibrium of Doshas, Dhatus and Malas. Excessive intake of Snigdha, Guru ahara and reduced physical activity will in turn cause the increase in the Kapha, especially the Snaihika guna and leads to Kapha prasara. Due to Ashraya ashrayibhava of Kapha with that of Rasa, Rasa dushti occurs. It is important that we understand and analyse this condition and choose the treatments which will seize the Kapha prasara and helps to reverse it. We have a vast treasure of individual drugs, ganas, yogas and bahya kriyas scattered throughout our Samhitas that can help in bringing back the disturbed equilibrium between the Doshas, Dhatus and Malas.

Keywords: Dyslipidemia, Hyperlipidemia, Kapha prasara, Chikitsa
properly and timely will further lead to Dharmapi Pratihchayaa. In due course it can affect other Dhatus and manifest as Hridroga, Vatavyadhi, Sthoulya, Premeha, etc.

Even in Krusha persons hyperlipidemia occurs. This is due to the Vata vruddhi occurring because of Nidanas like Chinta, Krodha, Udvega etc.... Here Vata vruddhi occurs due to these Nidanas which will lead to Vishamagni, which in turn leads to the Aprakruttha Rasa Utpathi and Malarupi Kaphavruddhi and the pathology will carry on further to hyperlipidemia.

TREATMENT: Nidana parivarjana should be advised as the first step towards the correction of this condition. It is very important since without Nidana parivarjana there will be further exacerbation of the condition. Avoiding Adhyashana, Vishamashana, Ajeernashana and Divaswapna should be followed. Keeping the mind calm and collected, by avoiding Chintha, Shoka, Krodha since it will lead to Agnivaishamya is also important.

In hyperlipidemia, line of treatment should be
- Langhana
- Langhana Pachana
- Doshavasechana

Langhana: Langhana should be done when there is Alpa Doshavastha. Langhana will stimulate the Agni and Vata, which will dry up the Alpa Dosa like the wind and sun drying up the little water. So in hyperlipidemia caused due to sedentary life style and if there is only borderline rise in the lipid levels, different types of Langhana will be beneficial like Upavasa, Vyayama etc...

Langhana-Pachana: It is beneficial when the vitiation of the Dosha is moderate. In the condition of hyperlipidemia where there is a moderate elevation of lipid levels Langhana can be done as previously mentioned and along with that Pachana can be done with formulations like Chitrakadi vati, Trikatu churna, Panchakola churna, Vaishvanaram churna etc.... which will help in the Agni Deepana also which is necessary.

If the moderate increase of lipid levels have been persisting for a long duration then it is better to follow the Langhana-Pachana with Guggulu preparations since there is a chance that the Dharmapi Pratihchayaa would have started occurring and because of its property to clean the Srothas it will prevent further complications.

In Krusha persons who are affected by hyperlipidemia, Langhana is not necessary but Pachana and Deepana should be carried out properly and administration of Ghritas like Panchamooladihya Ghritha, Doshamooladihya Ghritha etc.... which are Vataghna and will not increase Kapha and Medhus are beneficial.

Doshavasechana: Doshavasechana is beneficial when there is abundance of Doshas involved. If the lipid levels come under the high risk level, Doshavasechana should be done with Vamana, Virechana or Basti. After the Langhana, Pachana and Doshavasechana Rasayana can be given, especially in cases of that of prolonged duration and high risk level of hyperlipidemia to avoid the complications. Shilajathu Rasayana and the Rasayanas told in the Abhayamalaki Rasayana pada can be given as per the condition of the patient. Pathya is an important component in the treatment of Hyperlipidemia. For those whom hyperlipidemia is due to the sedentary causes the Ahara which are Laghu, Apatarpuca and Vyamama should be followed. For Krusha persons Vataghna Arnapana which does not increase Kapha and Medha should be followed. For both the groups intake of Takra regularly will be beneficial.

CONCLUSION:
- It is important to understand and control the pathophysiology of hyperlipidaemia due to its relation with many arterial diseases like Coronary Artery Disease.
- 1% reduction in cholesterol causes a 2% to 3% reduction in Chronic Heart Disease risk.
- Nidhana parivarjana and the correct following of Ritucharya and Dinacharya will help towards maintaining the Agni and the equilibrium between Doshas Dhatus and Malas and thereby preventing the occurrence of the pathology.
When once the pathology is started it is important to identify and understand the condition properly through Ayurvedic principles.

Timely intervention will prevent progression into further stages like Dhamani Prathichaya and further diseases like Hridayo, Vatavyadhi, Sthoulya, Prameha etc.

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CORRESPONDING AUTHOR

Dr. Divya K.S,
PG scholar Kaya Chikitsa Dept, SKAMCH&RC, Pipeline Road, RPC Layout, Vijayanagar, Bangalore.
divyasreejesh@gmail.com