



Medoroga Visheshank

आरोग्यमंदिर

पत्रिका

AROGYAMANDIR PATRIKA



March 2008

EDITORIAL

In continuation of the tradition of Shree Dhootapapleshwar Ltd. we have, through this incarnation of Arogyamandir Patrika tried to satiate the expectations of the Ayurvedic fraternity by giving the capsulated information from the basic texts starting from the concept to the practical application.

Through the last three Arogyamandir Patrikas, we have covered different but important topics such as 'Agnimandya' which is considered to be the root cause of almost all the diseases that one can think of, Skin Disorders which are increasing at a very high speed in the society as well as Joint Disorders of various types pose a tough challenge to the physicians.

In this issue we have tried to deal with the 'Ukta' as well as 'Anukta' disorders that can be clubbed as per their etiopathology or signs and symptoms.

It has been our endeavour to discuss the possible cause, cause effect relationship, as well as efficacious medicaments and therapies that will not only alleviate the suffering of the patients but will also help the patient to get rid of the disorders.

We are extremely thankful to the Ayurvedic fraternity consisting of *Dnyanavruddh* patriarchal Ayurvedic physicians for blessing this endeavour of ours.

We are also thankful to the entire Ayurvedic practicing community for its appreciation and to the students of Ayurved for the adulation they have bestowed on us. We remain indebted to all of them.

This "Arogyamandir Patrika - Medoroga Visheshank" is dedicated to one of the rampantly spreading categories of diseases which can broadly be classified under the umbrella of Medoroga.

We sincerely hope that this issue will also be appreciated by the Ayurvedic fraternity.

Awaiting your valuable feedback.

Yours sincerely,

Vd. Shailesh Nadkarni

Vishayapravesh

When all the Dhatus in the body are at their optimum levels, each of them contributes towards the Health of the body. But when there is Vikruti in any of the Dhatus, whether it is *Pramanatah* or *Gunatah* then it surely affects both the body and the mind. Sthoulya is one of the best examples of diseases caused due to *Pramanatah* Vruddhi of a Dhatu, Meda Dhatu in particular in this case. This is commonly known as 'Sthoulya'. Sthoulya is caused due to Meda Dhatu Vikruti but this is not the only Vikruti caused due to vitiation of Medovaha Srotas. There are many other diseases which get exhibited due to the vitiation of Medovaha Srotas. Physicians usually come across most of these in their day-to-day practice. Thus though, the term 'Medoroga' is generally considered to mean or denote 'Sthoulya' (known in common parlance as Obesity), there are many other diseases, that too fall in this category and are well treated by Ayurvedic Chikitsa Siddhantas and Upakramas. This issue of Arogyamandir Patrika is dealing with such diseases or conditions in appropriate depth.

Meda Dhatu

'मेदः स्नेह स्वेदौ दृढत्वं पुष्टिं अस्थ्यं च ।'

Meda Dhatu is one of the Sapta Dhatus which provides nourishment to the Asthi Dhatu. Meda Dhatu gives oiliness, softness, lubrication to body parts. It helps in proper sweating due to which temperature of body remains controlled. It also provides strength to the body. Proper functioning of Meda Dhatu is very necessary for lubrication & smooth frictionless operation of all activities of bones & muscles in the body.

Meda Vruddhi Lakshan

अल्पेऽपि चेष्टिते श्वासं स्फिक्स्तनोदरलम्बनम् । अ.ह.सू. ११

मेदः स्निग्धांगतामुदरपार्श्ववृद्धिं कास श्वासादीन् दौर्गन्ध्यं च । सु.सू. १५

Due to Vikrut Medo-Vruddhi there is excessive slimy skin, difficulty in breathing with less exertion, bulging of abdomen, breasts and hip becomes pendulous, foul odour in body.

Medoroga or obesity is not mentioned as a separate entity but in Charak Samhita Sootrasthana Chapter 2 it is mentioned under Nindita Purusha

अष्टौनिन्दितिकेऽध्याये मेदोजानां चिकित्सितम् ।

च. सू. २८/२४

In Medoroga due to vitiation of Meda Dhatu & its aggravation, the Srotas gets obstructed causing improper nourishment of other Dhatus & only Meda gets increased.



Medovaha Srotas

Moolasthanas

Vrukka (kidney), Vapavahan (omentum)

Causes of vitiation of Medovaha Srotas

Lack of exercise, Sleeping during day time, Working in sedentary lifestyle, Excessive intake of fatty heavy, cold, sweet and oily food, Excessive intake of alcohol, Intake of Kaphakar Dravyas, Beeja Dosha

Symptoms of vitiation of Medovaha Srotas

Accumulation of Mala on places like teeth etc.
Burning sensation in palms & soles
Excessive perspiration
Stickyness of skin
Obesity or Emaciation

Diseases of Medovaha Srotas vitiation

Atisthoulya (Obesity), Atisweda (Excessive perspiration)
Prameha, Madhumeha and Medogranthi

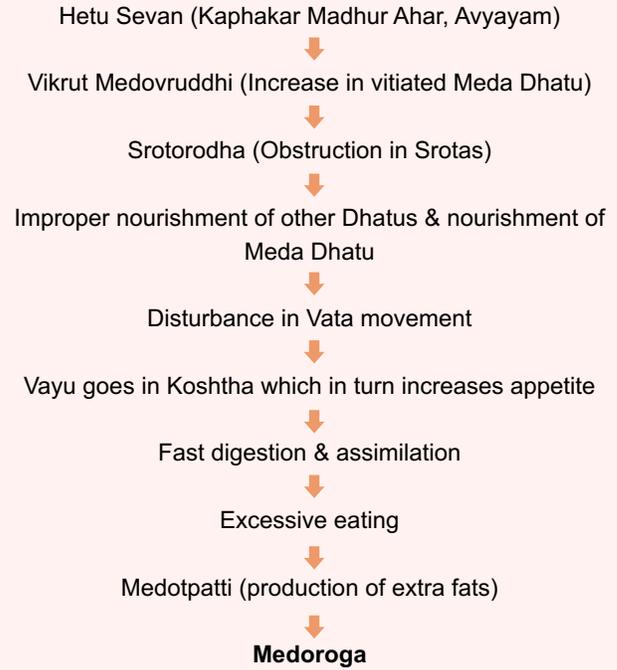
Special Examination

Accumulation of tartar on teeth etc.
Skin slimy/oily/dry

General Treatment

Diseases or conditions caused due to vitiation of Medovaha Srotas can be treated best using principles of treatment of Sthoulya or Medoroga.

Samprapti of Medoroga



Sthoulya

'Sthoulya' has been derived from word 'Sthoola'

'स्थूल बृंहणे' - स्थूलयति ।

'Sthoola' is the 'Guna' which does Brumhan or it brings about bulkiness. It increases the tissue weights.

Sthoola - of big size
Jadyata - physical and mental inactivity
Gourava - heaviness due to Guru Guna

'Sthoulya' is condition with increase in body fat which is Vikrut Medavruddhi i.e. excessive accumulation of fat.

As per modern science Obesity is a condition in which the body weight is 20% more than the desired body weight.

Today, more than 40% of our population is having 20% above the 'Ideal' body weight.

Causes of Sthoulya

अव्यायाम दिवास्वप्न श्लेष्मलाहारसेविनः ।
मधुरोदन्नरसः प्रायः स्नेहान्मेदः प्रवर्धयेत् । मा.नि. ३४

Apathyakar Ahara -Vihar

Ahar -
Madhur Anna, Kaphakar Ahara - Excessive intake of heavy, sweet, cold & unctuous food

Vihar -

Avyayama - Lack of physical exercise
Divaswapna - Sleeping in day time
Lifestyle - Sedentary lifestyle or life without any stress or strain with intake of excessive unctuous food causes obesity

Sahaja & Kulaja

Hereditary predisposition
Family as well as parental history of obesity
If parents are fat then offspring also show a tendency to accumulate fat. Even the diet & lifestyle habits which are practiced in the family contribute to obesity. So also it is very necessary to look after the diet during pregnancy as Atisantarapak Ahar i.e. diet with extra sweet etc. though necessary should not be taken in heavy quantity. It can develop childhood obesity.

Mental condition/Psychological causes

Mental stress and negative feelings like grief, anger increases tendency of overeating which develops obesity. Sometimes it is observed that people have a tendency of obesity even after eating less. This may be related with hormonal disorders or stress or related to Vata Prakopa.

Causes

Sahaja Beeja	Kulaja Mother Father	ApathyaAhar	ApathyaVihar	Manasik Mental Stress
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Accumulation of Meda - Causes & Effects

Causes of Obesity as per Modern Science

- ? Genetic & Hereditary - Medodoshya or obesity at times develops due to Genetic factors or hereditary causes
- ? Acquired obesity - Medoroga (obesity) developed due to excessive intake of fatty food, lack of exercise, excessive rest and sleeping during day time
- ? Malfunctioning of Endocrine glands -
Due to malfunctioning or disorders of endocrine glands or reduced secretion of hormones of Thyroid, Pituitary, Adrenal or Testis. Metabolism gets affected causing accumulation of fats in turn, developing obesity
- ? Certain drugs like steroids and Antidepressants causes obesity

Accumulation of Meda (fats) in the body

मेदस्तु सर्वभूतानां उदरेऽन्वस्थि तिष्ठति
अत एवोदरे वृद्धिः प्रायो मेदस्त्विनो भवेत् । यो.र.

In normal condition Meda is located in the bones as well as at the level of abdomen.
Hence, when Meda gets vitiated or aggravated it makes the person obese and his abdomen bulges out and making hips, abdomen & breasts pendulous.
Thus with the knowledge of sites of accumulation of Meda, obesity in the person can be identified.

मेदो मांस अतिवृद्धत्वात् चल स्फिगुदर स्तनाः ।
अयथोपचयोत्साहो नरोऽतिस्थूल उच्यते । च.सू. २१

In obese persons, accumulation of fat is more in the abdomen, buttocks and breasts and his vitality is much less than his body size.
Accumulation of Meda is more in females than in males.
In females the fats get accumulated more on buttocks causing 'Pear Shape Obesity', whereas in males it gets accumulated on abdomen & around the belly causing 'Apple Shape



Obesity'.
According to modern science, Obesity in an individual is calculated by means of **Body Mass Index B.M.I.**

	SI Units		Imperial Units
BMI-	$\frac{\text{Wt (Kilogram)}}{\text{height}^2 \text{ (metre)}}$	= 703	$\frac{\text{Wt Pounds (Lbs)}}{\text{height}^2 \text{ (inches)}}$

While calculating BMI, use of SI units is preferred. BMI is defined as the individual's body weight divided by the square of the height and is always, expressed in the unit kg/m².

Symptoms of Obesity -

- ? Disfigurement of body or accumulation of fats all over body
- ? Bulging of abdomen
- ? Inability to work
- ? Sluggish movements
- ? Dyspnoea on exertion
- ? Difficulty in breathing
- ? Loss of tone
- ? Excessive hunger
- ? Excessive thirst
- ? Excessive perspiration
- ? Bad body odour
- ? Low vitality
- ? Impotency
- ? Lazyness, Sleepiness
- ? Dull mood or psychological changes
- ? Short life span

Why does the obese person suffer from excessive perspiration?

Obesity is a Vruddhi of Meda Dhatu in its Vikrut form. Vikrut Meda Dhatu vitiates Romakupa from the skin results in generation of excessive sweat, which is known as Mala of Meda Dhatu. This excessive sweat causes bad odour to the body.

Complications of Medoroga

According to Ayurveda there are more chances of complications or developing other disorders in obese person or Medorogi; if not treated properly.

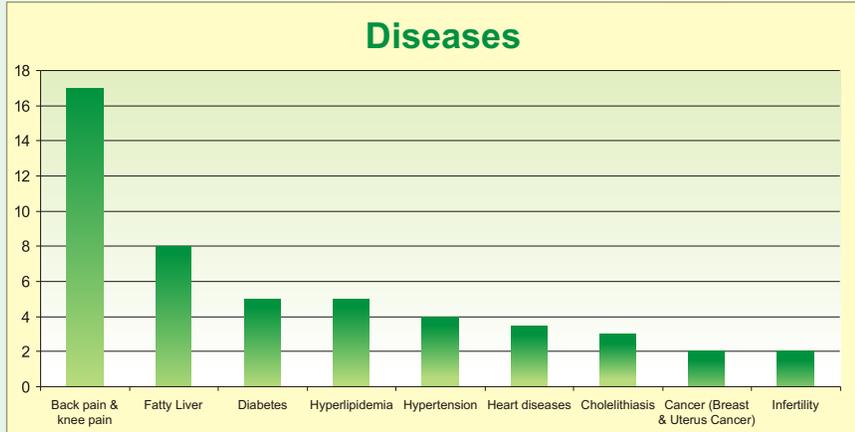
In Dhatuposhan Krama, its clearly mentioned that, 'पूर्वो धातु परं कुर्यात्' which indicates that it is the preceding Dhatu that nourishes the succeeding one. In the situation where Meda Dhatu gets nourishment more than it normally should, it is the Dhatus that succeed Meda viz. Asthi, Majja & Shukra that do not receive proper nourishment. This results in Kshaya (depletion) of Sthanik (Sabeeja) and Sarvadehik (Abeeja) Shukra Dhatu. This results in Indriya Shaithila and difficulty in sexual contacts (Maithunashakyata) along with signs of Sarvadaihik Shukra Ksheenata. Also Asthi Dhatu or bones becomes porous and weak.

स्थूले स्युर्दुस्तरा रोगा विसर्पाः सभगन्दराः ।

ज्वरातिसारमेहार्शः श्लीपदापचिकामलाः ॥ यो. र. मेदोरोग -८



Accumulation of Meda - Effects



According to Ayurved the obese persons are more prone to the following diseases. It is reported that infertility is manifested about 2 times more while back and knee pain occur approximately 17 times more in obese people than those of normal people.

(Ref Publication by National Institute of Ayurveda)

Examination in Obesity

General Examination - Inspection, Palpation
 Weight - in kg
 Height - in meter or cm

$$\text{B.M.I. (Body Mass Index)} = \frac{\text{wt (kg)}}{\text{ht}^2 \text{ (m)}}$$

Normal weight	-	18.5 to 25	} B.M.I.
Overweight	-	25 to 30	
Obesity	-	30 to 40	

Darshan (Inspection)

Oedema all over body/swelling - Cardiac / Renal causes

Swelling in anterior region of neck - Thyroid gland disorder

Excessive Perspiration - Obesity

Sparshan (Palpation)

Cold touch, Feeble pulse, Pitting oedema

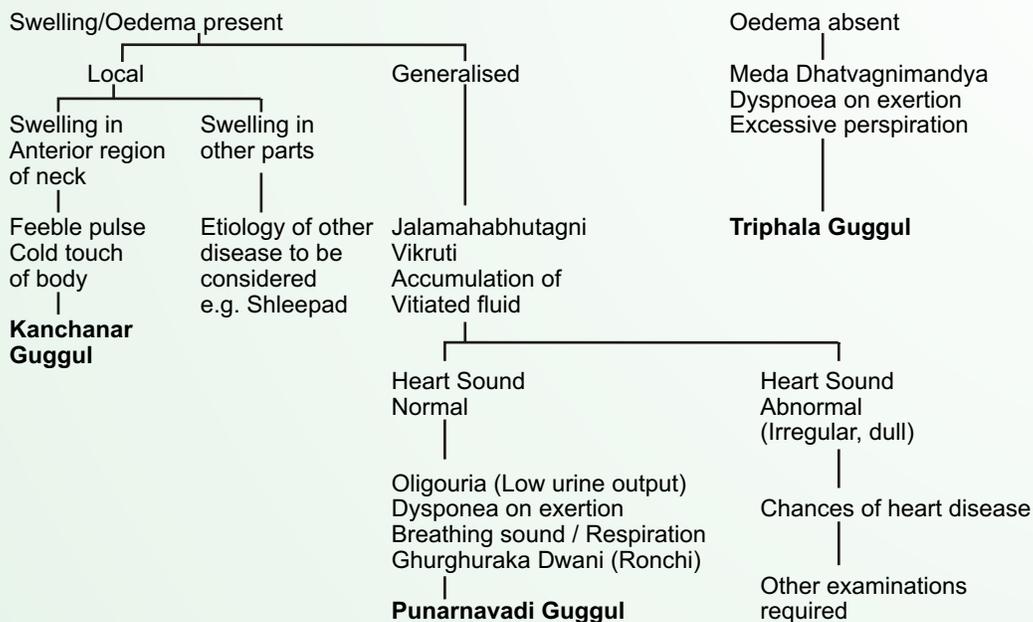
Auscultation

Hrud-Dhwani (Heart sound) - Normal
 Abnormal - Slow, weak, Irregular - heart disease, *Pitting oedema*

Shwasan Dhvani - Respiratory Sound Crepitation -
 Dyspnoea on exertion



Sthoulya Chikitsa Sarini



Treatment of Sthoulya

कार्श्यमेव वरं स्थौल्यात् न हि स्थूलस्य भेषजम् । अ.ह.सू. १४/३१

The treatment of Sthoulya is not as easy as the treatment of Karshya hence, Karshya is better than Sthoulya.

व्यायामनित्यो जीर्णाशी यवगोधूमभोजनः ।

सन्तर्पणकृतैः दोषैः स्थौल्यं मुक्त्वा विमुच्यते ॥ च.सू. २३/२५

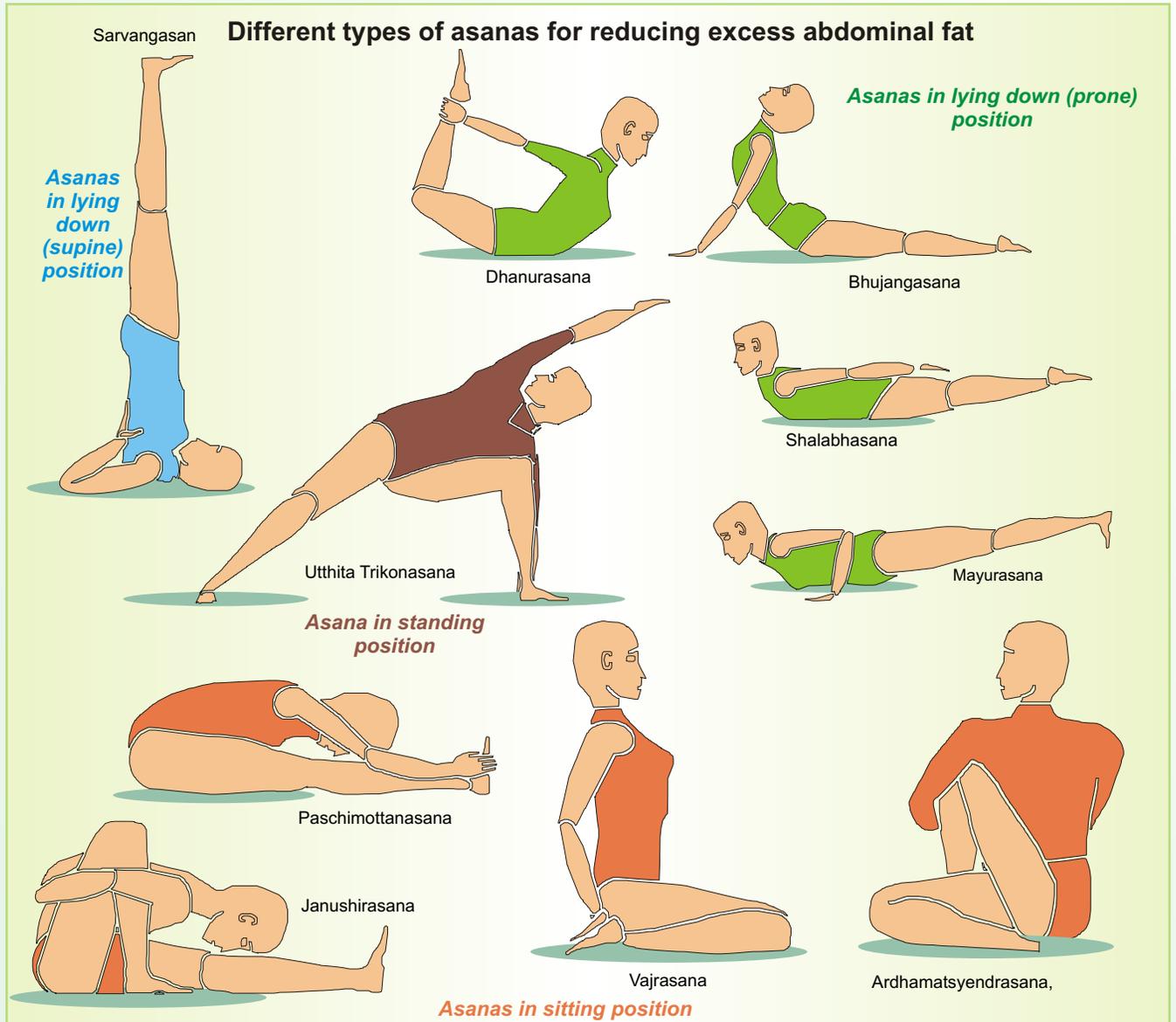
Those who exercise regularly, eat food like Yava (barley), Godhuma (wheat) and articles prepared from them and ingest food only after the previously consumed food is digested get relief from disorders like Sthoulya, Prameha etc. developed due to excessive Santarpana.

- Nidan Parivarjan, Satvavajaya, Langhan (Fasting)
- Sanshodhan & Karshan - Lekhan Basti, Rooksha Basti, Mrudu Anuloman, Virechan - Gomootra
- Karshan Ahara - Kaphanashak, Medoghna, Rooksha, Katu, Tikta Dravya
- Vyayam, Vyavaya - Proper exercise & proper sexual activity

- Udgharshan - Rooksha Dravya Haritaki, Shirisha, Lodhra, Nagakeshar, Dadima, Nimbapatra, Amratwak
- Aushadhi Dravya Shilajatu, Guggul, Kumbha, Musta, Madhu, Triphala
- ? Aushadhi Kalpa - Arogyavardhani, Triphala Kashaya, Triphala Guggul, Phalatrikadi Yoga, Punarnavadi Guggul, Guduchyadi Yoga, Chandraprabha Gutika, Trushanadya Loha, Gokshuradi Guggul, Vidangadi Loha, Dashang Guggul, Vadavagni Rasa, Navak Guggul, Medohar Guggul Shadushan Guggul
- ? Basti - Lekhan Basti - Niruha Basti
Vatsakadi Gana
Lekhaneeya Mahakashaya

यत् किञ्चित् लाघवकरं देहे तल्लघनं स्मृतम् । च.सू. २२

Triphala Kwath + Honey (Y.R)
Boiled and cooled water + Honey (Y.R)



Treatment of Sthoulya

Vyayama

Vyayama i.e. exercise is the most important treatment in Sthoulya (Obesity).

शरीरायासजनकं कर्म व्यायामं संज्ञितम् । सु.चि. २४

Exercise is the action which gives Ayasa (strain) to the body.

लाघवं कर्मसामर्थ्यं दीप्तोग्निर्मेदसः क्षयः ।

विभक्तघनगात्रत्वं व्यायामदुपजायते । अ.ह.सू. २

Exercise brings about lightness, ability to work, brings stability, stimulates digestion, reduces fats and gives proper shape and strength to all body organs.

Chankramana

It is the best and easy method of exercise for obese persons. Easy/Gentle walking is called as Chankramana.

अतोऽध्वाग्नि बलांयूषि कुर्याच्चङ्क्रमणं सुखम् ।

मारुतस्यानुलोम्यं च खुडस्तम्भश्रमापहम् । अ.सं.सू. १२

Chankramana increases appetite, strength, improves digestion, helps in Vatanuloman, relieves fatigue (physical and mental) and increases quality span of life. Also it does not give excessive pressure on the joints. Hence Chankramana is always advised for obese persons till the perspiration starts.

Lepa & Udvartana -

Durgandhinashak- Helpful in reducing body odour, acts as a deodorant

- Application of Audulsa Patra Swarasa with Bilvapatra Swarasa, Shankha Bhasma reduces bad odour of body
- Karpooora, Shwetachandan, Padmakashtha, Lodhra, Shirisha, Khus, Nagakeshar all in equal quantity for Udvartan (Dry powder to be rubbed on body)
- Baboolpatra with water for Udvartan
- Jamun Leaves, Arjuna (flower or fruit), Kushtha in equal quantity for Udvartan
- Priyangu, Lodhra, Haritaki, Chandan in equal quantity for Udvartan
- Shirish (Twak/Phala/Pushpa), Rohisha Truna, Nagakeshar, Lodhra in equal quantity

Useful drugs in treatment of Medoroga

Guggul Commiphora wightii

Properties of Guggul

Katu, Tikta, Ushna, Laghu, Hrudya, Rasayan, Balya, Snehan, Sransan, Vatanulomak, Deepan, Tonic for nervous system, Stimulant, Shukrajanak (Spermatogenic), Vrushya (Aphrodisiac), Asthisandhankar (Beneficial for bones & joints), Swarya (Beneficial for voice), Vranashodhak (Cleanses the wound), Vranaropak (Beneficial in healing wound), Shothaghna (Anti-inflammatory), Raktavardhak (Haematinic), Artavajanana (Emenagogue)

Action -

- Tridoshaghna specially Vatakaphashamak specially acting on Meda Dhatu with properties like Ushna, Rooksha, Kaphaghna, Lekhan

- Useful in Swarabheda, Apachi, Sthoulya, Meha, Pidaka, Granthi, Gandamala
- Reduces obstruction by Vatashamak & Lekhan action thereby eradicates excessive Meda
- Also being Balya Rasayan it alleviates debility or weakness
- With its Medoghna action dilates the Romakupa (pores of sweat glands) which are occupied or obstructed due to Meda and helps in proper sweating
- Sweda being Meda Mala is useful in excessive perspiration

Indications

Jeerna Kapharoga, Vataroga, Grudhrasi, Ardita, Agnimandya, Apachan, Atisara, Pravahika, Granthi, Kushtha, Phiranga, Shotha, Udara, Vrana, Bhagandar, Pandu, Arsha, Prameha, Garbhashaya Vikar, Medovruddhi

Shilajatu Asphaltum parities

Shilajatu is an exudate from stones in the mountains of high altitude.

In Greeshma Rhutu, because of strong heat of the Sun, some metallic contents of these stones melt & ooze out directly.

Examination of Shuddha Shilajatu

वह्नौ क्षिप्तं भवेद्यत्तलिङ्गाकारमधूमकम् ।

सलिलेऽप्यविलीनं च तच्छुद्धं हि शिलाजतु ।

1. When subjected to fire it doesn't give out smoke and takes the form of cylindrical mass
2. When placed over water surface it gradually sinks to the bottom in form of strikes but doesn't dissolve in water

Properties of Shilajatu

Katu (Pungent) & Tikta (Bitter), Katuvipaki, Ushna, Rasayan & Yogavahi (which enhances the property of the drug to which it is added)

It reduces increased Meda in the body and tones up the body imparting it with strength.

Useful in Kaphavikar, Prameha (Diabetes mellitus), Mootrashmari,

Mootrakrucchra, Kshaya, Shwasa, Pandu, Arsha, Shotha, Agnimandya, Gulma, Pleehavruddhi, Udara, Kushtha.



Shilajatu

Chandraprabha (With Loha-Shilajatu)

- Excellent Kledanashak, Medanashak & helps in proper metabolism of Dhatu
- Useful in Prameha due to Medovruddhi or aggravation of Meda
- Helpful in obese person having complications such as Prameha, Sheeghrapatan, Swapnadosha
- Acts on Mootravaha Srotas and useful in Shotha & Urinary disorders



Body Mass Index (BMI)

As per Modern Science, **Body Mass Index (BMI)** or Quetelet Index is a statistical measure of the weight of a person scaled according to height.

BMI is defined as the individual's body weight divided by the square of height & is always expressed in unit kg/m^2 . This helps in knowing exact weight of a person.

Formula for Calculation of BMI

	SI Units		Imperial Units
BMI-	Wt (Kilogram)	= 703	Wt Pounds (Lbs)
	height^2 (metre)		height^2 (inches)

The use of BMI is to assess how much an individual's body weight departs from what is normal or desirable for a person of his or her weight. This helps in assessing the actual levels of body fat. This depends on the factors such as muscle mass, bone structure, weight, gender etc.

The people who have greater bone mass and great muscle mass are known as Mesomorphic (persons with compact body) and they tend to have higher BMI numbers.

Similarly, an Ectomorphic individual (persons with lean body) could conceivably receive an unhealthily low reading of BMI, when in fact their body type makes them naturally thin, no matter what they eat.

People with a short structure tend to have lower BMI. Therefore, they should use a lower cut off value for obesity diagnosis.

BMI Categories

Human bodies rank along the BMI from around 15 (near starvation) to over 40 (morbidly obese). This statistical spread is described in broad categories.

In Adults	BMI
Starvation	less than 15
Underweight	less than 18.5
Ideal	from 18.5 to 25
Overweight	from 25 to 30
Obese	from 30 to 40
Morbidly obese	greater than 40

Triphala Guggul

- The potent Medanashak Kalpa with ingredients like Triphala (Haritaki, Amalki & Bibhitak) and Guggul having properties like Lekhan & Srotorodhanashan
- Most effective in Medoroga, due to Triphala Vishesh Shodhit Guggul which helps digest Vikrut Meda
- Reduces excessive perspiration and body odour
- Useful in complications of Medoroga such as Prameha, Arsha and Shotha



In children BMI is calculated the same way as for adults, but then compared to typical values for other children of same age groups. This is known as BMI percentile which allows this comparison instead of setting thresholds for overweight and underweight.

BMI less than 5th percentile is considered underweight and above 95% is considered as overweight.

Children with BMI 85% to 95% are considered to be at risk of becoming overweight.

For Asians the new cut off BMI index for obesity is 27.5 compared with the traditional WHO figure of 30.

The ideal normal range for BMI in an Asian adult is 18.5-22.9. BMI of 23 or more than that is now considered as overweight.

Body fat, Body water scale

Bioelectrical Impedance Analysis (BIA) is a commonly used method for estimating body composition, it is technology used for body fat monitoring.

BIA passes freely through the fluids contained in muscle tissue and in blood, but it encounters difficulty when passing through fat tissue, which contains little water.

BIA actually determines the electrical impedance or opposition to the flow of an electric current, of body tissues which can be used to calculate an estimate of Total Body Water (TBW).

TBW can be used to estimate fat free body mass and by difference with body weight, body fat. Simple devices such as body fat meters are used to estimate body fat and body water also using BIA.



Instrument to determine percent body fat is Skinfold Caliper. It measures the thickness of a fold of skin and its underlying fat.

Kanchanar Guggul

- Effective in Mansa, Meda panchan and reduction of excessive Kelda and Lekhan action due to Kanchanar, Varun twak and Triphala
- Useful in Galaganda, Gandamala, Apachi, Granthi, Arbuda



Tips on Weight Reduction

- It is essential for a physician to first confirm whether the person is obese before advising the person to loose weight
- It should be confirmed that in the particular patient the excess weight is of fat and not the bones
- A specific target be decided with short term realistic goals
- Gradual corrections in the diet to be advised
- Reduction to be aimed at one & one & half pound per week
- Balanced diet with Ayurvedic principles in mind to be advised
- Viruddha Ahar to be strictly avoided
- Excessive sweet, deep fried and heavy to digest food to be avoided
- Appropriate time spacing in the intake of solid or liquids to be avoided
- Easy to digest food in small quantities at appropriate intervals be advised

Pathya

Sthoulyanashak Ahara -

- Less fatty diet with bitter, pungent, astringent food
- Yava (Barley), Moonga, Masoor, Arahar, Kulathi, Laja (Flakes), Bajra, Corn, Kodru, Parvar, Shigru (Drumstick), Madhu, Buttermilk
- Drinking warm water
- Drinking water before food

Sthoulyanashak Vihar -

- Determine the type of physical activity that suits your life style
- Regular aerobic exercises like brisk walking, jogging, swimming, Outdoor games, Climbing staircase, Asanas from Hathayoga useful for obesity, Suryanamakar is a key factor in achieving permanent weight loss & improving health
- Gradually increasing physical exercise upto 30 minutes or more than that is beneficial
- The exercise should be moderately vigorous but not exhausting
- Physical & mental exercises, mental includes keeping late nights, stress, anxiety
- Increasing frequency of sexual activity is best for reducing Meda Dhatu

Arogyavardhani

- The well known remedy for Medoroga which acts as Medonashak thereby reduces Dhatushaithilya
- Excellent Medonashak, Kaphanashak, Lekhan action
- Useful in symptoms of obesity like debility, excessive perspiration & foul body odour



Apatniya

Ahar

Rice, Wheat, Udad, Milk, Malai (milk cream), Curd, Butter, Rabadi, Fish, Sweet & Fatty foods, Potato and other roots

Vihar

Sleeping, Lack of exercise, Drinking water after having food, Excessive intake of food

Punarnavadi Guggul

- Useful in Medoroga due to Punarnava which acts specially on Medovaha Srotomula i.e. 'Vrukka'
- With Haritaki, described as 'संतर्पणकृतान् रोगान् प्रायः हन्ति हरितकी' effective in Medoroga
- Excellent Lekhan and Medohar action due to Gomutra Vishesh Shodhit Guggul
- Useful in complications of Medoroga like Shwasa, Hrudroga, Shotha etc.



Is it not essential to think of this?

Ayurved considers each individual to be different than the other on the basis of Prakruti and this is an important speciality of Ayurved. But inspite of this, while correlating many things, speciality of Ayurvedic approach get ignored. For example when we take a look at the Height - Weight. chart that is used by all of us; we equate all individuals while using this chart. We all know and also observe in day-to-day practice that each individual based on Vatadi Saptavidha Prakruti has a different physique and has individual structure of one's own.

On the backdrop of this scientific principle, is it not important for us physicians to categorise the healthy as well as the diseased persons on the basis of their Prakruti and think of preparing Height - Weight charts on the basis of Prakruti that is different from the commonly used chart. Is it really possible for us to examine a person on Ayurvedic tenets without doing this?

Today, when the entire mankind is progressing towards understanding the basic Ayurvedic principles and accepting the science of Ayurved, is it not essential that the entire Height - Weight chart is recast on the basis of the Ayurvedic tenets to be in tune with the Saptavidha Prakruti Concept for all types of Prakruti?



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