KAYACHIKITSA PRINCIPLE AND ROLE OF INTERNAL MEDICINE IN METABOLIC DISORDERS: A REVIEW

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Abstract

Kayachikitsa is one of the modality of ancient health science Ayurveda which involves management of general diseases through internal medicine. Common diseases such as; fever, anemia, indigestion, infections, arthritis, diabetes, metabolic ailments and skin diseases, etc. can be managed effectively using general principle of Kayachikitsa. This stream greatly helps to manage metabolic disorders such as; obesity and diabetes. It is believe that drugs having Katu, Kashaya and Tikta Rasa, Ushnavirya, Tikshna Guna, Sroto-Shodhaka, Katuvipaka, Deepana-Pachana and Kapha-Vatahara properties gives therapeutic relief in Sthaulya and diabetes. Present article deals with therapeutic significance of Kayachikitsa (role of internal medicine) in metabolic disorders.

Key-Words: Kayachikitsa, Ayurveda, Obesity, Diabetes
Introduction

Kayachikitsa is branch of disease management belonging from Ayurveda science and helps to treat common illness. This branch utilizes natural drugs or traditional formulations for the management of general diseases. Jwar, Atisara, Unmad, Prameha and Sthulya, etc. are some diseases which can be mange using approaches of Kayachikitsa.

Diagnosis, dispensing, dosing and administration of medicines, etc. are some factors need to be considered under the heading of Kayachikitsa. The uses of various herbs or natural drugs help to pacify Dosha, potentiates Dhatu, detoxify body and correct Agni thus cure general diseases. Kayachikitsa term as depicted in Figure 1 itself indicates that it is the approach of complete treatment of body [1-5].

![Figure 1: Components words of term Kayachikitsa](image)

The branch Kayachikitsa not only provide therapeutic benefits in common disease but it also helps to manage metabolic disorders mainly occurs due to the disturbed pattern of life style. The principle of Kayachikitsa helps to manage metabolic problems like; obesity, high cholesterol, fatty liver, hypertension and diabetes. As per Ayurveda internal medicines like; Amalaki, Haritaki, Vidanga, Gymnema Sylvestre, Vibhitaki Guggulu Resin, Eugenia Jambolana and Kalonji, etc. provides relief in metabolic disorders. Drugs like Chitrakadi Vati, Pippali Churna and Trikatu Churna helps to pacify Agni while Jambu, Amalaki, Bilva, Haritaki and Bibhitaki helps to manage obesity and hyperglycemia [3-7].

Specific role of natural medicines/herbs in metabolic disorders:

- **Guggul** is resin help to reduce weight and control deposition of excessive fat in body.
Aloe vera control weight and it greatly helps in other common disorders.

Kalonji is black cumin, possess property to lose weight thus help in obesity.

Coccinia indica is anti-diabetic drug control breakdown of starch thus prevent symptoms of diabetes.

Gurmar leaves helps to control blood sugar level since it induces functioning of pancreatic beta cells.

Momordica charantia used as anti-diabetic agent, increases insulin secretion and helps to control symptoms of diabetes.

Trigonella foenum reduces blood glucose level thus gives anti-diabetic effects.

Eugenia Jambolana lowers sugar level in blood, stimulates insulin secretion and control metabolic activities.

Daruharidra root contains berberine relief diabetes, control body weight and lowers blood glucose levels.

Gudmaar prevent desire to take sweet food thus helps to control diet induce metabolic disorder especially diabetes.

Karela is known for its beneficial effect in diabetes, contains hypoglycemic compound; charantin and imparts blood glucose lowering effect.

Haridra contains curcumin which reduces hyperlipidemia thus balances fat level and cure symptoms of diabetes.

Phyllanthus Niruri cure liver problems thus control metabolic disorders related to the functioning of liver.

Dalchini imparts antioxidant effects thus reduces hypercholesterolemia and other diseases related to the oxidative damage.

Chitrak boost Agni thus improves process of digestion and relieve metabolic problems associated with impaired digestion.

Pepper offer Dipana effect therefore metabolic abnormalities related to the low state of digestion.
Coriander gives carminative effects thus balances process of digestion and prevent chances of metabolic diseases [6-10].

Traditional Formulations for Metabolic Disorders

- **Silajatu** enhances Ojas, improves strength in metabolic disorders and prevent autoimmune abnormalities.
- **Pippali Churna** boost Agni thus regularizes metabolic activities.
- **Dasamoolarishta** is useful in Prameha
- **Triphala** reduces glucose levels in blood especially in case of type 2 diabetes, reduces weight and helps to break down excess of fat.
- **Varadi Kashayam** is useful to lose weight and helps in obesity.
- **Kumaryasavam** relief consequences of obesity [8-11].

There are some Ayurveda formulations which helps in metabolic disorders as mentioned below:

- Triphaladi guggulu
- Sapragandha ghanavati
- Medohara guggulu
- Punarnavadi guggulu
- Nisamlaki Churna
- Aswagandharishtam
- Varanadi Kashayam
- Gandharvahastadi Kashayam
- Avipathi Churnam

Conclusion

Ayurveda drugs like Guggulu, Arjuna, Kalonji, Eugenia Jambolana, Punarnavadi guggulu, Triphala, Kumaryasavam, Dasamoolarishta, Nisamlaki Churna, Pippali Churna and Trikatu Churna, etc. provides health benefits in metabolic disorders like Ati Sthoulya and Madhumeha, etc. These Ayurveda drugs correct improper functioning of Agni, removes Ama, pacify vitiation of Dosha &
Dhatu and clears blockage of channels therefore useful in the management of metabolic disorders. These ayurveda drugs helps to cure metabolic abnormalities such as; Ati Sthoulya, Madhumeha, Dhamani pralepa, dyslipidemia and Srotsam Lepa, etc. Kaphahara and Vatahara effects ayurveda medicines help in Ati Sthoulya and Dhamani pralepa. Ayurveda herbs strengthen immunity, improve digestion, regularize circulatory process and balances hormonal secretion therefore cure consequences of metabolic abnormalities.

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