



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

Review Article

Volume 10 Issue 02

March - April 2021

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 *Sthaulya*, etc. are some diseases which can be manage 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].

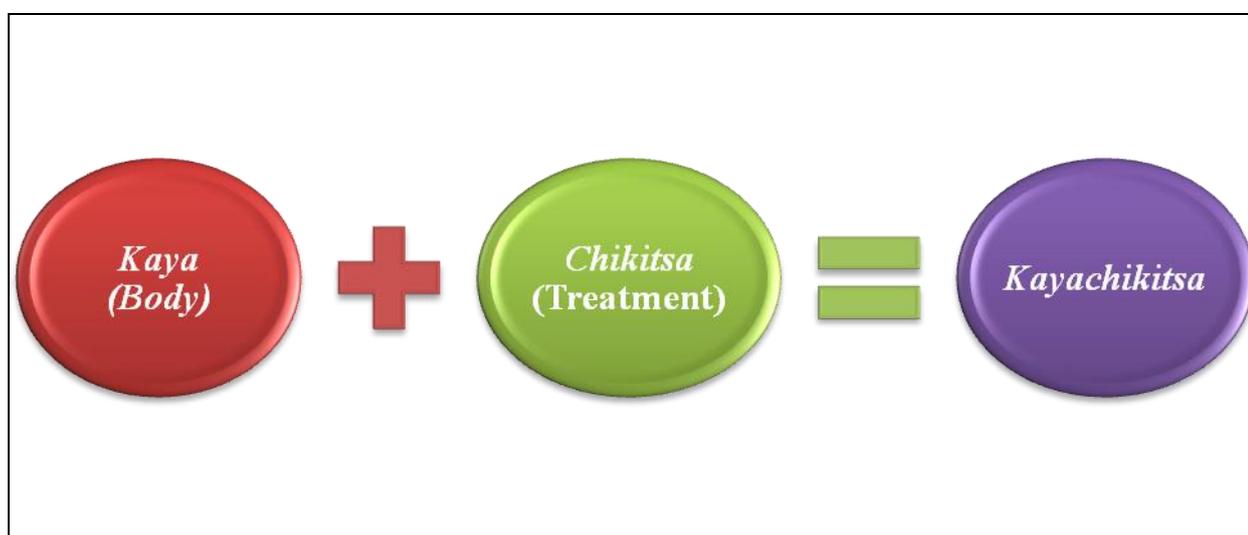


Figure 1: Components words of term *Kayachikitsa*

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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