

ROLE OF AMRUTADHYA GUGGULU AND LEKHAN BASTI IN MEDODUSHTI WITH SPECIAL REFERENCE TO DYSLIPIDAEMIA

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ABSTRACT

Cardiovascular diseases (CVD) are the major cause of morbidity and mortality in our society with Dyslipidaemia contributing significantly to atherosclerosis. All components of Dyslipidaemia get the most attention because of the link between plasma lipids and CVD, as it is major risk factor for fatal diseases such as Coronary Artery Disease (CAD). As described in *Ayurveda*, *Medodushtijanya* Sign and Symptoms shows strikingly resemblance with Dyslipidaemia explained in modern text. Thus while treating the *Medodushti*, selection of *Dravya* should have criteria that help to *Lekhana* of excessive *Meda-Kapha* without *Vayu-prakopa* and normalising the *Agni* both at the level of *Jatharagni* and *Dhatwagni*. Thus to assess the efficacy of *Lekhana Basti* and *Amrutadhyaya Guggulu*, present study was planned and carried out on 30 clinically diagnosed and investigated individuals of Dyslipidaemia. Patients were selected from OPD and IPD of *Arogyashala*, NIA, Jaipur. Patients were administered *Amrutadhyaya Guggulu* in dose of 3g/day with 15 *Lekhana Basti*. The results were highly significant in both Subjective as well as Objective parameters. Thus, this study gave very effective, safe, and easily manageable management of Dyslipidaemia in cheaper rate.

Keywords: *Medodushti*, Dyslipidaemia, *Amrutadhyaya Guggulu*, *Lekhana Basti*

INTRODUCTION

During last centuries, life style alteration has been characterised by increased calories, fat intake and reduction in physical activities along with a dramatic increase in metabolic syndrome related disorder such as Diabetes, Dyslipidaemia, HTN, obesity, and so on. Cardiovascular diseases (CVD) are the major cause of morbidity and mortality in our society with Dyslipidaemia contributing significantly to atherosclerosis. Dyslipidaemia alone currently affects approximately 10% of global population. The term Dyslipidaemia is used to describe disordered lipid metabolism. All component of Dyslipidaemia get the most attention

because of the link between cholesterol and CVD as it is major risk factor for fatal diseases such as Coronary Artery Disease.

According to WHO survey done in 2002 almost 1/5th (80%) of global stroke events and about 56% of global heart disease are attributed to Dyslipidaemia. This is responsible for about 4.4 million death (7.9% of the total) and 2.8% of global disease burden. According to National Commission on Macroeconomics and Health (NCMH), government of India undertaking, there would be around 62 million patients with Coronary Artery Disease (CAD) by 2015 in India and of this 23 million would be patients younger than 40 years of Age.

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Table of Contents Rapid Reference To Dyslipidaemia

1. Understanding the eBook Rapid Reference To Dyslipidaemia
 - The Rise of Digital Reading Rapid Reference To Dyslipidaemia
 - Advantages of eBooks Over Traditional Books
2. Identifying Rapid Reference To Dyslipidaemia
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rapid Reference To Dyslipidaemia
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rapid Reference To Dyslipidaemia

- Personalized Recommendations
 - Rapid Reference To Dyslipidaemia User Reviews and Ratings
 - Rapid Reference To Dyslipidaemia and Bestseller Lists
5. Accessing Rapid Reference To Dyslipidaemia Free and Paid eBooks
 - Rapid Reference To Dyslipidaemia Public Domain eBooks
 - Rapid Reference To Dyslipidaemia eBook Subscription Services
 - Rapid Reference To Dyslipidaemia Budget-Friendly Options
 6. Navigating Rapid Reference To Dyslipidaemia eBook Formats
 - ePub, PDF, MOBI, and More
 - Rapid Reference To Dyslipidaemia Compatibility with Devices
 - Rapid Reference To Dyslipidaemia Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rapid Reference To Dyslipidaemia
 - Highlighting and Note-Taking Rapid Reference To Dyslipidaemia
 - Interactive Elements Rapid Reference To Dyslipidaemia
 8. Staying Engaged with Rapid Reference To Dyslipidaemia
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rapid Reference To Dyslipidaemia
 9. Balancing eBooks and Physical Books Rapid Reference To Dyslipidaemia
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rapid Reference To Dyslipidaemia
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Rapid Reference To Dyslipidaemia
 - Setting Reading Goals Rapid Reference To Dyslipidaemia
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Rapid Reference To Dyslipidaemia

- Fact-Checking eBook Content of Rapid Reference To Dyslipidaemia
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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