

## A Comprehensive Review on Meda Dhatu Dushti in Ayurveda

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### Abstract :

Meda Dhatu, the fourth among the seven fundamental Dhatus in Ayurveda, plays a crucial role in maintaining lubrication, stability, and overall metabolic balance. Its vitiation, known as Meda Dhatu Dushti, is responsible for various lifestyle disorders such as obesity, diabetes, and polycystic ovarian disease (PCOD). This review systematically analyzes the classical references and assessment criteria provided in Brihatrayi (Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya) to understand Meda Dhatu Dushti, its clinical manifestations, and possible therapeutic interventions.

**Keywords:** Meda Dhatu, Ayurveda, Meda Dushti, Obesity, Prameha, Panchakarma, Herbal Remedies, Lifestyle Disorders.

**Introduction** Ayurveda considers health as a balance between Dosha, Dhatu, and Mala. Meda Dhatu is derived from Mamsa Dhatu and is responsible for lubrication, energy storage, and tissue stability. However, its imbalance leads to various metabolic disorders.<sup>(1-3)</sup> The growing prevalence of obesity, diabetes, and cardiovascular diseases makes it imperative to understand the Ayurvedic perspective on Meda Dhatu Dushti and its assessment criteria. The present review compiles references from classical Ayurvedic texts to provide a structured analysis of Meda Dhatu Dushti.<sup>(4-7)</sup>

**Materials and Methods** A systematic review of classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya was conducted. Commentaries on these texts were also reviewed to understand the nuances of Meda Dhatu Dushti. Modern research articles that explore the correlation between Ayurvedic concepts and contemporary medical science were also considered.

### Results

#### Formation and Function of Meda Dhatu

Meda Dhatu is formed from Mamsa Dhatu and nourishes Asthi Dhatu. It exists in two forms:

- **Sthanastha Meda:** Found in organs and tissues, providing lubrication and structural support.
- **Margastha Meda:** Circulates within the body, aiding metabolic functions.

Its functions include:

- Providing energy storage.
- Lubrication of joints.
- Nourishment of deeper tissues.
- Protection of vital organs.

#### Meda Dhatu Dushti: Causes and Pathogenesis<sup>(8-10)</sup>

The imbalance of Meda Dhatu is primarily caused by lifestyle factors such as sedentary habits, excessive consumption of fatty foods, and lack of exercise. In Ayurveda, the etiological factors include:

- **Aharaja Nidana (Dietary causes):** High intake of fatty, sweet, and processed foods.
- **Viharaja Nidana (Lifestyle causes):** Sedentary behavior, daytime sleep, and alcohol consumption.
- **Manasika Nidana (Psychological causes):** Stress, depression, and emotional eating.

When Meda Dhatu is vitiated, it leads to improper metabolism, causing disorders like obesity (Sthaulya), diabetes (Prameha), and cardiovascular diseases.

#### Clinical Features of Meda Dhatu Dushti<sup>(11-12)</sup>

Different Acharyas have elaborated on the symptoms of Meda Dhatu Dushti:

##### a) Charaka Samhita:

- Excessive sweating (Atisveda)
- Difficulty in movement (Gati Sannirodha)
- Excessive hunger and thirst (Atikshudha, Atipipasa)
- Lethargy and tiredness
- Skin disorders due to excessive Meda accumulation

##### b) Sushruta Samhita:<sup>(13-14)</sup>

- Presence of Medoj Granthi (fatty tumors)
- Enlargement of body parts (Vruddhi)
- Goiter (Galaganda)
- Diabetes (Madhumeha)
- Inflammatory conditions due to Meda accumulation

c) **Ashtanga Hridaya:**

- Increase in body size with lethargy
- Increased susceptibility to infections
- Reduced lifespan due to metabolic imbalances

**Ayurvedic Diagnosis and Assessment Criteria**<sup>(15-16)</sup>

The diagnosis of Meda Dhatu Dushti is based on subjective and objective criteria:

- **Subjective Symptoms:** Excess body fat, lethargy, excessive sweating, craving for food, and difficulty in movement.
- **Objective Examination:** Measurement of body weight, skin fold thickness, lipid profile analysis, and the presence of Medoj Granthi (fat deposits).

Acharyas have classified individuals based on their Meda status, such as Ashaunindatiya Purusha (unhealthy body types prone to Meda Dushti) and Prameha Purvarupa (pre-diabetic conditions).

**Discussion** Meda Dhatu Dushti is a key factor in lifestyle disorders. Ancient Ayurvedic texts correlate this condition with modern metabolic syndromes. Obesity, diabetes, and dyslipidemia can be understood through the lens of Meda Dushti.<sup>(17)</sup>

Charaka emphasizes the importance of early diagnosis to prevent long-term complications. He mentions that Meda accumulation can lead to the blockage of microchannels (Srotorodha), causing diseases like Prameha and Sthaulya. Sushruta provides a surgical approach to treating Meda disorders, including the removal of Medoj Granthi. Vagbhata focuses on dietary and lifestyle interventions.<sup>(18)</sup>

The Ayurvedic perspective also aligns with modern concepts of metabolism. Meda Dushti resembles conditions like metabolic syndrome, where insulin resistance and lipid imbalances play a major role. Ayurvedic treatments like Panchakarma, herbal interventions, and dietary modifications have been found effective in managing obesity and related disorders.<sup>(19)</sup>

**Management Strategies for Meda Dhatu Dushti****1. Dietary Recommendations:**

- Avoidance of Guru (heavy) and Snigdha (fatty) foods.
- Inclusion of Laghu (light) and Ushna (hot potency) foods.
- Consumption of bitter and astringent foods like Triphala, Karela, and Guggulu.

**2. Lifestyle Modifications:**

- Regular exercise and yoga to stimulate metabolism.
- Avoidance of daytime sleep and excessive food intake.
- Stress management techniques like meditation.

**3. Herbal Remedies:**

- **Triphala:** Acts as a digestive and detoxifying agent.
- **Guggulu:** Known for its lipid-lowering properties.
- **Punarnava:** Helps in reducing water retention and fat metabolism.
- **Haritaki:** Aids in weight management and digestion.

**4. Panchakarma Therapies:**

- **Udwartana (Herbal powder massage):** Helps in fat mobilization.
- **Virechana (Purgation therapy):** Detoxifies excess Meda.
- **Basti (Medicated enema):** Regulates metabolism and digestion.

**Conclusion** Meda Dhatu Dushti is a significant pathological condition in Ayurveda, with clear correlations to modern metabolic disorders. Understanding its assessment criteria and adopting Ayurvedic management strategies can help in preventing and treating obesity, diabetes, and related conditions. Future research should focus on integrating Ayurvedic principles with modern scientific validation to establish evidence-based approaches to Meda Dhatu management.

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