Traditional Medicine-2013
OMICS Group Conferences
Accelerating Scientific Discovery
International Conference and Exhibition on
Traditional & Alternative Medicine
December 9-11, 2013 Hyderabad, India

An Ayurvedic approach for the management of metabolic syndrome

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Abstract

Metabolic syndrome is a combination of medical disorders that increase the risk of developing cardiovascular disease and diabetes. It affects one in five people, and prevalence increases with age. Metabolic syndrome is worth caring about because it is a condition that can pave the way to both diabetes and heart disease, two of the most common and important chronic diseases today. Metabolic syndrome increases the risk of type 2 diabetes (the common type of diabetes) anywhere from 9-30 times over the normal population. As to the risk of heart disease, the metabolic syndrome appears to increase the risk 2-4 times that of the normal population. In Ayurveda, metabolic syndrome may be correlated with the conditions like, Medoroga, Santarpanajanya vikara including Santapanajanya Madhumeha, Ati Sthoulya. All these conditions are interrelated and have similar pathological pathway. Ayurvedic approach to the management of Metaboli syndrome hence is largely in the direction of the treatment of Mrdoroga. It includes the principles like, Nidana Parivarjana (avoiding the causative factors), Ahara (diet), Vihara (life style management) and Chikitsa(treatment specific) including the procedures like Kshara basti, Udwartana, oral administration of herbal and herboimineral products etc. The details with the research evidences are presented here.

Key words: Metabolic syndrome, Ayurveda, Medoroga, herbal products

Biography

Dr. Sathyanarayana B is M.D. in Ayurveda in the subject Bhaishajya Kalpana (Ayurvedic pharmaceutics) from IPGT and RA, Jamnagar. He is currently working as Principal in Muniyal Institute of Ayurveda Medical Sciences, Manipal. He is also working as research executive and MR for ISO in Muniyal Ayurveda Research Centre. He has teaching, research, pharmaceutical and clinical experience of 13 years and administrative experience of five years. He has presented more than 40 papers as resource person in various national and international conferences, besides chairing the scientific sessions. He has over 20 publications across various national and international journals.