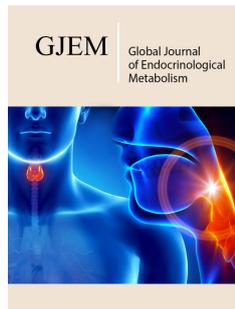


Metabolic Syndrome

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Abstract

Our Diet and Lifestyle plays a great role in maintaining our complete health. So eating right makes a lot of difference and most importantly helps in our metabolic function, keeping it up to the mark. But what if we develop some pathology that has the capacity to disrupt this metabolism? Obviously the body will start suffering and so do we. That is what this article is about. This Syndrome is a group of conditions that occur together, elevating the risk of cardiac disease, stroke and type 2 diabetes. It is also known as insulin resistance syndrome and dysmetabolic syndrome. The conditions included in metabolic syndrome are high blood pressure, elevated blood sugar levels, increased body fat around the waist, and imbalance in cholesterol or triglyceride levels. Having only one condition does not mean you have metabolic syndrome but you might have certain serious complications. Here in this article, we shall be discussing all the aspects about metabolic syndrome or syndrome X, its causes, symptoms and management in modern as well as Indian system of medicine - Ayurveda.

Introduction

Metabolic syndrome is a syndrome with a combination of heart disease, stroke and non insulin dependent diabetes mellitus which is responsible for all the pathological conditions. A person is diagnosed with metabolic syndrome when he/she have three or more of the following conditions:

1. High blood sugar levels
2. Increased triglycerides in the blood
3. High blood pressure
4. Huge waist circumference (apple shaped body)
5. Low levels of good cholesterol (LDL)

Each condition mentioned above elevates the risk of cardiovascular disease but having more than three of these increases the complications of cardiovascular condition and hence called metabolic syndrome. It may also lead to fatty build up in the arteries, then the condition is known as atherosclerosis.

Foremost common cause includes metabolic syndrome, physical inactivity, faulty dietary habits that imbalance the triglyceride. The metabolism of a person is hampered in it naming it as dysmetabolic syndrome. It is also called insulin resistance syndrome since it is associated with hyperinsulinemia, uptake of the blood sugar is hampered due to cells becoming resistant to insulin. In Ayurveda, Metabolic syndrome or syndrome X is related to Strotro Avrodha (obstruction of strotas or channels) in the body and insulin resistance can be related to Kapha avarana. More of its Ayurvedic Aspect and Management is explained further in this article.

Risk Factors

- a. Obese person is on higher site of risk especially carrying extra fat around abdomen
- b. Growing Age
- c. Sedentary lifestyle

- d. People with Type 2 diabetes mellitus are more prone to metabolic syndrome
- e. Other diseases like polycystic ovarian syndrome, alcoholic fatty liver, hypertension, dyslipidemia are more likely to have metabolic syndrome

Complications Associated with Metabolic Syndrome

- a. If weight is not managed properly it will lead to insulin resistance type 2 diabetes mellitus, increases the blood sugar levels
- b. High cholesterol and high blood pressure contribute plaque formation in the arteries which causes arteries to narrow and hardened which can lead to heart attack or stroke

Prevention

- a. Physical exercise for at least 30 minutes
- b. Controlling stress levels through Yoga, Pranayama and Meditation
- c. Healthy Weight should be maintained through Lifestyle and Dietary Changes
- d. Saturated Fats and Salts should be taken in limits
- e. Smoking should be prohibited
- f. Eating more of proteins, whole grains, vegetables and Fibres

Ayurvedic Aspect and Management

Ayurveda is an ancient Indian system of medicine existing since thousands of years ago. It believes in holistic healing through nature and herbs. It is very effective in managing diseases by correcting its root cause. In Ayurveda, vitiation of dosha is responsible for the development of any kind of disease inside the body. Metabolic syndrome is related to shroto dhusti which is because in any kind of disease nidana (causative factors) causes dosha dhusti (vitiation)

and these vitiated doshas get collected in strotas (strotodhusti). And if favourable conditions occur, diseases arise. Vata dosha has tendency to move frequently throughout the body in micro channels as well when dosha dhusti occurs, especially kapha dosha in metabolic syndrome, the movement of vata ceases, giving the symptoms of kapha avaran. Management protocol of sroto dusti here involves cleansing of channels so that all the dosha work together in harmony and vata dosha restores its flowing nature. Some rejuvenation (rasayana) therapies like Shilajit & Guggulu (Comiphora mukul) along with milk can help. Chyawanprasha is also a beneficial Rasayanik formulation according to Ancient Ayurvedic Texts. Herbs like Vidanga (Embelia ribes), Marich (Piper nigrum), Tulsi (Ocimum sanctum), Dalchini (Cinamomum zylanicum), Giloy (Tinospora cordifolia), Amla (Indian gooseberry), Haritaki (Terminilia chebula), Bibhitaki (Terminalia belerica) and many others play a very important role in this condition. Ayurveda can work like magic in this case and along with intake of herbs or herbal preparation one needs to be very consistent with the diet.

Conclusion

We have already discussed syndrome X or Metabolic syndrome in detail in this article from the general as well as Ayurvedic Point of View. As metabolic syndrome starts with insulin resistance type 2 diabetes mellitus due to false dietary habits and sedentary lifestyle. This alters the lipid profile of the human causing unhealthy fat accumulation. When this accumulates in the arteries, along with hypertension, it causes cardiovascular complications which in turn lead to stroke. In Ayurveda, this condition is understood as blockage of microchannels (sroto dushti) and increased kapha Dhatu causes Avaran thus obstructing the flow of vata dhatu. Therefore the management regime for Metabolic Syndrome discussed here will surely help in resolving the condition. For any related queries, doubts or Personalized Treatment Protocol, one can always visit www.PlanetAyurveda.com and Connect with Top Ayurveda Doctors helping patients globally for such disorders. We are here to Help You for any Health Problem, at your convenience, you just have to take 1 step towards us, and we'll take all the next steps towards your Healing.