



Review Article

Relevance of Medosara in present scenario with special reference to lifestyle disorder

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Medasara, medadhatu, medasarta, vridhhi (increase in bulk and mass), prakop (hyper dynamic state), kshaya (decrease in bulk and mass), snehan, dridhta, asthiposhan, prakriti, pravara sara, madhyam sara, avara sara.

Abstract

Medasara person achieves wealthy, healthy, happy feeling that makes life pleasant and comfortable with luxurious lifestyle. Therefore, medasara person shows less physical strength. They cannot face physical strain. So, they require jobs like administrative or sedentary jobs. Medasara people are intelligent, but they like to enjoy life. They are unable to bear any exertion. These all things lead to a sedentary lifestyle. So, their love to sedentary lifestyle causes various lifestyle disorders/diseases like hypertension, type 2 diabetes mellitus, dyslipidemia, overweight associated with cardiovascular diseases, cancer, hypothyroidism, hyperthyroidism, insomnia, arthritis, PCOS, heart diseases, constipation, etc. Medosarta is beneficial but there are two chances. Firstly, the person enjoys the functional benefits of the activity of medadhatu sarta as explained above. But later, there are also chances that they will suffer from de-arrangement in their functions due to prolonged consumption of meda dhatu prakopak aahar-vihar sevan, leading to increase in its normal structure & functioning either by vridhhi Or prakop of medadhatu. The resultant condition leads to the development of obesity which ultimately contribute to the increase in various lifestyle disorders which are one of the cause of mortality in today's world including cardiovascular diseases, hypertension, dyslipidemia, type 2 diabetes mellitus, insomnia, obesity, cancer, etc. Also, rapid acceptance towards the western lifestyle and rapid financial development in the past few decades caused increase in lifestyle disorders. Therefore, understanding the concept of medosarta relevance in the present scenario is an important step in learning. It enables Ayurveda scholars to find out the relevance of medosara in the present scenario with special reference to lifestyle disorders.

1. Introduction

Medadhatu sarta/meda dhatu is important among sapta dhatu, due to the function of snehan, dridhta, asthiposhan [1]. Acharya Charak has explained that sometimes by looking at the body of patients such as a patient is strong because of being corpulent, he is weak because of leanness. But actually, it is observed that some persons having small bodies and leanness are stronger than big and corpulent people. Hence inherent power of person cannot be perfectly judged by the bulk of the body which is only and easily asse-

ssed by sara examination.

Dhatu have the same set of functions in every individual, but the quality and richness of these functions may vary from person to person. This is decided by prakriti of a person and more by a 'sarta' of that particular dhatu. This sarta is beneficial but there are two chances. Firstly, the person enjoys the functional benefits of the activity of medadhatu sarta as explained above. But secondarily, there are also chances that they will suffer from de-arrangement

in their functions. Because *medosara* person is unable to bear exertion. So, they like sedentary lifestyle which leads to being overweight (*medodhatu vridhhi*) after certain period due to various causes like *medodhatu prakopak aahar vihar sevan*. This must not at all be confused with the increase in its normal structure & functioning, either by *vridhhi* or *prakop*—with the *medasara* which is the purest form of *dhatu*. *Vridhhi* and *kshaya* are considered abnormal conditions and differ from *sarta*. If *medodhatu* in the body becomes victim to this *vridhhi*, the resultant condition is known as *meda vridhhi*, which may contribute to the development of diseases [2]. This condition leads to the development of various lifestyle disorders/diseases like hypertension, diabetes, dyslipidemia and overweight/obesity associated with cardiovascular diseases [3]. According to research, cardiovascular diseases are the major cause of mortality nearly 30% of all deaths worldwide. So, it is important to study lifestyle disorder and their rooting. As a PG scholar, it inspires us to find out the relevance of *medosarta* in the present scenario with special reference to lifestyle disorders.

2. Materials and methods

For this study, data was collected from our ancient *Ayurvedic samhitas*, *Ayurvedic* literature, etc. Also studied research papers related to *medosara/medadhatu* and lifestyle disorders.

2.1 Review of literature

For achieving this aim, literary matters collected from Ayurveda Samhita also their preventive and curative aspect relative to disease have been explained.

Medosara Purush Lakshan: *Acharya Charak* says, in *medosara* individual, his colour, voice, eyes, hair on body and head, nails, teeth, lips, urine and feces are specifically unctuous. They achieve wealth, richness, happiness, feeling of wellbeing, offering of cordiality; they are tender. These individuals are specially bestowed with softness due to *medosarta*. These persons enjoy the softness and smoothness of all the structures mentioned above. Since all these organs are locations of *medodhatu*, they are bound to be rich in excel part of this *dhatu* and bear all qualities of *meda*. The materialistic and Psychological achievements are due to the esteem functions of this *dhatu* [4].

Acharya Sushrut says about *medosara purush lakshan*-individual with *medosarta* bears unctuous urine, sweat and voice. He has stout body. He cannot face physical

strain. *Medosarta* put forward by *Sushrut Samhita* gives one more characteristic than *Charaka samhita*. Stout body is easily explainable. This *dhatu* brings heaviness and durability to the body. It does not offer strength to physical movements. Hence *medosarta* does not offer as much power as *mamsa dhatu* offers. This is because of the *panchabhautik* predominance of *jala* in *meda*. *Parthivatwa* is also needed for physical strength [5].

Medovridhhi (obesity):

According to *Ashtang hridaya*, due to increased *medodhatu* abdomen and buttocks becoming oversized, individual suffers from dyspnea even after slight strain [6].

Acharya Sushrut added while explaining *medovridhhi*, due to increased *medodhatu* entire body becomes oily, abdomen and flanks become obese, individual suffers from cough, dyspnea and smells very bad [7].

2.2 Lifestyle disorder

Simply defined as diseases that occur primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. Prolonged consumption or exposure to modern lifestyle habits like smoking, drinking, unhealthy diet, and physical inactivity, ultimately result in the development of chronic diseases, like heart disease, stroke, diabetes, obesity and metabolic syndrome [8].

3. Results and discussion

Meda Sara is the excellent or best functional aspect of *medadhatu* responsible for enduring strength to a person. Therefore, *pravara meda sara* persons cannot have lifestyle disorders because *medasara* is the purest form of *medodhatu* that shows the excellent health status of a person. Also, *saraparikshan* is useful to assess *bala* of person. Therefore, *medasara* is purest *medodhatu*, not disease causing agent. But, when it leads to *vridhhi/prakop* of *medodhatu* that can cause disease. For example, *medasara* person is a healthy one, but obesity leads to cause various diseases. So, *avara meda sara* persons can develop various lifestyle disorders including hypertension, type 2 diabetes mellitus, dyslipidemia, overweight associated with cardiovascular diseases, cancer, hypothyroidism, hyperthyroidism, insomnia arthritis PCOS, heart diseases, constipation, etc. in the present scenario [9]. To control these lifestyle disorders, *pravara medasara* of that person will play an important role. This is how

medasarta will help to prevent and cure lifestyle disorders by understanding their etiological factors.

4. Conclusions

Sarta and *vridhhi*, these two concepts that are unique in ayurveda. Though the terms like 'increase and hypertrophy' can be used for '*vridhhi*' and 'Excellence of *dhatu*' can be used for *dhatu sarta*. *Medadhātu vridhhi* that means increase in *medadhātu* which is responsible for various disease condition in the body. This includes lifestyle disorders/ diseases. But *medadhātu sarta* is Excellency of the *dhatu*. That may give rise to *meda vridhhi* or *prakop* due to its various causes like *meda dhatu prakopak aahar vihar sevan*, therefore these persons show *avara meda sara* or sometimes *madhyam meda sara* condition, then it will be responsible for the various disease condition like lifestyle disorders/ diseases. In today's world, lifestyle disorders are the burning problem. To get control over it, *Ayurveda* practitioners will be required to keep safe control between *medadhātu sarta* & *medadhātu vridhhi*.

Authors' contributions

All the author contributed equally

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Availability of data and materials

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Conflicts of interest

The authors have declared that no competing interests exist.

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