

MedoRoga and its Causative Factors

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MedoRoga is defined as an accumulation of MedoDhatu disproportionately, causing pendulous appearance of the body, which leads to various side effects even the death. It can be correlated to hyperlipidemia and obesity as well. The objective of this study is to identify the causative factors of MedoRoga according to Ayurvedic perspectives. Total of 60 clinically diagnosed hyperlipidemic patients who are obese were selected for the study at Ayurvedic Teaching Hospital Borella, Sri Lanka, depending on Frederickson-WHO diagnostic criteria of hyperlipidemia and WHO classification for overweight/ obesity. All selected patients were registered and a self-administrative questionnaire was distributed to collect the data. Concerning the dietary style, Guru (heavy), Madhura (sweet), Sheeta (cold) and Snigdha (oily) diets were frequently consumed by 93.1%, 94.8 %, 93.1% and 93.1% of the subjects respectively. Relating to the behavioral factors 82.8%,70.7%, 56.9%, have indulged Avyayama (lack of exercise), Avyavaya (lack of sexual intercourse), Diva Swapna (Day sleep) respectively. Considering the Psychological factors involving MedoRoga, 74.1 % and 77.6% had experienced Achinta (lack of mental exercise) and HarshaNityatva (uninterrupted cheerfulness) respectively. Out of 60 patients 69% subjects had related with congenital factor, BeejaSwabhava, which is inherited from father or mother. Therefore Medoroga patients had the common etiological factor, such as consumption of sweet foods and lack of exercise as the dominant behavioral factor while uninterrupted cheerfulness was the prominent psychological factor. These results suggest that most of the causative factors of MedoRoga are avoidable thereby; many occurrences of the disease can be preventable.

Keywords: MedoRoga, Achinta, Avyayama, Avyavaya.