

## ***VRIKSHAMLA* (GARCINIACOMBOGIA): A NOVEL NATURAL GIFT FOR METABOLIC SYNDROME**

**RAJESH KR. YADAV<sup>1</sup>, AMIT KR. SINGH<sup>2</sup> & A. K. PANDEY<sup>3</sup>**

<sup>1</sup>Ph.D Scholar, Department of Kaychikitsa, Faculty of Ayurveda, IMS, BHU, Varanasi, UP, India

<sup>2</sup>JR-3<sup>rd</sup>, Department of Kaychikitsa, Faculty of Ayurveda, IMS, BHU, Varanasi, UP, India

<sup>3</sup>Supervisor, Assistant Professor, Department of Kaychikitsa, Faculty of Ayurveda,  
IMS, BHU, Varanasi, UP, India

### **ABSTRACT**

In Recent years, metabolic syndrome (MS) becomes a leading health problem world over due to wide range involvement of body systems. The exact etio-pathogenesis and management of this chronic health hazard is still evolving in biomedical sciences. However, it is believed that dyslipidemia imparts a major role in the diathesis of MS and warranting special attention regarding its management. Some lipid lowering agents and metformin is the mainstay for its management. However, their prolong use may leads to develop certain other health related consequences. In view of this, researchers are inclined to other system of medicine to search out safe and effective remedial measures Ayurveda is one of them. It is quite interesting to note that thousand years back *Ayurvedic* scholars pointed out that *Medas* (adipose tissue) play a significant role in the genesis of diabetes mellitus and obesity. This ancient idea is quite comparable to latest development in this field. Current studies revealed that for the management of MS and obesity, the traditional Ayurvedic medicine *Vrikshamla* (*Garcinia cambogia*) is an excellent representative in alternative and complementary medicines in a very natural way. The drug *Vrikshamla* is very useful for the management of *Medoroga* (obesity disorders) and cardiac problems as per Ayurvedic lexicons. Researcher believes that it exerts anti-hyperglycemic, insulin sensitization, islet protection, anti-dyslipidemic activities, anti-obesity and antioxidants in animal model systems, ultimately it results in metabolic correction and disease reversible effect. In this review article, *Vrikshamla* (*Garcinia cambogia*) is presented as potent drug for the treatment of metabolic syndrome and obesity.

**KEYWORDS:** Metabolic syndrome, *Garcinia cambogia*, *Medoroga*, *Vrikshamla*