

METABOLIC SYNDROME; AN APPROACH TO ITS ETIO-PATHOGENESIS IN AYURVEDIC PARLANCE

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ABSTRACT

Metabolic Syndrome (MS) is a Life threatening metabolic disorder affecting millions of people not only in India but all over the world. Insulin resistance and abdominal obesity are the major hazardous etiological factors which play key role in the genesis of complex biological mechanism of MS at gross as well as subtle level. MS is also associated with other associated risk factors such as CVD, CKD, PCOD and NAFLD etc. In this perspective Ayurveda the science of life describe the two major concepts of diseases first one which is related to outcome of over-nutrition and second one related to under-nutrition. The disease MS is supposed to be the outcome of over nutrition due to defective metabolic process at gross as well as at cellular level. The present article is an effort to understand the etio-pathogenesis of MS in ayurvedic parlance and it may enlighten the path for future researchers to cope with MS and its life threatening hazardous side effects.

KEYWORDS: CKD, CVD, Diabetes Mellitus, Insulin Resistance, Metabolic Syndrome, NAFLD, PCOD