

HOLISTIC APPROACH TOWARDS METABOLIC SYNDROME

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ABSTRACT

In the present scenario metabolic syndrome (MetS) is a burning health issue worldwide, because of its complex aetiology, clinical presentation, management and life threatening complications. Central obesity is the key factor to initiate pathogenesis of MetS. Central obesity (visceral adiposity) is the main factors which impair Insulin action due to development of insulin resistance, which finally leads to hyperglycaemia and defective lipids production. For its management a multi-directional approach is required which includes life style modification to drug intervention. Due to its complexity, still the treatment of MetS is challenging and not so satisfactory. That is why scientific community are inclining towards other system of medicine to find out any fruitful outcome. Literature of Ayurvedic texts vividly described majority of disorders such as Prameha/Madhumeha, Medoroga etc. which resembles the sign and symptoms of MetS. The target orientated approach and specialized management of MetS is the prime attention. The present article may be helpful in providing new dimensions to the understanding of metabolic syndrome and its management through Ayurvedicparlance.

KEYWORDS: Metabolic Syndrome, Dyslipidimia, Prameha, Madhumeha, Medoroga

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