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Ayurveda A Glimmer of Hope for Metabolic Syndrome

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ABSTRACT

Metabolic disorders are serious health difficulties in today's world, and the prevalence of metabolic diseases is increasing due to a disordered lifestyle pattern. The word "Santarpanjanya Vikaras" is used in Ayurvedic writings to denote disorders caused by faulty tissue metabolism. According to Ayurveda, bad food habits and a sedentary lifestyle alter the condition of Agni, which leads to Ama formation and, ultimately, metabolic syndrome. Dosha vitiation, Dhatu deficiency, channel obstruction, and other factors can all contribute to the pathophysiology of metabolic diseases. Internal medicine was advised by the Kayachikitsa branch of Ayurveda for the treatment of numerous metabolic problems. Given the rising societal health burden caused by metabolic syndrome, the current research investigates the significance of ayurvedic internal medicine in the therapy of metabolic syndrome.

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