

Original Research

A Survey Study to Evaluate the Status of High Density Lipoproteins in Medosara Persons

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Abstract:

Lipid HDL is considered as good cholesterol for health and is known to prevent diseases like coronary artery disease (CAD), atherosclerosis, obesity, hypertension and dis-lipidemia. Similarly in Ayurveda Pravara Sara indicates good health condition from Medas point of view. Hence this study was undertaken to ascertain whether any correlation exists between Medo-Sara and HDL. However the results of this study carried out on 100 healthy individuals showed that there was no significant correlation between the both.

Keywords: Medo-Sara, high density lipoproteins, HDL

Introduction:

Knowledge of structure and functions of healthy person¹ is essential for a physician. Dhatu is the fundamental entity for the sustenance of body (Shareera)². Dhatu performs the functions of Dharana (sustaining) and Poshana (nutrition).³

The excellent qualities of a Dhatu which promote certain physical and socio-psychological characteristic in the body are collectively termed as Sara Purusha Lakshana⁴. The Sara is an important concept of Ayurveda which reflects the status of a particular Dhatu in a person which helps in developing the resistance against the diseases of that Dhatu.

In present days diseases like obesity, hypertension atherosclerosis, coronary artery disease etc are increasing day by day which were earlier attributed to excessive lipids particularly cholesterol. But now cholesterol is recognized of two types high (HDL) and low (LDH) density lipoprotein, out of which HDL helps in preventing the above mentioned serious diseases.

Snigdhatu or oiliness⁵, which is the contribution of Jala Mahabhuta.⁶ is mainly related with Med-Ssara. It promotes luster, complexion (Varna), voice (Svara), vision (Netra), hair (Kेशha and Loma), nail (Nakha), teeth (Danta), lips (Oshtha), urine (Mutra), feces (Puresha) and sweat (Sveda)⁸. Medodhatu can be correlated as lipids both stored and circulatory.

As among circulatory lipids HDL is considered to be good cholesterol for health and is known to prevent above said diseases. In Ayurveda Medo-Saara represents the possession of all the good quality of lipids (Medas Dhatu) for promotion of health and

preventing the related diseases, so there may be some relation between HDL and Medosara. Hence this survey study was planned to focus on this point.

Aims and Objectives:

To correlate the symptoms of Medosaara person with High Density lipoproteins

Materials and Methods

Healthy persons living in Hassan were surveyed and their Sara was determined. The individuals showing Medosara were included in the present study for detailed investigation and determining their HDL status.

Inclusion Criteria:

- Healthy individuals
- 16-30 years of age group

Exclusion Criteria:

- Persons suffering from Hypertension
- Diabetes Mellitus
- Endocrine Disorders
- Lipid disorders

Plan for the Study

- Self made Proforma to assess Medosaara
- High Density Lipoprotein investigation in each individual
- Comparison of status of high density lipoprotein with Pravara, Avara and Madhyama Medosaara

Assessment Criteria

▪ Each individual was assessed for Medo-Saara symptoms by giving suitable score to each symptom. On the basis of the score they were divided into Avara, Madhyama and Pravara Medosaara.

Observations and Results:

In the present series of 100 healthy individuals, maximum i. e 22% belonged to 26 years of age. Most of the individuals i. e, 75% were male and 25% were female. Majority of the subjects (64%) were having the habit of taking mixed i.e. vegetarians and non-vegetarians diet and remaining subjects (36%) were pure vegetarians.

The Mean height was 168.11cm ± 8.814 and the Mean weight was 64.4 ± 10.16. The Mean BMI was 22.79 ± 3.05.

Distribution of the individuals on the basis of their symptom scores showed that 47% persons of this series were of Pravara Medasaaa, followed by 42 % of Madhyama and 12% persons of Avara Medosara.

The mean of HDL with statistical analysis of SD and SE obtained during the study for each category of Medosara is shown in Table-1.

HDL values obtained for each individual were distributed according to the three types of Medo-Sara viz. Avara, Madhya and Pravara for their correlation with HDL and depicted in the scatter dot chart (Figure-1).

The correlation coefficient was calculated to ascertain the relation between Medosaara and HLD, BMI and HDL, Gender and HDL and Type of diet and HDL and the P values thus obtained are shown in Table-2. It shows that there was no statistical significant linear correlation with HDL and three types of Medo Saara individuals.

Table-1

Distribution of HDL according to three Categories of Medo-Saara

Medo Saara	Mean HDL	S. D. (±)	S. E. (±)
Avara	54.3	6.661	2.008
Madhyama	49.8	7.897	1.204
Pravara	51.5	7.537	1.111

Figure-1

Distribution of individual HDL Values according to Avara, Madhya and Pravara Medosaara

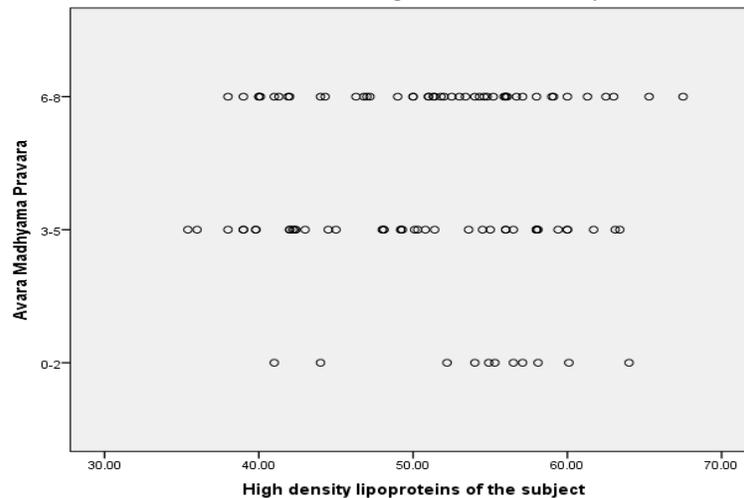


Table-2
P Values of Correlation Coefficient

Correlation between	P Value of Correlation Coefficient	Significance
Medosaara and HLD	0.723	Insignificant
BMI and HDL	0.150	Insignificant
Gender and HDL	0.79	Insignificant
Type of diet and HDL	0.517	Insignificant

Discussion

Various types of lipids are present in the human body, amongst which earlier the cholesterol was considered responsible for many cardio-vascular diseases. But now two types of cholesterol are recognized viz. LDL and HDL; out of which High-density lipoprotein (HDL) is referred as the 'good cholesterol' because it carries cholesterol and phospholipids from tissues and organs back to the liver for degradation and elimination. It prevents the deposition of cholesterol on the walls of arteries, by carrying cholesterol away from arteries to the liver. Hence it helps in preventing many disorders caused by dis-lipidemia.

On the other hand in Ayurveda, a person of Medo-Sara is considered to have Medas Dhatu of good quality which helps in promotion of Health. In view of this, the present survey study was conducted to ascertain whether these two good things mentioned in two medical sciences have got any relation. The results of this study on 100 healthy individuals of 16 to 30 years age group showed that there is no statistically significant correlation between Medosara persons and their HDL.

Conclusion

The survey study was done on 100 healthy individuals of 16 to 30 years age group to ascertain whether there is any relation exists between Medo-Sara and HDL.

On the basis of the results of study it is concluded that there is no statistically significant correlation exists between Medosara persons and their HDL.

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