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Dietary Culprits of Dyslipidemia in Pesent Era

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ABSTRACT:

Dyslipidemia, a prevalent metabolic disorder in the contemporary era, is characterized by abnormal lipid metabolism leading to elevated cholesterol, triglycerides, and other lipid abnormalities. Modern medicine identifies multiple risk factors including high-fat diets, refined carbohydrate intake, excessive sugar consumption, alcohol use, sedentary lifestyle, chronic stress, and genetic predisposition. Although classical Ayurveda does not explicitly describe dyslipidemia, analogous conditions are elaborated under the concepts of Shonitabhishyandan, Rasagata Sneha Vriddhi, Raktagata Sneha Vriddhi, Medoroga, and Medo Vriddhi, which represent derangements in lipid and metabolic homeostasis. Ayurvedic causative factors (Nidana) such as Guru (heavy), Snigdha (unctuous), Abhishyandi Ahara (vitiating foods), Ati-Madhura Sevana (excessive sweet intake), Ati-Bhojana (overeating), Avyayama (lack of exercise), Divaswapna (daytime sleep), and Madyapana (alcohol consumption) closely parallel the lifestyle-related risk factors recognized by modern medicine. Both systems underscore the critical role of diet, exercise, and lifestyle discipline in preventing disease progression. An integrative understanding of dyslipidemia through the combined lens of Ayurveda and modern science facilitates comprehensive preventive strategies, emphasizing dietary regulation, lifestyle modifications, physical activity, and stress management. This approach not only addresses the metabolic imbalance at its root but also promotes overall health, offering a holistic and sustainable model for managing dyslipidemia in the modern population.

KEYWORDS: Dyslipidemia, Metabolic disorders, Ayurveda, Medoroga, Shonitabhishyandan, Lifestyle modification, Dietary discipline, Sedentary lifestyle, Prevention, Integrative medicine.

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INTRODUCTION:

The rapid rise in the consumption of Guru, Snigdha, Abhishyandi, Madhura and Virudha Ahara (high-fat diets, saturated fats, trans fats, junk food, fried food) is largely a consequence of globalization, urbanization, and easy availability. Their popularity stems from taste, convenience, longer shelf life, and aggressive marketing strategies. However, such foods provide only “empty calories” with little nutritional value. Similarly, Ati-Madhura Ahara (excess sugar and refined carbohydrates), Navanna Sevana (freshly harvested cereals), Ati-Bhojana (overeating), Ajirna Bhojana (eating without digestion of prior meal), and Madyapana (alcohol intake) are frequent in modern diets. From the biomedical viewpoint, these dietary patterns contribute significantly to obesity, diabetes mellitus, cardiovascular diseases, and certain cancers. Ayurveda interprets these foods as Viruddha Ahara (incompatible diet), which aggravates Doshas, impairs metabolism, and produces chronic systemic disorders. Thus, both Ayurveda and modern science highlight the harmful role of incompatible food in metabolic disturbances.

DISCUSSION:**Material and Methods**

This review is based on a detailed study of Classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, etc.) as well as modern medical literature, research papers, and scientific journals concerning diet and lifestyle-related disorders.

1. Dyslipidemia Nidana In Pesent Era**a. Fast Foods (Guru, Snigdha, and Virudha Ahara Sevana)**

Examples: Pizza, Burgers, Hot Dogs etc.

- **Properties:** Refined flour (high glycemic index), excessive sodium, saturated fats, processed meats with nitrites.

- **Health Risks:** Obesity, diabetes, hypertension, heart disease, gastric and colon cancers.

Ayurveda: Heavy, oily, processed → **Agnimandya, Kapha aggravation**, an imbalance in Kapha Dosha and Meda Dhatu and khavaigunya which ultimately impairing Medodhatvagni (fat tissue metabolism) and resulting in the accumulation of "sama" Kapha and Meda in the body's channels (Srotas). This obstruction, particularly in the Rasa-Raktavaha Srotas, hampers the flow of Vata and Rakta, a condition analogous to dyslipidemia.

b. Deep-Fried Items (Ati Snigdha Ahara)

Examples: Double frying or reheating prepared items Samosas, Pakoras, Fried Chicken etc

- **Properties:** Rich in trans fats, sodium, acrylamide (toxic carcinogen in fried potatoes).
- **Health Risks:** Atherosclerosis, stroke, hypertension, cancer.
- **Ayurveda:** **Samskara Viruddha Ahara** (improper processing) → **Ama formation, Srotorodha** (channel obstruction) which leads to improper rasa dhatu formation thus hamper the nutrition of uttarotar dhatu (mansa, meda, asthi etc), and having carcinogenic properties

c. Sugary Foods (Ati Madhura Ahara)

Examples: Donuts, Pastries, Cakes, Ice-creams, Candies etc.

- **Properties:** High sugar, refined flour, hydrogenated oils, artificial additives.
- **Health Risks:** Diabetes, obesity, dental caries, acne, increased cancer risk.
- **Ayurveda:** Excess sweet, heavy, cold → **Kapha Vriddhi, Medo Dushti, Prameha.**

d. Packaged Foods (Asatmya Ahara)

Examples: Instant Noodles, Packaged Meals etc.

- **Properties:** MSG (Monosodium Glutamate- Flavor enhancer), Colouring agents, preservatives, sodium additives, refined flour, low fiber, low nutrition value.
- **Health Risks:** Hypertension, kidney damage, impaired digestion, reduced immunity, cancer, liver disorder.
- **Ayurveda: Viruddha Ahara → Agnimandya, Ama accumulation,** chronic metabolic disorders. As Packaged and ready to eat food undergoes processing technique that

make them Sanskar Virudha leading to Raktaj Roga And Medodushti.

e. Beverages (Ati Madhura and Ati Amla Ahara)

Examples: Soft Drinks (Fanta, Coca Cola) Energy Drinks, Artificially Sweetened Beverages

- **Properties:** Excess sugar (10–12 tsp per can), phosphoric acid, caffeine, artificial sweeteners, Low PH.
- **Health Risks:** Obesity, osteoporosis, gastritis, kidney stones, neurological problems.
- **Ayurveda:** Cold, artificial, acidic → **Vata-Pitta vitiation, Asthi Dhatu Kshaya.**

DYSLIPIDEMIA NIDANA: AYURVEDA VS MODERN ERA

Ayurvedic Nidana	Description in Ayurveda	Modern Dietary Culprit	Examples & Properties	Modern Health Risks
Ati Guru Ahara Sevana (Heavy foods, difficult to digest)	Excessive intake of Guru Ahara → Agnimandya, Ama formation, Meda Vriddhi	Fast Foods	Pizza, Burgers, Hot Dogs, Pav Bhaji → Refined flour, sodium, saturated fats	Obesity, diabetes, hypertension, CVD, cancers
Ati Snigdha Ahara (Oily, fatty, deep-fried foods)	Snigdha & Abhishyandi → Srotorodha, Kapha-Meda Dushti	Deep-Fried Items	French Fries, Samosas, Pakoras, Fried Chicken → Trans fats, acrylamide	Atherosclerosis, stroke, hypertension, cancer
Ati Madhura Ahara (Excess sweets, high calories)	Madhura, Guru, Sheeta → Kapha Vriddhi, Medo Dushti, Prameha	Sugary Foods	Donuts, Pastries, Cakes, Ice-cream, Candies → Sugar, refined flour, additives	Diabetes, obesity, dental caries, acne, cancer risk
Shleshma Bahula & Pichhila Ahara (Heavy, sticky foods like curd, cheese, pastries)	Abhishyandi & Pichhila nature → Srotodushti, Kapha accumulation	Processed Foods	Instant Noodles, Packaged meals, Cereals → MSG, preservatives, low fiber	Hypertension, kidney damage, poor immunity, cancers
Navanna Sevana (Newly harvested grains, heavy & toxic)	Produces Ama, difficult to digest	Refined Grains & Processed Cereals	White rice, refined wheat flour, breakfast cereals	Dyslipidemia, metabolic syndrome

Dadhi Sevana (Excess curd)	picchhila, Abhishyandi → Kapha & Meda aggravation	Fermented / Processed Dairy	Cheese, Mayonnaise, Cream-based foods	Obesity, cholesterol imbalance
Anupa & Audaka Mamsa Sevana (Marshy land / aquatic meat)	Guru, Abhishyandi, Kapha vardhaka	Processed Meats	Sausages, Hot dogs, Red meat with preservatives	Obesity, CVD, colon cancer
Ati Payasa / Dugdha Sevana (Excess milk & dairy products)	Kapha vardhaka, Snigdha	Dairy Sweets & Beverages	Payasa, Ice-cream, Shakes, Soft drinks	Obesity, diabetes, osteoporosis, gastritis
Adhyashana (Eating before digestion of previous meal)	Leads to Ama, Agnimandya, Srotorodha	Overeating & Frequent Snacking	Frequent junk snacking, midnight meals	Indigestion, obesity, metabolic diseases
Avyayama (Lack of exercise)	Kapha-Meda increase due to sedentary lifestyle	Sedentary Lifestyle + Fast Food	Office jobs + high- calorie diet	Obesity, metabolic syndrome, NAFLD
Diwaswapna & Swapna Sukha (Day sleep & prolonged sleep)	Leads to Kapha aggravation	Sleep Disorders / Excess Sleep	Sleeping late, irregular sleep cycles	Obesity, diabetes, hormonal imbalance
Guda Vaikruta Sevana (Impure/processed jaggery)	Produces Ama, increases Meda	Refined Sugar & Jaggery Products	Mithai, candies, sweetened beverages	Dyslipidemia, diabetes, obesity
Beeja Swabhava (Genetic predisposition)	Inherited Medo vridhhi tendencies	Genetic Dyslipidemia	Familial hypercholesterolemia, genetic obesity	Premature CVD, resistant obesity
Varuni Atisevana (Alcohol excess)	Weakens Agni, causes Ama	Alcoholic Beverages	Beer, Wine, Spirits	Fatty liver, obesity, high triglycerides

2. Modern Health Impacts

- **Obesity:** Calorie-dense foods with minimal nutrients promote fat accumulation.
- **Diabetes Mellitus:** Frequent sugar spikes reduce insulin sensitivity.
- **Hypertension:** High sodium levels increase blood pressure.

- **Cardiovascular Disorders:** Trans fats and cholesterol contribute to arterial blockage.
- **Renal Disorders:** Sodium and sugar overload damage kidney function.
- **Neurological Effects:** Reduced concentration, fatigue, behavioral changes.

- **Cancer Risk:** Carcinogens from reheated oils (HNE, acrylamide).
- **Dental & Skin Problems:** Cavities, acne, hypersensitivity.

3. Ayurvedic Interpretation

- **Agni Dushti:** Weakening of digestive fire.
- **Ama Utpatti:** Formation of toxic metabolites.
- **Dosha Vitiatio:** Especially **Kapha** aggravation.
- **Srotorodha:** Obstruction of micro-channels.
- **Chronic Disorders:** Leads to **Prameha, Medoroga, Sthaulya, Hridaya Roga, and Hypertension.**

4. Preventive and Corrective Measures

“Nidan parivarjanam”- The first line of treatment.

- **Dinacharya (Daily Routine):** Timely meals, regular exercise, adequate rest.
- **Ritucharya (Seasonal Regimen):** Seasonal adaptation of diet and lifestyle.
- **Sadavritta (Code of Conduct):** Discipline in lifestyle, stress management, ethics.
- **Ahara Vidhi (Dietary Rules):** Consumption of wholesome, fresh, easily digestible foods in proper quantity and combinations.

CONCLUSION:

Food is medicine . Prevention is treatment. Unhealthy food, while tempting and convenient, is devoid of essential nutrients and is a major contributor to **metabolic disorders**. From the modern perspective, its overconsumption is linked to **obesity, diabetes, cardiovascular diseases, cancers, and neurological dysfunctions**. Ayurveda interprets such diets as **Viruddha Ahara**, which vitiates **Agni**, produces **Ama**, disturbs

Doshas, and obstructs **Srotas**, leading to **Medo Vriddhi** and chronic lifestyle diseases.

A unifying point between both sciences is **dyslipidemia**, the common pathological outcome of unhealthy food pattern. It serves as the foundation for many lifestyle disorders. Recognizing this connection underscores the need for preventive care. Ayurveda offers timeless preventive strategies in the form of **Dinacharya, Ritucharya, Ahara Vidhi, and Sadavritta**, which, when integrated with modern recommendations on nutrition and physical activity, provide a **comprehensive, holistic framework** for prevention and management of dyslipidemia.

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