



A Review on Etiopathogenesis of Santarpana Janya Vyadhi

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ABSTRACT

Santarpana Vyadhi encompasses disorders arising from excessive nourishment, leading to metabolic imbalances and the prevalence of non-communicable diseases (NCDs) such as obesity, type 2 diabetes, and cardiovascular diseases. **Aims And Objective:** To explore causes, pathogenesis, and disease manifestations from *Santarpana*. **Materials and methods:** Referred books are *Brihatrayi*, *Laghutrayi*, and other authentic ayurvedic books like *Gada Nighraha*, and some are searched in Pubmed and authentic journals like *Jaims on Santarpana* and *Apatarpana* effects on the body. **Results and conclusion:** It is concluded that *Santarpana* Nidana disturbs *Agni*, *Kapha*, and *Meda*, contributing to *Santarpano*tha *Vikaras* like obesity and diabetes due to dietary and lifestyle excesses that disrupt the metabolic balance. Understanding the causes of *Santarpana Janya Vyadhi* is essential for managing over-nutrition-related conditions, and this review emphasizes the importance of Ayurvedic principles in addressing the rise of non-communicable diseases through targeted interventions.

Key word : *Santarpana* , Non-communicable diseases (NCDs), *Brimhana*, *Langhana*

Introduction

The concepts of *Santarpana* and *Apatarpana* are fundamental to Ayurveda's perspective on health and disease. These terms describe the body's response to different types of food (*Ahara*) and lifestyle practices (*Vihara*). *Santarpana*¹ occurs when there is an excess of nourishment, while *Apatarpana*² refers to a deficiency of nourishment. Regular engagement with *Brimhana* (nourishing) therapies, which are rich in the *Prithvi* (earth) and *Ap* (water) *mahabhoot*, leads to *Santarpana*, while exposure to *Langhana* (depleting) therapies, characterized by the predominance of *Agni*, *Vayu*, and *Akasha Mahabhoot*, results in *Apatarpana*. The concept of *Santarpana Janya Vikaras* (disorders due to over-nourishment) holds significant relevance in the current era, as it represents a group of commonly encountered health issues. Understanding these disorders, their causes, and their pathways is critical for Ayurvedic science and clinical application.

In the modern world, the prevalence of non-communicable diseases (NCDs) is increasing, primarily due to over-nutrition or poor lifestyle choices. NCDs, including obesity, diabetes, cardiovascular disease, and metabolic disorders, are often a result of long-term *Santarpana* conditions. This study aims to develop into the causes (*Nidana*), mechanisms (*Samprapti*), and disease outcomes (*Vikaras*) related to *Santarpana*. By bridging Ayurvedic principles with contemporary insights into NCDs, we can better understand and address the growing burden of systemic illnesses in today's world.

A sedentary lifestyle characterized by *Cheshta Dweshi*⁴ (aversion to physical activity), *Diwaswapna* (daytime sleep), indulgence in comfort such as lying down (*Shaiyya Sukha*) and sitting (*Asana Sukha*), as well as the practice of *Swapna Sukha* (excessive sleep), regular oil massages (*Abhyanga*), and frequent bathing (*Snana*), further contributes to *Santarpana*. The combination of high caloric intake and reduced physical activity disrupts the balance between energy consumption and expenditure, leading to excessive nourishment and the development of related diseases. *Brimhana*⁵ word is used as the synonym of *Santarpana*

Materials and Methods

This study is a review focused on understanding *Santarpana* in the context of *Ayurveda* and contemporary medical knowledge. The methodology involved a comprehensive search and analysis of relevant literature and sources. The following materials and methods were utilized:

Classical Textbooks: *Brihatrayi*, *Laghutrayi*, *Gadanighraha*, *Yogaratanakara*, *Bhavaprakasha*

Modern Allopathic Textbooks: Harrison's Principles of Internal Medicine, Essentials of Orthopedics, Davidson's Principles and Practice of Medicine

Electronic Databases: PubMed, Google Scholar, Authentic journals such as *JAIMS* and *MEDLINE*

The review involved a detailed examination of these sources to gather and synthesize information regarding the *Ayurvedic* management of *Santarpanotta Vyadhi*, integrating insights from both traditional *Ayurvedic* texts and contemporary medical literature.

Result and Discussion:

Food intake is crucial for maintaining life, fostering growth, and ensuring adequate energy levels. Satiety refers to the effects of food that suppress appetite, helping to prevent overeating. It is essentially the state of not feeling hungry after a meal, resulting from the act of eating. On the other hand, *Ati-Santarpana* denotes the excessive caloric consumption from high-calorie meals, which occurs while leading a sedentary lifestyle, even after one has received signals of fullness. A diet rich in *Snigdha* (unctuous), *Madhura* (sweet), *Guru* (heavy), and *Pichila* (sticky)³ qualities can lead to *Santarpana*.

Many *Santarpana Janya* factors contribute to *Prameha* (a disorder often associated with diabetes). *Prameha* is considered the primary *Santarpana Janya* disorder, with causative factors like Excessive consumption of *Navanna* (newly harvested rice), *Navamadya* (freshly prepared alcoholic beverages), *Anupa* and *Varija Mamsa* (meats from marshy and aquatic animals), *Gorasa* (dairy products), and *Paistika* (processed foods) contribute to this over-nourishment, and also *Diwaswapna* (sleeping during the day), and *Asya Sukham* (indulgence in comfort). This leads to an imbalance in *Kapha*-dominant *Tridoshas*, primarily impacting the fluid-rich *Kapha*, which spreads throughout the body due to bodily laxity. The *Medas* (fat tissue) mixes with *Kapha*, further affecting *Mamsa* (muscle) and *Kleda* (fluids), forming skin lesions (*Pidakas*) such as *Sharavika* and *Kacchapika*, while excess *Kleda* leads to increased urination, characteristic of *Prameha*.

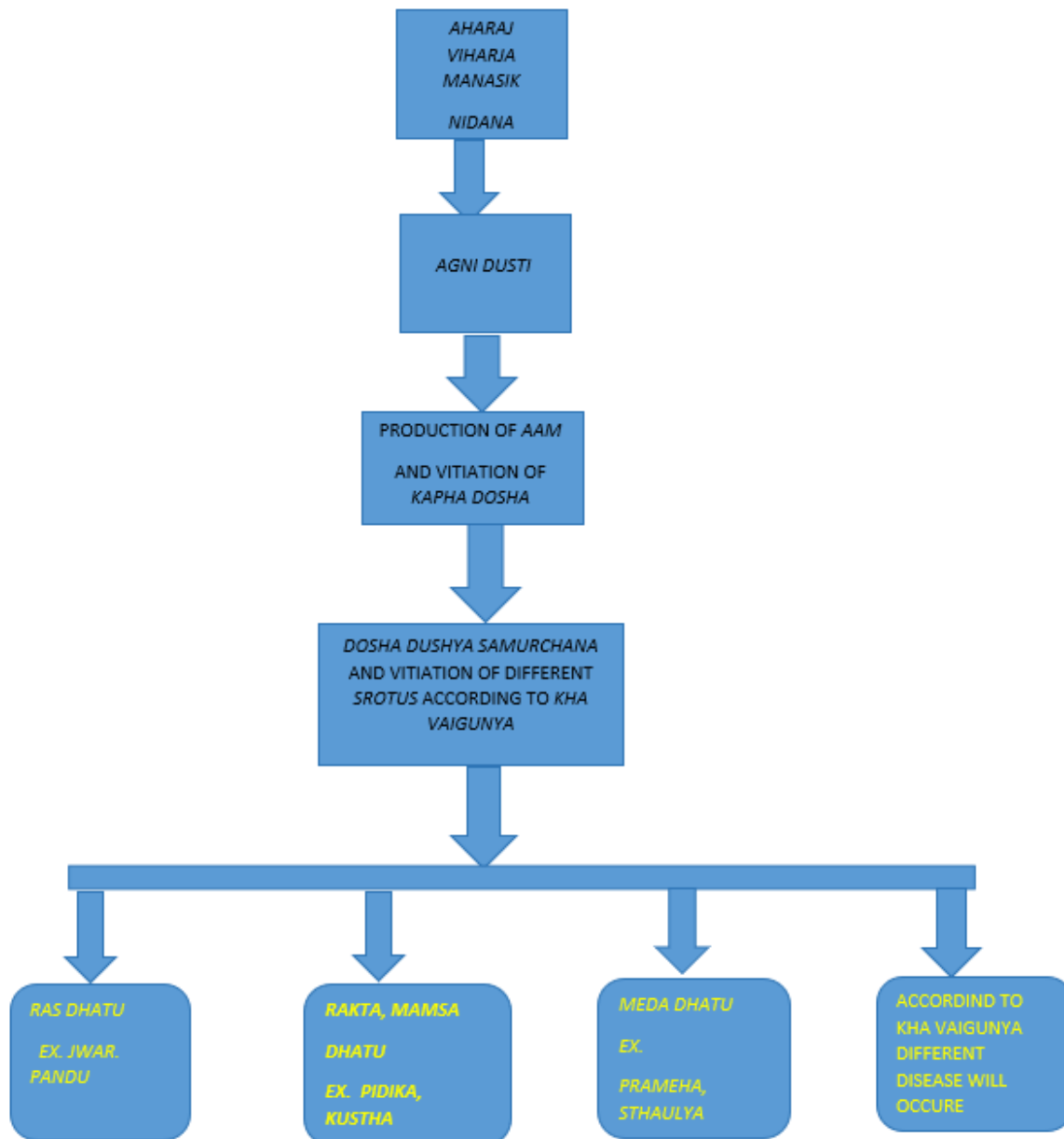
Similarly, in *Kusta* (skin disorders), overconsumption of milk, curd, legumes, and incompatible foods, alongside excessive use of oily substances, weakens the skin, muscles, blood, and lymph, and aggravates *Tridoshas*. These imbalanced *Doshas* localize in the skin, leading to various dermatological conditions.

Sthaulya (obesity) is another example of a *Santarpana Janya* disorder, caused by excessive consumption of heavy, sweet, cold, and unctuous foods, coupled with habits like day-sleeping, lack of exercise, and mental inactivity. This results in an increase and vitiation of *Medas*, which obstructs *Vata*. This restriction leads to increased digestive fire, causing overeating and further exacerbating the condition, with fat accumulating around specific body parts (hips, abdomen, and chest)

Disease/Condition (<i>Santarpana Janya Vyadhi</i>) ⁶	Factors Contributing in <i>Samprapti</i>
<i>Prameha, Atisthoulya</i>	<i>Kapha Dosha, Medha Dhatu</i>
<i>Pidaka, Kotha, Kandu, Kusta Pramilaka</i>	<i>Tridosha, Rasa, Twak</i>
<i>Pandu, Jwara</i>	<i>Ama - Rasavaha Sroto Dusti</i>
<i>Klaibya</i>	<i>Ama - Rasavaha and Sukravaha Sroto Dusti</i>
<i>Mutrakracha</i>	<i>Ama - Mutravaha Sroto Dusti</i>
<i>Amapradosh</i>	<i>Ama - Rasavaha, Annavaha, Purishavaha Sroto Dusti</i>
<i>Arochaka, Gurugatrata, Tandra, Alasya, Sopha</i>	<i>Amaja Lakshana</i>
<i>Indriyasrotasamlepa, Budhirmoha</i>	<i>Tama Dosha and Manovaha Sroto Dusti</i>

Conclusion

This review highlights the link between *Santarpana Janya Vyadhi* and the rising prevalence of non-communicable diseases (NCDs) resulting from excessive nourishment. High caloric intake and sedentary lifestyles disrupt the balance of *Agni*, *Kapha*, and *Meda*, leading to conditions like obesity and diabetes. Integrating *Ayurvedic* principles with modern medicine can effectively address these health challenges. Promoting balanced dietary and lifestyle choices will help mitigate the effects of *Santarpana Janya Vyadhi* and improve overall health outcomes. Continued research is vital for enhancing public health initiatives and the quality of life for affected individuals.

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