

# **Causative Factors of Hyperlipidaemia: An Ayurvedic Perspective**

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Hyperlipidaemia is one of the greatest health threats today since it has become the major risk factor for atherosclerosis and cardiovascular diseases. Hyperlipidaemia is defined as abnormally elevated levels of any or all [lipids](#) and /or [lipoproteins](#) in the [blood](#). World Health Organization indicates that raised cholesterol is estimated to cause 2.6 million deaths (4.5% of total deaths) and 29.7 million disability adjusted life years in both developed and developing countries. Prevalence of high cholesterol level in Sri Lanka is 17% for both sexes which is a higher rate than many countries. The objective of this study is to identify the distribution of causative factors among hyperlipidaemia patients according to Ayurvedic perspective. Total of 60 clinically diagnosed hyperlipidaemia patients were selected for the study depending on Frederickson-WHO diagnostic criteria and a self-administrative questionnaire were distributed to collect data on etiological factors mentioned in Ayurvedic texts. All subjects completed the study. When consider the dietary factors it was found that Guru (heavy), Madhura (sweet), Sheeta (cold) and Snigdha (oily) diet had frequently been taken 93.1% , 94.8 % , 93.1% and 93.1 respectively. Relating to behavioural factors 82.8% , 70.7%, 56.9% , have indulged in Avyayama (lack of exercise), Avyavaya (lack of sexual intercourse), Diva Swapna (Day sleep) respectively. Considering the Psychological factors involving Hyperlipidaemia, 74.1 and 77.6% had experienced Achinta (lack of mental exercise) and Harsha Nityatva (uninterrupted cheerfulness) respectively. Out of 60 patients 69% subjects had related with congenital factor, Beeja Swabhava which is inherited from father or mother. When concluded the etiological factors, the most prominent cause for Hyperlipidaemia is the diet

than behavioural or congenital factors. More subjects had consumed with sweet foodstuffs (94.8%) than oily or cold foods. Lack of exercise (82%) is the dominant behavioural factor while uninterrupted cheerfulness (77.6 %) is the prominent psychological factor. Mental stress as a relating cause for hyperlipidaemia was not an important rationale as 49% had suffered from it. These results suggested that more studies on causatives factors should be carried out to explore causes and avoidable factors; and also that many occurrences of hyperlipidaemia can be preventable.

**Key words:** *Hyperlipidaemia, Achinta, Avyayama, Avyavama, Beeja Swabhava.*