

Association of Life Style and Dietary Factors with *MedoRoga*

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In Ayurveda, *MedoRoga* is defined as an excessive accumulation of fat in body which can be correlated to obesity and hyperlipidemia. It is related to life style changes such as sedentary life style, taking high fat diet, and mental stress. In the present world over 500 million people are obese and percentage of obesity in Sri Lanka is 25%. The prevalence of elevated cholesterol level is 39% around the world and it is 17% in Sri Lanka. Obesity and hyperlipidemia lead to cardiovascular diseases and many fatal ailments. Recent researches indicate that mortality rate of cardiovascular diseases in Sri Lanka are 524 per 100,000 population which is higher than many developed countries. This study has been focused to identify the dietary and behavioral patterns of the patients of *MedoRoga* and 60 patients were selected randomly at *MedoRoga* clinic in Ayurvedic Teaching Hospital, Borella. The information has been collected by a standard questioner. Blood pressure, height, weight, waist circumference, serum lipids were measured, and body mass index (BMI) was calculated. The prevalence of *MedoRoga* was positively correlated with family history with hyperlipidemia and obesity, age, BMI, increased waist circumference, consumption of food with high fat and carbohydrate, less physical activities, sedentary life styles and mental stress. Urban and suburb population were more prone to get affected than the rural population. There was no interconnection between the prevalence of hyperlipidemia and the sex. In conclusion, the study revealed that there was a significant relationship with *MedoRoga* and its risk factors such as dietary habits and other lifestyle interventions which are mentioned in Ayurvedic Authentic texts. These findings suggest that more awareness programmes are needed to increase consumption of low fat, low carbohydrate fiber full diet such as vegetables, tree nuts, whole grains, and more fish. Regular physical exercise and stress management therapy are also essential for controlling *MedoRoga* and its mortality.

Key words: *Ayurveda; Hyperlipidemia; MedoRoga; Obesity*