

SURVEY ON GRAMYA AHARA-VIHARA IN RELATION TO MADHUMEHA

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ABSTRACT

Gramya Ahara includes all type of irrational food, food habits, methods of preparation and various activities which causes vitiation of all Doṣas in the body. Gramya Vihara involves regularly resorting to day sleeping, indulging in sexual intercourse in excess, indulging in irregular or excess physical activities and having alcoholic drinks daily. Manasika Vihara involves fear, anger, sorrow, greed and depression. Indulgence in these faulty diet & lifestyle is the potent cause of Sarvadosha kopanam which leads to various diseases like Madhumeha, Sthaulya, Kushta, Amlapitta etc. Madhumeha patients are increasing in number due to wrong diet and lifestyles, So there is a need to understand the significance of Gramya Ahara -Vihara.

KEYWORDS: Gramya Ahara, Gramya Vihara, Madhumeha, Viruddha Ahara, Desa, Dosa.

INTRODUCTION

Ayurveda always gives importance to Ahara and Vihara to maintain good health as well as to cure diseases. In the higher level of thinking all the food particles are equal to aushadha. The Kala, Matra and Avastha are the factors that change the Ahara to Aushadha or Aushadha to

Ahara. Acarya Caraka stated that the food particles /drugs started losing their qualities as the properties of earth started decreasing because of the fall of Dharmaapada. Ayurvedic texts divides the Bhoomi desha into three (Jangala, Anoop and Sadharana) on the basis of their characteristics in relation with that of Doṣas, Jangala Desa one predominant of Vata^[1] Doṣa, Anoop Desa predominant of Kapha Doṣa and in Sadharana Desa all Doṣas are in equilibrium. According to the properties of the land the food particles /herbs grown there and animal who live there also have their properties in accordance with property of Desha they belong and the food and activities varies accordingly.

Caraka Samhita has given equal importance to Ahara and Vihara, had described a separate Chatushka called Annapana Chatushka which is set of 4 chapters (Matra shitiyam, Yajñapurushiyam, Atreyabhadra kapiyam, Annapanavidhi, Vividhashitapityam) shows the importance of Ahara. Also equal importance has been given to Vihara, the description of (Dinacharya, Ritucharya, Sadvritta, Nidra) depicts the importance of Vihara in maintaining healthy life. Anna is considered as Prana. In Ayurveda there are three foundation pillars are told for healthy life, which are Ahara, Nidra and Brahmacharya.^[2] In vedic literature Ahara is considered as Brahma. All living beings in universe are sustained by food and require food complexion, clarity, good voice, longevity, happiness, satisfaction, nourishment, strength and intellect are all conditioned by food.^[3]

Gramya Ahara refers to food comprising of sourness, saltiness, pungency, alkaline food, dry vegetables and meat, food prepared from sesame, oil cakes, sprouted and freshly harvested grains and pulses, persons who are accustomed to food comprising of contradicting property, not conducive to homologation, as well as dry, caustic, damp or moistened property, heavy, putrified, stale food, persons involved irregular and over eating. Ayurveda provides some reasonable explanation about role of Ahara in ensuring health, Hita Ahara, timing of food, quantifying in relation to quality, classifying Ahara, Ashta Ahara Vidhi visheshaayatana (8 factors determining utility of food), Dwadasha Ahara Vidhividhana (12 discipline of eating) gives. The Pathya, Apathya and Virudha Ahara, sedentary life style and faulty diet has resulted in genesis of many life style disorders like obesity, diabetic mellitus and other metabolic disorders. The Ahara and Vihara can be nectar as well as poison. A person desirous of well being in this world and the world beyond,^[4] should not consume Gramya Ahara and practice Gramya Vihara⁵ told in classics of Ayurveda. Acarya Caraka has mentioned about Ahara and Vihara which are considered to cause vitiation of Doṣas which inturn vitiates

Dhatu. The symptoms like liquefaction of fat which is seen in Madhumeha occurs due to Gramya Doṣas. This research work is to find which all Gramya Ahara and Vihara that are taken by Madhumeha patients residing near to Amrita school of Ayurveda. This is to provide knowledge to people to avoid such food and activities and lead a healthy life and to reduce the occurrence of Madhumeha.

METHODOLOGY

A pilot study was done on 30 subjects to find the food they commonly take, activities they follow and the diseases occurring to them which helped in framing a self formulated questionnaire. With this questionnaire a cross-sectional survey was carried out on 200 diagnosed patients of Madhumeha visiting OPD and IPD of Amrita school of Ayurveda, born and brought up in Vallikavu under the age group 30 to 60 yrs taking into consideration exclusion and inclusion criteria. Systemic disorders like hypertension, pregnant and lactating mothers were excluded. Percentage analysis was done. Statistical analysis was done by applying Chi square goodness of fit test and the significance of each Gramya Ahara-Vihara was elicited.

RESULT AND DISCUSSION

Gramya Ahara Vihara as cause of Madhumeha

The intake of lavana is more among the patients surveyed, patients are habituated to take extra salt with food and they prefer salt taste in excess, using of salt in excess leads to Shithilamamsa Shonitha and it causes vitiation of Asra (blood) and Vata, as Madhumeha is one among the vataja Prameha. The excess kaṭu rasa increases the pitta ushmata, does the vata vṛiddhi and vilayana rupa vṛiddhi of kledaka kapha^[6], which creates the favourable condition for Madhumeha. Intake of excess sour food, the food prepared with sour taste are taken. Sour taste causes moistening it is easy for digestion, causes aggravation of Kapha, Pitta and Asra (blood) and makes the inactive Vata move downwards. Sour taste if used in excess, causes looseness of the body. The cases that prefer pungent taste are 80%. Pungent increases Vata, result in Vataja Prameha.^[7] Excess Kshara intake increases Vata and result in Madhumeha. Kshara has hot, sharp and light in property and its an Anubandhya Hetu for Prameha. The cases that take dry food are more in the study. Dryness increases Vata and result in Vataja Prameha which is Madhumeha. The people here indulge in Viruddha Ahara like taking fruit salad with ice cream, eating chicken and curd together, eating fruit after meal, intake of milk after having fish curry, taking pickles added with vinegar, taking fruit

milk shakes, tinned food and reusing of oil again and again are the few of the incompatible food used by people in this area. Its an anubandhya hetu. People take stale and putrid food as most of them are fisherman and they go for fishing and will be at sea for more than 7 days and females to avoid wasting of food, keep old food in store and consume it later. People take food before digestion of previous meal. Here the people do not eat food before digestion of previous meal as due to lack of time they sometimes skip the food and eat it late. It should be understood that diabetes is essentially the inability to maintain uniform sugar levels in the body. One common food habit that induces unwanted changes in blood sugar levels is eating at irregular hours. Major meals need to be eaten at around the same time to prevent fluctuations in blood sugar levels. This is vital to ensure that the secretion of insulin is kept in check. Eating heavy desserts post dinner, particularly just before going to bed is essentially a health disaster that could be your stepping stone towards diabetes. Sprouted pulses are Guru in nature^[8] and increases Kapha resulting in Madhumeha. Newly harvested grains are sweet in taste and Guru, causes an increase in Kapha^[9] and hence result in Madhumeha. Heavy food increases Kapha and in turn produces Prameha which left untreated produces Vataja Prameha –Madhumeha.^[10] Most of the people are known to take pishtannam, Klinna, guru, pishtanna, adhyasanaam and abhishyandi Ahara which are source of extra calories. Sesame increases Kapha and Pitta.^[11] People take gruel / semolina boiled in milk is taken by patients of Madhumeha which increases Kapha and inturn result in Prameha. Many people take abhishayandi food. Klinna Ahara which are source of extra calories and they act as Anubadhya Hetu for Madhumeha, As the percentage of people taking alcohol is more among males and in the survey it is more females. It acts as a anubandhya hetu for Madhumeha in males. Day sleep increases Kapha and causes Sthoulya and as Madhumeha is Santarpanottha Vyadhi it results in Madhumeha. Excess indulgence in sex is seen as in Nidana of Vataja Prameha as per Acarya Caraka in Prameha Nidana.^[11] Excess sex causes diminishing of semen. It interferes with health of person as the subtle part of food essence. Vayu gets vitiated in body and thus result in Madhumeha who has already got Kapha vitiated. More than fifty percent people indulge in irregular physical exercise activities frequently. Vata increasingly gets vitiated in person who does excess exercise. As he is involved in exercise irregularly and other time he is sedentary so in his body already Kapha might be vitiated in persons and along with that when vata gets vitiated it results in Madhumeha. Persons indulging in excess exercise regularly getting Madhumeha are less. Due to excess exercise Vata gets aggravated due to excess exercise and Kapha which has been vitiated already will result in Madhumeha. Most of the people having emotional disturbance like excess anger,

grief, fear, greed are madhumeha patients. This produces excess which causes metabolic disorders like Madhumeha.

Table 1: Showing significance of each Gramya Ahara and Vihara.

Sl.NO	Gramya Ahara-Vihara	Pvalue	Significance
1	Prefer to take extra salt with meals frequently	0.0001	Significant
2	Prefer foods prepared with raw mango/tamarind/sourcurd/vinegar frequently.	0.0001	Significant
3	Prefer spicy foods/do you add extra Chilly/pepper to food	0.0001	Significant
4	Use baking soda in preparing different foods/ prefer foods like salted chips.	0.0001	Significant
5	Take dry fish / dry meat products/dry tapioca / freeze foods frequently.	0.0001	Significant
6	Take incompatible foods.	0.0001	Significant
7	Take stale and putrid food.	0.0001	Significant
8	Eat food before the previous meal is digested.	0.016	Not significant
9	Eat food untimely	0.0001	Significant
10	Take sprouted pulses and grains	0.024	Not significant
11	Take freshly harvested grains and pulses	0.0001	Significant
12	Eat foods like product of sugar cane/milk products/black gram/ beef meat frequently.	0.0001	Significant
13	Take flour preparations like puffs, pastries, burgers, pizza, maidaporotta frequently	0.0001	Significant
14	Use sesame seeds often in food and its preparations like seasmeladdoo.	0.0001	Significant
15	Take foods like gruel/semolina (reva) boiled in milk	0.0001	Significant
16	Take foods like unripe banana/tapioca/potato and other tuberous food except yam (surana)? Or curd at night.	0.0001	Significant
17	Take alcohol daily/ weekly twice or thrice	0.0001	Negatively Significant
18	Sleep in daytime/more than 3-5 times per week.	0.0001	Significant
19	Indulge in sex regularly/more than 3-5 times per week	0.0001	Significant
20	Indulge in irregular physical activities/exercise frequently	0.034	Significant
21	Indulge in excess exercise/ excess physical activities regularly	0.034	Not significant
22	Get anger at appropriate situation/excess anger for small reason/ always angry /gets excess anger without reason and destroys materials or harm people.	0.0001	Significant
23	Feel sad when questioned/ communicates the feeling of sadness even without being questioned/ feel always in grief.	0.0001	Significant
24	Fear on being told of fearful things/ trembles at slightest mentioning of fearful things/even fears for the objects which are not to be feared/always fearful.	0.0001	Significant
25	Desire for others belongings/ snatch others belongings to fulfil the greed.	0.0001	Significant
26	Have confusion for decision making/ Always in state of confusion.	0.0001	Significant
27	Feel exhausted without doing any physical activity.	0.0001	Significant

CONCLUSION

The percentage analysis and significant values of the observations indicate the sarvadoshaprakopana karma of Gramya Ahara-Vihara. Among the 27 factors of Gramya Ahara Vihara, 23 factors show significant P value(<0.05) i.e about 85.18% of Gramya Ahara-Vihara has influenced Madhumeha Patients. Hence it infers that there is a definite relation between Gramya Ahara-Vihara and Madhumeha.

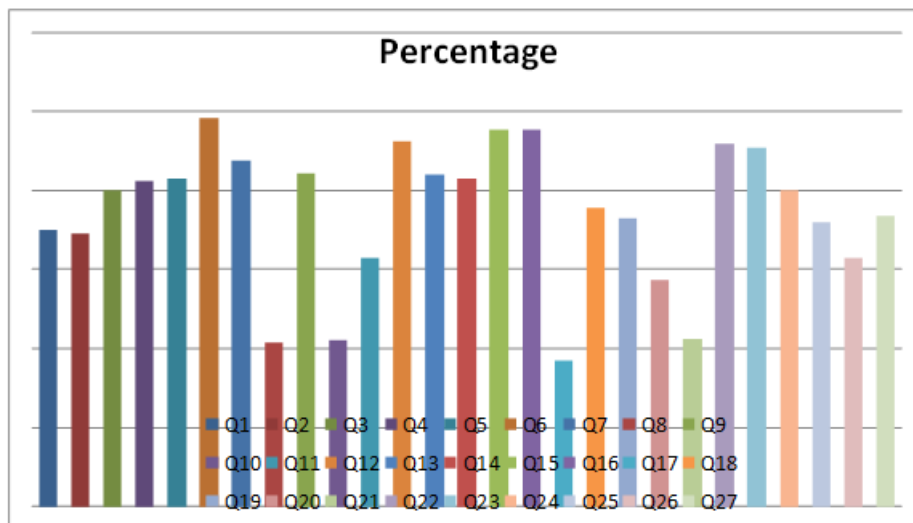


Fig. 1: Showings statistical report got by survey.

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