

IMPORTANCE OF AHARA VIHARA IN MADHUMEHA (DIABETES MELLITUS)

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ABSTRACT

Introduction: *Ayurveda* believes primarily in preventive management of disease than curing it. Diabetes mellitus refer to a group of common metabolic disorders. Diabetes mellitus is derived from the Greek word diabetes meaning siphon referring to a excessive urination associated with the disease and the Latin word mellitus meaning “like honey” was added to reflect the sweet smell and taste of patient’s urine. Similarly in *Ayurveda* a condition in which a person passes honey like sweet urine called “*Madhumeha*”. *Ayurvedic* remedies for *Madhumeha* are the oldest among all the available therapies, which include in the *Prameha* category. The main causes of *Prameha* are lake of exercise

and improper food habits. *Ayurveda* have the “*Nidana Parivarjana*” principle for treatment. As per this principle *Ahara- Vihara* plays very important role in treatment and prevention of the *Madhumeha* because it have very important role in *Prameha* pathology. **Aim:** To study the importance of *Ahara Vihara* in *Madhumeha*. **Material:** Concepts of *Madhumeha* thoroughly studied from various text. **Discussion:** *Ahara* having the properties like *Lekhana*, *Vatahara*, *Medagnivardhana*, *Balya* helps in overcoming *Bahu & Abadhmeha*. *Tikta Rasa Pradhana Shakas* are *Laghu & Ruksha* which helps in *Sthirakarana* of *Deha & Shoshana* of *Dushya* in *Madhumeha*. **Conclusion:** *Ayurveda* has given wide description about *Ahara & Vihara* which are told under the *Prameha* & these *Ahara Vihara* are relevant in day to day life. The prevention of diabetes mellitus by life style intervention is very much essential in present era.

KEYWORDS: *Madhumeha*, *Ahara*, *Vihara*, Diabetes Mellitus.

INTRODUCTION

Prevention is the most effective treatment for unhealthy life styles and that preventive efforts should start early in life. Today diabetes mellitus is really the burning problem of the world. According to WHO 135 million diabetes mellitus patients were in 1995 which will reach to 300 million up to 2025 and in India, in 1970, 2.1% of the total population was of diabetic which has increased due to negligence of proper *Ahar* and *Vihar* which is not taken seriously at all as per preventive point of view.

In *Ayurveda*, *Prameha* described along with its signs, symptoms, aetiopathogenesis and its 20 types, *Madhumeha* is one of the type among these 20.^[1] *Madhumeha* can be correlated with diabetes mellitus on the basis of similarities in the signs and symptoms. The *Hetus* of *Prameha* itself has been accepted as the *Hetus* of *Madhumeha*.

Madhumeha

The term *Madhu* and *Meha* indicating the idea of sweet substance similar to honey in respect of taste, odor, and color not in concentration, which is secreted profusely through the urinary system. *Madhumeha*, *Madhuprameha*, *Ojameha*, *Kshudrameha* are the synonyms mentioned in *Ayurveda*. Twenty types of *prameha* if ignored and not treated properly in time convert into *Madhumeha* and become incurable. In some occasions, this disease is applying to all kinds of *prameha*.

Hetus of madhumeha

The etiological factors of diabetes can be divided into the following 2 groups.

1. *Aharaja hetu*

Payamsi (use of milk preparation)

Dadheeni (excessive use of curd)

Gramyaodakanup mansa (flesh of animals of domestic aquatic & marshy places)

Navannapana (new grains)

Gudavaikruta (jiggery & its derivatives)

Madhura ahara (sweet substances) Ikshu rasa (sugar cane)

Pishta aahar (carbohydrate rich food)

Adhyashana (repeated food intake) Adhika ashana

(excessive food intake) Ahita ashana (unwholesome diet)

Samshana (improper diet)

Havisha^[2] (a special rich food made from milk, sugar & rice)

2. Viharaja hetu

Asyasukhana (habituation on sitting on soft cushion for long period)

Swapnasukhana (prolonged sleeping)

Aalasya^[2] (sedentary life)

Ahar for madhumeha

In all the classics, *ahar dravyas* are described in detail and they cover all the food groups as following.

- 1) *Shuka dhanya* -Yava, Godhuma, Shashtika shali, jeerna shali, kodrava, uddalaka, shyamaka.
- 2) *Shimbi dhanya* – Mudga, Chanaka, Adhaki, Kulatha.
- 3) *Krutannavarga* – Yavamantha, Yavaudana, Vatya, Saktu, Apupa, Yusha.

Some of the *Dravyas* which are commonly recommended are-

- **Shashtika shali**

It is snigdha, grahi, laghu, tridoshaghna,svadu, hima^[3].

Naturally occurring oils, high in manganese.

Rich in high fibres.

Slow release sugar helps in stabilizing blood sugar level.

Studies show that those who consume 1 & ½ cup daily reduce their risk of diabetes mellitus by 60%.

- **Yava (Barley)**

Yava is ruksha, shita, guru, svadu, sara, vittavatakrut, vrushya, sthairyakara^[4].

It contains fibers particularly beta-glucan soluble fibers.

Highly recommended in diabetic diet in different forms.

- **Godhuma (Wheat)**

Godhuma is vrushya, shita, guru, snigdha, jivna, vatapittahara, sandhanakara^[5], madhua, sthairyakrut.

Source of insoluble fibers, whole wheat flour protects from risk of insulin resistance.

- **Mudga (green gram)**

Mudga is kshaya, svadu, grahi, shita, laghu, medahara, shleshmahara, ratahara, pittahara.^[6]

Full of complex carbohydrate in form of high stabilizes blood sugar & controls its sudden rise

after meal.

- **Kulatha (horse gram)**

Kulatha is laghu, ushna, amla vipaka, kaphamedohara^[7]

Raw form has the ability to reduce hyperglycemia by slowing down carbohydrate digestion and reduce insulin resistance.

- **Shaka and phala vargas**

Delay sugar digestion and absorption.

Improve insulin sensitivity and glucose utilization. Rich fibers content & phytates- modulates glycemia. Rich in chromium.

- **Madhu (honey)**

Madhu is madhura, kshaya anurasa, ruksha, shita, agnideepana, laghu, lekhnaya, hrudya, medo hara.^[8]

Alone or with antidiabetic drug reduce hyperglycemia, suggested role of fructose, mineral ions, phenolic acids, flavonoids.

Protection of pancreatic beta cells against oxidative stress and damage.

- **Amalaki (goose berry)**

Amalki is pancha rasa yukta (except lavana) ruksha, shita, tridosahara, vyasthapaka.^[9]

Amalki contains chromium stimulate the beta- cell to secrete insulin contains natural vit.C, minerals like Ca, Fe etc.

- **Haridra (turmeric)**

Haridra is katu, tikta, ruksha, laghu, ushna, kaphapittahara, varnya, pramehara.^[10]

Curcumin extract contains anti-diabetic properties. Improve beta cell functions of pancreas reduce insulin resistance.

Vihara for madhumeha

Hard exercise are prescribed for diabetics & obese person. This is meant for proper utilization of the fat & consumes the glucose in the body. The methods can be changed in the present times according to the habitat (desha) and the time (kala). But the exercises are very necessary. Some of the hard, productive exercises prescribed by Sushruta are as under.

1. Vyayam
2. Niyudha
3. Kreedha
4. Gajacharya, turagcharya, rathcharya, padcharya to ride an elephant, horse, cart riding and walking etc. Over and above mentioned heavy exercises, there are other exercises according to the financial position & also according to their community. There are:
 1. For poor classes, the diabetic should walk about 100 miles, bare footed, non staying more than one night in the settle place should eat only the things available by begging & keeping restraint on his sense organ (adopt the life style of muni/sage).
 2. For rich diabetics: they should ate only shyamaka, kodrava etc. Amalaka, kapitha etc & reside with the cattle (domestic animal). The food stuff for them should be ruksha (free from fat) or they may stay with the cows & eat the above with the urine & feaces of the cows compare this with the character in Raghuvansha.^[11]
 3. For other either farming & digging the well etc, from the above it will be seen that the exercise prescribed by the acharyas are very hard & productive.

Exercise 30 mints a day reduce the risk of diabetes. Some of the exercises that one can follow are-

- Walking every day
- Climbing stairs
- Swimming
- Stationary bicycling
- Practicing yoga

Benefits of physical activity

- Decrease overall adiposity
- Reduce central adiposity
- Improve blood glucose levels
- Desirable changes in muscle tissues
- Lowers B. P. & cholesterol
- Relieves stress
- Improve blood circulation, strengthens heart

❖ Asanas & pranayam

Asanas help the stimulating of pancreas gland thereby increasing the insulin secretion. Helps lessen depressive symptoms in adults.

- Suryanamaskara
- Sarvangasana
- Matsendryasana
- Dhanurasana
- Halasana
- Vajrasana
- Ardhamatsendryasana
- Pavanamuktasana

Pranayams are very much helpful in controlling blood sugar level as well as improving quality of life in diabetic patients.

DISCUSSION

Ahara having the properties like lekhana, vatahara, medagnivardhana, balya helps in overcoming bahu & abadhmeha. Tikta rasa pradhana shakas are laghu & ruksha which helps in sthirikarana of deha & shoshana of dushya in madhumeha.

Food containing high fibre help in delaying digestion & thus lowering calories. Physical exercise help in stimulating pancreas for the secretion of insulin & absorption of glucose & maintain blood sugar level.

CONCLUSION

Ayurveda has given wide description about ahara & vihara which are told under the prameha & these ahara vihara are relevant in day to day life. The prevention of diabetes mellitus by life style intervention is very much essential in present era. This is mainly focused on the increased physical activity & dietary modification. It is considered as the comprehensive approach to prevent & treat diabetes. These methods help to lead a healthy & happy life.

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