

## ROLE OF PATHYAPATHYA AAHAR AND VIHAR IN THE MANAGEMENT OF PRAMEHA WSR TO DIABETES MELLITUS TYPE 2

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### ABSTRACT

Ayurveda is the ancient science of life which aims to maintain the health of a healthy person and to cure the disease of diseased one. Ayurveda describes the *Prameha* as a *Santarpaniya Vyadhi* where *Kapha Dosha* and *Medas Dhatu* play an important role in the manifestation of disease. Diabetes is an iceberg disease. Although increase in both the prevalence and incidence of type 2 diabetes have occurred globally. WHO projects that diabetes will be the seventh leading cause of death in 2030. Diabetes mellitus or type-2 diabetes, is one of the major non-communicable and fastest growing public health problems in the world, is a condition difficult to treat and expensive to manage. The sedentary life style and irregular and unhealthy food intake of the people leading to the obesity and the obesity and physical

inactivity may constitute the main reasons for the increasing burden of diabetes in the society. In Ayurveda the line of treatment of diseases is based on mainly 3 components *Aushadh*, *Aahar*, and *Vihar*. Rather depending on medicines if one can modify his *Aahar* and *Vihar* one can prevent and cure the disease. In classics much emphasis has been given to follow *Pathya Aahar* and *Vihar* and also *Apathya Aahar and Vihar* have been described to avoid. Even person not having money to afford medicine can also get rid of disease *Prameha* by following certain *Pathya Aahar and Vihar*.

**KEYWORDS:** *Prameha, Pathyapathya, Aahar vihar*, Diabetes mellitus type 2.

## INTRODUCTION

आयुस्मिन् विद्यते अनेन वा आयुर्विन्दतीत्यायुर्वेदः ।।<sup>[1]</sup>

Ayurveda is that (science) in which “life” (knowledge of life) is present (or understood) or by which “life” (long and healthy life) is attained.

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणं आतुरस्य विकार प्रशमनं च ।।<sup>[2]</sup>

The aim of Ayurveda is to maintain the health of a healthy person and to cure the diseases of diseased persons.

“Prevention is better than cure” is the foremost aim of Ayurveda also.

To maintain health and achieve a life devoid of any disease one should follow the beneficial diet and regimen and who doesn't follow the proper diet and regimen the nature punishes him in the form of disease.<sup>[3]</sup>

Diabetes mellitus or type-2 diabetes, is one of the major non-communicable and fastest growing public health problems in the world, is a condition difficult to treat and expensive to manage. The sedentary life style and irregular and unhealthy food intake of the people leading to the obesity and the obesity and physical inactivity may constitute the main reasons for the increasing burden of diabetes in the society.<sup>[4]</sup>

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar.<sup>[5]</sup>

Type 2 diabetes (formerly called non-insulin-dependent, or adult-onset) results from the body's ineffective use of insulin. Type 2 diabetes comprises majority of people with diabetes around the world and is largely the result of excess body weight and physical inactivity and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.<sup>[5]</sup>

Diabetes is an iceberg disease. Although increase in both the prevalence and incidence of type 2 diabetes have occurred globally, they have been especially dramatic in societies in economic transition, in newly industrialized countries. During year 2014, the number of cases

of diabetes worldwide is estimated to be around 422 million; of these more than 90 per cent is type 2 diabetes. In 2012, an estimated 1.5 million people died of high blood sugar. More than 80 per cent diabetes deaths occur in low and middle income countries. The global prevalence of diabetes deaths in 2014 was estimated to be 8.5% in adults aged 18+ years.<sup>[6]</sup> WHO projects that diabetes will be the seventh leading cause of death in 2030.<sup>[5]</sup> Much of this increase will occur in developing countries and will be due to population growth, ageing, unhealthy diets, obesity and sedentary lifestyles. Diabetes prevalence has been rising more rapidly in middle- and low-income countries. Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation.<sup>[4]</sup>

Ayurveda describes the *Sthula Prameha* as a *Santarpaniya Vyadhi* where *Kapha Dosha* and *Medas Dhatu* plays an important role in the manifestation of disease, and for *Santarpanoth Vyadhi Aparatpan* or *Virukshan Chikitsa* is advised where *Laghu Annapaan*, *Kapha* and *Medohar Vihar* is advised.<sup>[7]</sup> According to *Acharya Charaka Sthula Pramehi* is as similar to as of *Sushrutokta Apathyanimittaj Prameha* and *Vagbhata's Dosha Aavrana Janya Prameha*.

In Ayurveda the line of treatment of diseases is based on mainly 3 components *Aushadh*, *Aahar*, and *Vihar*. In case of *Sthula Prameha* the *Nidanas* described in Ayurveda itself justify the role of *Aahar* and *Vihar* in the manifestation of disease.<sup>[8]</sup> Rather depending on medicines if one can modify his *Aahar* and *Vihar* one can prevent and cure the disease.

Diseases which manifest from the unhealthy diet and sedentary life style are largely preventable. Diet is one of the major factors now linked to a wide range of diseases including diabetes. Diet constitutes a crucial aspect of the overall management of diabetes. Losing extra kilograms, eating better, and becoming more active are some of the most important steps one can take. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes.<sup>[4]</sup>

## AIMS AND OBJECTIVES

1. To study the etiopathogenesis of *Sthula Prameha* in relation to *Pathyapathaya Aahar* and *Vihar*.
2. To access the role and importance of *Pathya Aahar* and *Vihar* in prevention of *Sthula Prameha*.

## MATERIAL AND METHODS

- It is a review study article.
- All the references regarding *Prameha* and *Pathyapathya Aahar Vihar* are collected from various ayurvedic textbooks and compilation is done.
- Various journals, websites, research articles, modern textbooks are review to complete the study.

### Prameha

The "*Prameha*" has been defined as "*Prakarshena Mehati Ksharati Veeryadiranen iti prameh. Pra=Mili (Ksharane) + Karane Chain*". A masculine gender *Mih-skharane*, *Dhatu* and *Chain* is the *Prataya*. Prefix "*Pra*" as an *Upasarga* which indicates the meaning excessive micturation in both quantity and frequency as stated in *Sabdakalpadruma*.

In *Madhav Nidan* it has been mentioned that "*Prakarsena Prabhutam Prachura Varam Varam Va Mehati Mutratyagam Karoti Yasmin Roge Sa Pramehah*". The meaning of which is excess of urination with increased frequency and in the state of turbidity.<sup>[9]</sup>

**Diabetes mellitus-** The term diabetes mellitus is used to describe a group of disease that have in common hyper glycaemia caused by some fault in production or utilisation of insulin.

Diabetes (Greek word) – ‘Siphon through’

Mellitus (Latin word) – ‘sweetened with honey’<sup>[10]</sup>

### Classification

#### Hetu Bheda

1. Sahaj or Kulaj (Hereditary)
2. Aphyanimittaja (Acquired)

#### Doshik Bheda

1. Kaphaja -10 Sub Types
2. Pittaja - 6 Sub Types
3. Vataja - 4 Subtypes

#### According to Sadhya Asadhyata<sup>[11]</sup>

- 1) Sadhya (Curable)
- 2) Yapya (Palliable)
- 3) Asadhyata (Incurable)

**According to Deha Prakriti Bheda**

- 1) Sthula or Balavana Pramehi  
(Obese Type 2 DM)
- 2) Krisha or Dourbalya Pramehi  
(Asthenic Type 1 DM)

**According to Pathogenesis<sup>[12]</sup>**

1. Avaranajanya
2. Dhatukshayajanya

**Clinical classification of DM<sup>[13]</sup>****1. Diabetes mellitus****A. Type 1 DM**

- It is due to insulin deficiency and was formerly known as.
- TYPE 1
- Insulin Dependent DM (IDDM)
- Juvenile onset DM

**B. Type 2 DM**

- It is a combined insulin resistance and relative deficiency in insulin secretion and is frequently known as.
- Type II
- Non-insulin Dependent DM (NIDDM)
- Adult onset DM

**C. Malnutrition related diabetes mellitus (MRDM)**

D. Other types (secondary to pancreatic, hormonal, drug induced, genetic and other abnormalities)

**2. Gestational Diabetes Mellitus (GDM)**

- Gestational Diabetes Mellitus (GDM) developing during some cases of pregnancy but usually disappears after pregnancy.
3. Impaired glucose tolerance(IGT)

**Samanaya Nidan<sup>[14],[15]</sup>**

आस्यसुखं स्वप्नसुखम् दधीनि ग्राम्यौदकानुपरसाः पयान्सि ।

नवान्नपानं गुडवैकृतं च प्रमेह हेतुः कफकृच्च सर्वम् ॥ (Ch. Chi. 6/4)

दिवास्वप्नाव्ययामालस्यप्रसक्तम् शीतस्निग्धमधुरं मेघद्रवान्नपानं सेविनं पुरुषं जानीयात् प्रमेही भविष्यति इति ॥ (Su. Ni. 5/3)

**The Samanya Nidan of Prameha are**

- Addiction to the pleasures of lounging and sleeping
- The excessive use of curd, meat juice of domestic animals, milks, new grains and drinks
- Products of gur(jaggery).
- And all the things that increases *Kapha* are the causative factors of the anomalies of the urinary secretions.

**Samanya samprapti of prameha<sup>[16]</sup>**

मेदश्च मांसं च शरीरजं च क्लेदं कफो बस्तिगतं प्रदुष्य ।

करोति मेहान् समुदीर्णं उष्णैस्तानैव पित्तं परिदुष्य चापि ॥

क्षीणेषु दोषेषु अवकृष्य बस्तौ धातून् प्रमेहाननिलः करोति ।

दोषो हि बस्तिं समुपेत्य मूत्रं संदुष्य मेहन्जन्येद यथास्वम् ॥ च. चि. 6/5-6

The *Kapha* having vitiated the adipose and the muscular tissues and the body fluid becomes localizes in the genito- urinary system and causes anomalies of the urinary secretions. The *Pitta* too which is provoked by hot things, vitiating those very tissues, causes in the same manner other varieties of urinary anomalies. On the diminution of other two humors, the morbid *Vata* draws into the genito-urinary system the essential body elements, and gives rise to the third class of urinary anomalies. In every case the morbid humor, having reached the genito-urinary system, vitiates the urine and generates urinary anomalies corresponding to its specific nature.

**Samprapti ghatak of prameha<sup>[17]</sup>**

<i>Dosha</i>	<i>Drava Sleshma Pradhan Tridosha, Apaana- Vyaana Vayu</i>
<i>Dushya</i>	<i>Specially Meda Along With Rasa, Rakta, Mamsa, Vasa, Majja, Lasika, Kleda Sukra And Oja</i>
<i>Adhithan</i>	<i>Vasti, Sarvasharir</i>
<i>Udbhava</i>	<i>Anthahkostha</i>
<i>Srotas</i>	<i>Mutravaha Srotas, Medovaha Srotas</i>
<i>Srotodushti</i>	<i>Sang, Atipravritti</i>
<i>Agni</i>	<i>Dhatwagni Manda</i>
<i>Aam</i>	<i>Aam Annarasa</i>

Vyadhi Swabhava	Chirkari
Sadhyaasadhyata	Yapya/ Asadhya

### Samanya lakshana of prameha

सामान्यं लक्षणं तेषां प्रभूताविलमूत्रता । (A.H. Ni. 10/17)

1. *Prabhuta Mutrata* (Excessive urination)
2. *Avila Mutrata* (Turbidity in the urine)

### Symptoms of type 2 diabetes<sup>[18]</sup>

The symptoms of type 2 diabetes can be so mild you don't notice them. In fact, about 8 million people who have it don't know it.

- Being very thirsty
- Peeing a lot
- Blurry vision
- Being irritable
- Tingling or numbness in your hands and feet
- Feeling worn out
- Wounds that don't heal
- Yeast infections that keep coming back

### Criteria for the Diagnosis of Diabetes<sup>[19]</sup>

Fasting plasma glucose (FPG)  $\geq 126$  mg/dl (7.0 mmol/L)

**OR**

2-h plasma glucose  $\geq 200$  mg/dL (11.1 mmol/L) during an OGTT

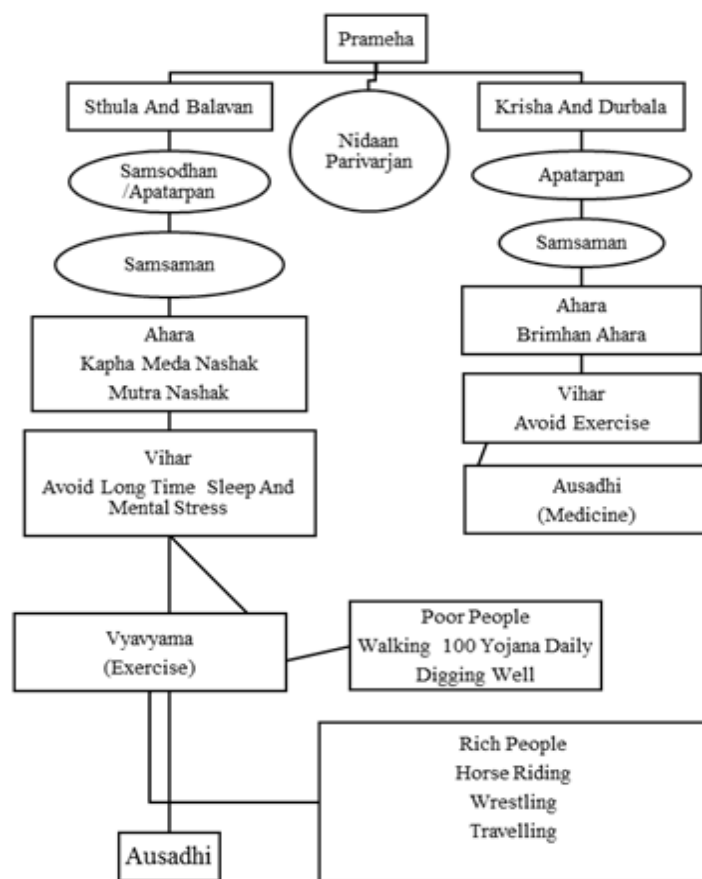
**OR**

A1C  $\geq 6.5\%$

**OR**

Classic diabetes symptoms + random plasma glucose  $\geq 200$  mg/dl (11.1 mmol/L)

### Management of prameha





## Pathyapathya Aahar and Vihar in Prameha

## PATHYA AAHAR

Pathya Aahar		CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
Cereals/ Grains	<i>Yava Odana, Vaatya, Saktuk</i>	+	+	+	-	+	+	-	+	+	+	+	+
	<i>Puraan Shaali</i>	+	+	+	-	-	-	-	-	-		+	+
	<i>Sastik Saali</i>	+	+	+	-	+	-	+	+	-	-	-	-
	<i>Trina Dhaanya (Saava, Kodo, Taangun)</i>	+	+	+	-	-	-	-	-	-	-	-	-
	<i>Godhuma</i>	-	+	-	-	+	+	-	-	+	+	+	+
	<i>Kodrava</i>	-	+	-	-	+	+	-	-	+	+	+	+
	<i>Uddalak</i>	-	+	-	-	+	+	-	-		+	+	+
	<i>Nivar</i>	-	+	-	-		-	-	-	+	+	-	+
	<i>Shyamak</i>	-	-	-	-	+	+		-	+	+	-	+
	<i>Rakt Shali</i>	-	-	-	-	-	-	+	-	+	-	-	
	<i>Kangu</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Venu Yav</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Jirna Kuruvind</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Mukund</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Kalmaa</i>	-	-	-	-	-	-	-	-	+	-	-	+

PATHYA AAHAR		CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
PULSES	<i>Mudga</i>	+	+	+	-	+	+	-	+	+		+	+
	<i>Chanak</i>	-	+	-	-	+	+	-	-	+	+	+	+
	<i>Aadhaki</i>	-	+	-	-	+	+	+	-	+	+	+	+
	<i>Kultha</i>	-	+	-	-	+	+	+	-	+	+	+	+
	<i>Masur</i>	-	-	-	-	-	-	-	-	-	-	-	+

PATHYA AAHAR		CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
VEGETABLES	<i>Tikta Saak Like Methika Patola Karvellaka Tanduleyaka Vastukam, Shobhanjana Karkotaka – Rasona, Kadali</i>	+	-	+	-	+	+	-	+	+	+	+	+
	<i>Vat Sunga</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Pattur(Salinch Saak)</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Gokshur Saak</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Musak Parni Saak</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Parijaat Saaak</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Giloy Patra</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Kasheru</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Kamala Kand</i>	-	-	-	-	-	-	-	-	+	-	-	+

PATHYA AAHAR		CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
MAMSA	<i>Viskir</i>	+	-	-	-	-	-	-	-	-	-	-	+
	<i>Pratud</i>	+	-	-	-	-	-	-	-	-	-	-	+
	<i>Jangal (Mriga)</i>	+	+	-	-	+	+	-	+	+	+	+	+
	<i>Andajah</i>	-	-	-	-	+	+	-	+	-	-	-	-
	<i>Latwa</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Kapot</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Sasa</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Titar</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Lava</i>	-	-	-	-	-	-	-	-	+	-	-	+

	<i>Barhi</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Bringraj</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Eina</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Vartak</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Suka</i>	-	-	-	-	-	-	-	-	+	-	-	+

PATHYA AAHAR		CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
OILS	<i>Danti</i>	+	+	-	-	-	-	-	-	-	-	-	-
	<i>Ingudi</i>	+	+	-	-	-	-	-	-	-	-	-	-
	<i>Atasi</i>	+	+	-	-	-	-	-	-	-	-	-	-
	<i>Sarsap</i>	+	+	-	-	-	-	-	-	-	-	-	-

PATHYA AAHAR		CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
FRUITS	<i>Aamla</i>	-	+	-	-	-	-	-	-	-	+	-	-
	<i>Kaitha</i>	-	+	+	-	-	-	-	-	+	-	-	+
	<i>Tinduka</i>	-	+	+	-	-	-	-	-	+	-	-	+
	<i>Asmanthaka</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Jambu</i>	-	-	+	-	-	-	-	-	+	-	-	+
	<i>Tala Phala</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Barhata</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Udumbara</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Lahsun</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Navin Mocha</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Trifhala</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Kamala Bija</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Kharjura</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Langaliktala Taur</i>	-	-	-	-	-	-	-	-	+	-	-	+

	Uttamang												
	Vyosha	-	-	-	-	-	-	-	-	+		+	+
	Khadir	-	-	-	-	-	-	-	-	+	-	-	+
	Kalingah	-	-	-	-	-	-	-	-	+	-	-	+

PATHYA DRINKABLES	CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
Puran Madhu	-	-	+	-	-	-	-	-	+	-		+
Madhu Sharbat	-	-	+	-	-	-	-	-	-	-	-	-
Puran Aasava And Arista	-	-	+	-	-	-	-	-	+	-	-	-
Sidhu	-	-	+	-	-	-	-	-	-	-	-	-
Asanadi Varga Jala	+		+	-	-	-	-	-	-	-	-	-
Darbha Udaka	+		+	-	-	-	-	-	-	-	-	-
Madhu Udaka	+		+	-	-	-	-	-	-	-	-	-
Kashaya Udak	-	-	-	+	-	-	-	-	-	-	-	-
Takra	-	-	-	-	-	-	-	-	+	-	-	+
Rashab Jala	-	-	-	-	-	-	-	-	+	-	-	+
Mahishi Jalam	-	-	-	-	-	-	-	-	+	-	-	+

PATHYA AAHAR	CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
KRITANNA	Shrikukkuta	-	+	+	-	-	-	-	-	-	-	-
	Amla	-	+	+	-	-	-	-	-	-	-	-
	Raga	-	+	+	-	-	-	-	-	-	-	-
	Sadhav	-	+	+	-	-	-	-	-	-	-	-
	Yusa	-	-	-	-	-	-	-	+	-	-	+
	Laja	-	-	-	-	-	-	-	+	-	-	+
	Vatya Mand	-	-	-	-	-	-	-	+	-	-	+

Miscellaneous	CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
<i>Madhu</i>	-	-	+	-	-	-	-	-	+	+	-	+
<i>Trphala</i>	-	-	+	-	-	-	-	-	-	-	-	+
<i>Saktu Yukta Suska Bhakshya</i>	-	-	+	-	-	-	-	-	-	-	-	-
<i>Puraan Madya</i>	-	-	-	-	-	-	-	-	+	-	-	+
<i>Saindhav</i>	-	-	-	-	-	-	-	-	-	-	+	-

PATHYA VIHAR	CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
<i>Vyayam</i>	+	-	+	-	-	-	-	-	+	+	-	+
<i>Yoga</i>	+	-	-	-	-	-	-	-	-	-	-	-
<i>Udhwartan</i>	+	-	+(Ruksha)	-	-	-	-	-	+	-	-	+
<i>Snan</i>	+	-	-	+(Kasaya)	-	-	-	-	-	-	-	-
<i>Avshek</i>	+	-	-	-	-	-	-	-	-	-	-	-
<i>Lepan(Khas, Twak, Ela, Agar, Chandana)</i>	+	-	-	-	-	-	-	-	-	-	-	-
<i>Chankraman</i>	+	+	-	-	-	-	-	-	-	-	-	-
<i>Vedaahyanan</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Krishi</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Kup Khanan</i>	-	+	-	-	-	-	-	-	-	-	-	-
<i>Nishi Jagaran</i>	-	-	+	-	-	-	-	-	-	-	-	+
<i>Kapha Meda Nashak Karya</i>	-	-	+ (Internally Externally Both)	-	-	-	-	-	-	-	-	+
<i>Kaphapittagna</i>	-	-	-	-	-	-	-	-	-	-	-	+
<i>Diwa Swapna Varjan</i>	-	-	-	-	+(Stri)	-	-	-	-	-	-	-
<i>Hasthi Ashwa</i>	-	-	-	-	-	-	-	-	+	-	-	-

Vahan												
Atibhraman	-	-	-	-	-	-	-	-	+	-	-	-
Aataap Sevan	-	-	-	-	-	-	-	-	+	-	-	-
Shrama	-	-	-	-	-	-	-	-		+		+

Yogic Practises<sup>[33]</sup>

Shat Karma	Kunjal Kriya, Kapalbhati, Agnisara Kriya, Laghu Sankhaprakshalan
Asanas	Padahasthasana, Ardhchakrasana, Trikonasana, Paschimottanasana, Vajrasana, Shashank Aasana, Padottansana, Pavanmuktasana, Bhujhanagasana, shalabahasana, Shavasana
Pranayam	Nadisodhan Pranayama, Bhastrika
Dhyana	Omkara Dhyana
Hydrotherapy	Warm Water Enema, Cold Water Bath

## Other pathya

- Yava, Venu Yava, Godhuma feed to cow, donkey, horse, etc. and when they excrete from their dung collect the grains and make various preparations, is said to be the best *Pathya* in *Prameha*. By this the *Madhur Rasa* is absorbed and enhance the *Ruksha* and *Kashaya Rasa* thereby becomes potent *Prameha Nasaka*.
- Kababs (sulya mamsa) of *Jangal* animals and birds are beneficial for *Santarpan Janya Prameha*. (charaka)

## Apathya Aahar and Vihar

APATHYA AAHAR		CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
CEREALS/ grains	Hayanaka	+	-	-	-	-	-	-	-	-	-	-	-
	Yavaka	+	-	-	-	-	-	-	-	-	-	-	-
	Chinak	+	-	-	-	-	-	-	-	-	-	-	-
	Uddalak	+	-	-	-	-	-	-	-	-	-	-	-
	Naishadha	+	-	-	-	-	-	-	-	-	-	-	-
	Itkata	+	-	-	-	-	-	-	-	-	-	-	-

	<i>Mukundaka</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Mahavrihi</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Pramodaka</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Sugandhaka</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Nav Dhanya</i>	-	-	+	-	-	+	-	-	+	-	+	+
PULSES	<i>Nav Harenu</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Black Gram</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Nishpaav</i>	-	-	-	-	-	-	-	-	+	-	-	+
Flesh	<i>Gramya</i>	+	+	-	-	-	+	-	-	-	-	-	-
	<i>Audak</i>	+	+	-	+		+	-	-	-	-	-	-
	<i>Aanup</i>	+	+	+	+	+	+			+	+	+	+
	<i>Gavya</i>	-	-	-	+	-	-	-	-	-	-	-	-
	<i>Aurabhra</i>	-	-	-	+	-	-	-	-	-	-	-	-
	<i>Aja</i>	-	-	-	+	-	-	-	-	-	-	-	-
	<i>Khagaih</i>	-	-	-	+	-	-	-	-	-	-	-	-
VEGETABLES	<i>Saak</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Tumbi</i>		-	-	-	-	-	-	-	+	-	-	+
	<i>Tala Asthi Majja</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Kushmand</i>	-	-	-	-	-	-	-	-	+	-	-	+
KRITAANNA	<i>Til Palal</i>	+	-	-	+	-	-	-	-	-	-	-	-
	<i>Pistanna</i>	+	+	-	-	+	-	-	-	+	+	+	+
	<i>Payasa</i>	+	-	-	+	-	+	-	-	-	-	-	-
	<i>Krusara</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Vilepi</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Amla</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Yavagu</i>												
SWEETS	<i>Ikshu Vikaar</i>	+	+	+	+	+	+	-		+	+	+	+
	<i>Sweets Products</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Guda</i>	-	-	+	-	+	+	-	-	+	+	+	-
MILK PRODUCTS	<i>Milk</i>	+	+	+	-	+	+	-	-	+	+		
	<i>Fresh Curd</i>	+	+	-	+	-	-	-	-	+		+	+

	<i>Mandak</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Takra</i>	-	-	-	-	+	+	-	-	-	-	-	-
DRINKS	<i>Sweetened Liquids</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Nav Madya</i>	+	-	-	-	-	-	-	-	-	-	-	-
	<i>Sauvirak</i>	-	+	-	-	+	+	-	-	+	+	+	-
	<i>Tusodak</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Sukta</i>	-	+	-	-	-	-	-	-	+	+	+	-
	<i>Sura</i>	-	-	+	-	+	+	-	-	+	+	+	-
	<i>Maireya</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Aasava</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Jala</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Dugdha</i>	-	+	-	-	-	-	-	-	-	-	-	-
	<i>Dusht Ambu</i>	-	-	-	-	-	-	-	-	+	-	-	+
OILS/ FATTY SUBSTANCES	<i>Tel</i>	-	+	-	-	+	+	-	-	+	+	+	-
	<i>Ghrita</i>	-	+	-	+	+	+	-	-	+	+	+	-
OTHER SUBSTANCES	<i>Amla Padarth</i>	-	-	-	-	+	+	+	-	+	+	+	+
	<i>Kshar</i>	-	-	-	-	-	-	+	-	-	-	+	
	<i>Katu</i>	-	-	-	-	-	-	+	-	-	-		
	<i>Madhur Padarth</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Lavana Padarath</i>	-	-	-	-	-	-	-	-	+	-	-	+
	<i>Abhisyandi Bhojan</i>	-	-	-	-	-	-	-	-	+	-	-	+



## Apathya Vihar

APATHYA VIHAR	CHA. <sup>[20],[21]</sup>	SUS. <sup>[22]</sup>	VAG. <sup>[23]</sup>	BHEL <sup>[24]</sup>	BP <sup>[25]</sup>	VANGSEN <sup>[26]</sup>	HARITA <sup>[27]</sup>	MA. CHI <sup>[28]</sup>	PAV <sup>[29]</sup>	CD <sup>[30]</sup>	YR <sup>[31]</sup>	BR <sup>[32]</sup>
<i>Mrja Varjanam</i>	+	-	-	-	-	-	-	-	-	-	-	-
<i>Vyayam Varjanam</i>	+	-	-	+	-	-	-	-	-	-	-	-
<i>Diwaswapna</i>	-	-	-	+	-	-	+	-	+	-	+	+
<i>Swapna Sayan Prasang</i>	+	-	+	+	-	-	-	-	-	-	-	-
<i>Aasan Prasang</i>	+	-	-	-	-	-	+	-	+	-	+	+
<i>Eksthana Aasan Rati</i>	-	-	+	+	-	-	-	-	-	-	-	-
<i>Stri Darshan/ Vyavay</i>	-	-	-	-	-	-	+	-	+	-	-	+
<i>Chalan a Dhaavana</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Mutravega Dharana</i>	-	-	-	-	-	-	+	-	+	-	+	+
<i>Vastra Vaatam</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Rakta Vastra Dharan</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Ekant Grihmadhye</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Gaan</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Stri Baalak Rama</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Aabharana</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Tambul</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Krodha</i>	-	-	-	-	-	-	+	-	-	-	-	-
<i>Dhoompaan</i>	-	-	-	-	-	-	-	-	+	-	+	+
<i>Sweda Karma</i>	-	-	-	-	-	-	-	-	+	-	+	+
<i>Raktamokshan</i>	-	-	-	-	-	-	-	-	+	-	+	+
<i>Viruddhaasan</i>	-	-	-	-	-	-	-	-	-	-	-	+

## DISCUSSION

*Prameha* is *Anushangi Vyadhi* that is will be always behind the person.<sup>[34]</sup> *Anushangi* means *Punarbhavi* that which stay for long time, it shows that *Prameha* have the close relation with the *Pathya Apathya Aahar* and *Vihar*. Acharya lolimbaraj says that the person who takes the wholesome food and regimen need not take any medicine, and the person doesn't take wholesome food and regimen should not take any medicine as it will not be fruitful.<sup>[35]</sup> *Aahar* is the factor responsible for the bodily matter and *Aahar* itself is responsible for the diseases if consumed illogically.<sup>[36]</sup> The management of *Prameha* depends on three aspects i.e. *Aushadh*, *Aahar* and *Vihar*, where *Aushadh* alone cannot manage the *Prameha* effectively. In *Pathya Kaphahar* and *Medohar Aahar And Vihar* should be adopted.

## CONCLUSION

*Prameha* is correlated to diabetes mellitus type 2, where *Pathayapthya* plays an important role. By reviewing the literature it is obvious that much emphasis has been given to follow *Pathya Aahar* and *Vihar* in the *Prameha Vyadhi*. It is clearly mentioned that *Prameha* approaches immediately like a bird to its nest- tree the person who is greedy in eatables and has dislike for bath and walking. Death in the form of *Prameha*, takes away the person who is dull in activities, over-obese, over-uncted and voracious eater. The person who takes food which maintains the equilibrium of *Dhatus* and also practises various physical activities enjoys happy healthy life.

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