

ROLE OF AYURVEDA IN PREVENTION AND CONTROL OF DIABETES (PRAMEHA)

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ABSTRACT

Prameha is Well Disease Since Vedic Periods. The Word Prameha Literally Means Urinary Disorders With Increased Quantity of Urine With Turbidity in it. Prameha Which Is Known as Diabetes, is a Global Health Problem and Receiving Much Attention Now a Days. If Poorly Managed Diabetes Can Lead to a Host of Long Term Complications Like Heart Attack, Stroke, Blindness, Renal Damage, CKD, Ulcers Hence Prevention And Control of Diabetes Is Must For Healthy Life. The Drastic Disease Diabetes Can Be Controlled by Giving Comprehensive Attention to 3 Aspect or Trisutri Aushadh (Medicine), Aahar (Diet), Vihar Exercise). Several Plant Extract Have Been Examined for Their Antidiabetic Properties, Pathya Aahar Kalpana,

Various Type of Asanas and Yoga Which is Describe in Various Samhitas Suggested For Prevention and Control of Prameha (Diabetes) in This Article We Describe Above Factors In Brief.

KEYWORDS: Prameha, Aahar, Vihar, Aushadh, Prevention.

INTRODUCTION

Diabetes is a Chronic Metabolic Disorder in Which The Body is Unable to Make Proper Use of Glucose Resulting In High BSL And Glycosuria. High Blood Sugar Over Prolonged Period. Diabetes is Termed As (Silent Killer). Ancient Science of Ayurveda Has Discussed Diabetes Since Thousands of Year Ago.

Diabetes is an Ancient Disease the Ancient Indian Medical System Ayurveda, Which is Based on Scientific Principle Described. Diabetes Under the Name Madhumeha is Largely Described Under the Broad Name Prameha. The Word Prameha Means “Passing of Excess Urine Both Quantity and Frequency. Vagbhata Describes As A Frequent And Copious Urine With Turbidity ‘Prabhutavila Mutrata’ The Symptoms Described From A Syndrome i.e. Prameha, Are Studied Under the Category of Urinary Disease (Disease of Mutravaha Strotas). According to Ayurveda, There Are 20 Forms of Diabetes (Prameha)-4 Are Due To Vata, 6 from Pitta and 10 Are Cause Due To Kapha. This 20 Types of Pramehas As Different Urinary Disorders, For Example Udaka Meha as to Be Diabetes Insipidus, Sandrameha As Symptoms of High BSL Include Frequent Urination, Increased Thirst and Increased Hunger. If Poorly Managed Diabetes Can Lead to a Host of Long Term Complication Heart Attack, Strokes, Blindness, Nerve Damage, Amputation of Limbs, Impotency in Men, CKD, Foot Ulcers, Damage To Eye Prevention and Control of Prameha Involve Maintain A Healthy Diet, Regular Physical Exercise, A Normal Body weight. Control Blood Pressure And Maintain Proper Foot Care Are Important For People With The Disease.

AIM - Ayurveda is Useful For Prevention and Control of Diabetes.

OBJECTIVES

1. To Explore the Concept Related to Diabetes According to Ayurvedic Samhita.
2. To Explore the Management And Importance of Ayurveda for Prevention and Control of Disease.

Causes

1. Diet Increasing Sugar, Fats
2. Lack of Exercise
3. Mental Stress And Strain
4. Excessive Sleep
5. Overweight.

Symptoms

1. Excessive Urine Formation and Frequent Urination.
2. Increased Hunger and Thirst
3. Tiredness
4. Weight Loss

5. Burning Palms and Soles
6. Sweet Taste to Mouth
7. Blurred Vision

Prevention and Control of prameha

The Drastic Disease Diabetes Can Be Controlled By Giving Comprehensive Attention to 3 Aspect

- Ausadha (Medicine)
- Ahar (Diet)
- Vihar (Exercise)
- Helthy diet

Cereals

1. Yava (Barly)
2. Godhum (Wheat)
3. Old Rice, Javas

Pulses

1. Kulatha (Horse Gram)
2. Mung (Green Gram)

Vegetable

1. Shigru, Padval
2. Patol (Sponge Gourd)
3. Marich (Black Paper)
4. Lasun (Garlic)
5. Karvellak (Bitter Guard)

Fruits

1. Jambul, Mosambi

Oils

1. Musterd Oil
2. Flax Seed
3. Ingudi Oil

Flesh

1. Harina (Deer Flesh),
2. Shashaka (Rabbit), Birds Like Titira, Kapota, Lavak

Liquids

1. Old Sura (Old Wine).

Vihar (Exercise)

1. Asana
2. Yoga
3. Udvartan
4. Parishek
5. Jalavagahan
6. Alepan

Unhelthy diet (Avoid)

Sugar Vihar: 1- Divaswap (Day Sleep)

Navanna: 2- Dhoompan (Smoking)

Alcohol: 3- Mutravegam

Carbohydrate Rich Food

Kshar, Dadhi, Anup Mans.

Herbs recommended in DM

1. Saptarangi (Calacia Chinensis)
2. Neem (Azadirachta Indica)
3. Bilva (Aegle Marmelos)
4. Lodhra (Symplocos Recemosa)
5. Jambul (Eugenia Jumbolia)
6. Turmeric (Curcuma Longa)
7. Katak (Strychnum Potatrum)
8. Meshashringi (Gymnema Sylvestre)
9. Aamalki (Emblica Officinalis)
10. Shilajatu.

Observations

The Findings From The Review of Literature Are Recorded As Observed Facts in Systematic Manner. Diabetes Mellitus is a Chronic Metabolic Disorder With Impaired Carbohydrate, Fats And Protein Metabolism.

In the Recent Years, yurvedic Herbs and Preventive and Curative Criteria Have A Become A Subject of Intrest Because of Their Benefits on Human Health. Several Plant Extracts Have Been Examined For Their Antidiabetic Properties. There Are Many Herbal Remedies Suggested For Prevention And Control of Diabetes And Its Complications.

CONCLUSION

From Above Discussion It Is Clear That Ayurveda Has Good Result In Prevention And Control of Diabetes. So It Can Be Concluded That Ayurveda Provides Better Solutions In The Form of Proper Dietary Management, Panchkarma Procedures, Yoga For Prevention And Control of Diabetes.

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