

**A LITERARY STUDY ON MADHUMEHA (DIABETES MELLITUS)
ACCORDING TO AYURVEDIC CLASSICS - A BRIEF REVIEW****Gaurav Gairola^{1*}, Sunil Nikhate² and Sujit Kumar³**¹PG Scholar, Dept. of Kriya Sharir, Parul Institute of Ayurved, Vadodara.²Asso. Prof. & Guide, Dept. of Kriya Sharir, Parul Institute of Ayurved, Vadodara³Assist. Prof., Department of Kriya Sharir, Vivek College of Ayurvedic Sciences and
Hospital, Bijnor, Uttar Pradesh.Article Received on
24 May 2021,Revised on 14 June 2021,
Accepted on 04 July 2021

DOI: 10.20959/wjpr20218-21063

Corresponding Author*Dr. Gaurav Gairola**PG Scholar, Dept. of Kriya
Sharir, Parul Institute of
Ayurved, Vadodara.**ABSTRACT**

Ayurveda is a traditional Indian health-care system that dates back to the dawn of civilization. Arogya is essential for achieving Purushartha Chatushtaya, according to Acharya Charak. Ayurveda places a strong emphasis on the preventative and proactive elements of health rather than the curative. In Ayurveda, the concepts of Dinacharya, Ritucharya, Sadvritta, and Achara Rasayana, as well as guidelines for a balanced diet and lifestyle, are well recognised, but few people can follow them adequately in the current scenario. As a result, there has been a large increase in lifestyle illnesses such as pandemics, the most dangerous of which is diabetes. Nearly 80% of the occurrences are

caused by type 2 diabetes mellitus. Madhumeha is one of the kinds of Vataja Prameha in Ayurveda, and it is likened to Diabetes Mellitus because of the disease's etiopathogenesis, clinical symptoms, and prognosis. Lack of exercise, poor dietary practises, excessive consumption of food containing Snigdha and Guru Guna, and food that causes Kapha Dosha vitiation are the main causes of Madhumeha. Modern therapy has its limitations, but Ayurvedic management principles can assist the patient in controlling blood glucose levels and altering their routine.

KEYWORDS:– Madhumeha, Diabetes, Ayurveda etc.**INTRODUCTION**

Diabetes mellitus is the world's deadliest silent killer. WHO has recognised India as the country with the fastest-growing number of diabetes patients. Between 1995 and 2025, the

Methodology

Madhumeha

Main causes

Classification

- [illegible]

2. According to physical management, the lean diabetic is described as Apatharpana uthaja prameha. Santharpana uthaja prameha, which is concerned with the obese diabetic.
3. These Prameha are divided into twenty categories based on their doshic causes: Vataja Prameha - There are four vataja Prameha in total.
4. Pittaja Prameha - There are six pittaja Prameha in total.
5. Kaphaja Prameha - There are 10 kaphaja Prameha in total. Madhumeha is the name given to diabetes mellitus. The Vataja Prameha is one of the four Vataja Pramehas.

Samprapti ghatakas^[5]

- Dosha – Vata, pitta, kapha
- Dushya – Meda, mamsa, kleda, Rakta, vasa, majja, lasika, rasa and ojas
- Srotas – Mootravaha
- Srotodusti – Atipravrutti
- Agni – Dhatvagni
- Udhbhavasthana – Kostha
- Vyaktasthana – Mootravaha srotas

Samprapti

By etiological factors, Kapha has spread throughout the body, contacting various dooshyas (plasma), and Rakta (blood). Because the body has a Shaithiylata (looseness), it flows, distributes throughout the body, and gets vitiated (body fluids). In the same way that Pitta affects them and Vata develops prameha, body fluids have vitiated and lead them into the urine bladder.^[6]

Premonitory symptoms

Soil buildup on your teeth (mouth, eyes, nose, and ears), a burning feeling in your hands, feet, and body, hunger, and a delightful mouth taste, among other things (sweetness of urine).^[7]

Clinical symptoms

1. Madhu samana varna
2. Anga gandha
3. Madhuryamasya
4. Prabhuta mutrata
5. Avila mutrata
6. Shithilangata

7. Shayana asana Swapna sukha
8. Shitapriyatwa^[8]

Main symptoms

1. Exhaustion
2. Bodyache^[9]
3. Polyneuritis
4. Polyuria
5. Polyphagia
6. Polydipsia
7. Visual disturbance.
8. Delayed Healing of wound
9. Alashya
10. Thirstiness

Madhumeha prognosis^[10]

Charaka explains the prediction

1. Sadhya – Curable: Patients who have been identified with sthoola (obesity) early on, as well as the basis of apathyaja problem.
2. Yapyra – palpable: Pittaja prameha and other varieties of Prameha Kaphaja, on the other hand, might help with care (palliative management).
3. The Sahaja variation defines krisha (lean) patina, an incurable form of prameha and hereditary diabetes.

Treatment

Prameha, according to Ayurveda, is perceived differently depending on a person's constitution. In addition to drugs and diets, the patient is urged to maintain a healthy lifestyle and lead an independent existence based on a whole lifestyle transformation.^[11]

Diabetics are divided into two groups:

Type 1 diabetes and Type 2 diabetics.

1. Sthulya
2. Krusha

1. In sthulya

The treatment must be mainly based on proper utilization of excess fat i.e. he should be give:

1. Diet control
2. Cleansing therapies – Vamana, Virechana, Basti
3. Shodhana
4. Apatarpana
5. Fasting
6. Physical exercise

2. In krusha

Treatment for an asthenic form should primarily focus on improving resilience and stamina through tonic (brumha) nutrition, medication, and other means, and the patient should never be subjected to excessive Langhana or Apatarpana, i.e. should not be starved. Diabetics and obese people have an abnormally high hunger and thirst, hence they should constantly be given some sort of diet —

Diet^[12]

The following food which can be given to the diabetes: -

1. Cereals

Yava can be fed the best, most varied meal dishes, such as barley (*Hordeum vulgare* - Barley). Appop, bread, Mantha, Odana, and other such items are available. Roti is a type of bread. Wheat may be given as well (*Godooma*). Rice: Purana shali (ancient rice) is suggested. Diabetics should consider Ayurveda as one of the grains to consume.

2. Pulses

Mudga (*Vignaradiata* Greengram), Chanaka (*Cicer arietinum* Linn. – Bengal gram), Kulattha (*Dolichos biflorus*), etc, can be taken.

3. Vegetables

Bitter vegetables (Tikta shaka), such as Karela (*Momordica charantia* - Bitter gourd), Methi (*Trigonella foenum-graecum* - Fenugreek), Patola (Vietnamese luffa, Vietnamese gourd, or Chinese okra), Rasona (*Allium sativum* Linn. – Garlic), etc.

4. Phalas

Amalaki (*Phyllanthus emblica* - Nepalese/Indian gooseberry, or Dhatrik (in Maithili) or amla), Jambu (*Syzygium cuini* - Black berry), Kapitta (*Phyllanthus emblica* - Nepalese/Indian gooseberry, or Dhatrik (in Maithili) or amla), Jambu (*Syzygium cuini* - Black berry), Jambu (*Limonia acidissima* - Wood Apple, Elephant Apple, Monkey Fruit or Curd Fruit).

5. Vyayama

1. Gomukhasana
2. Salbhasam
3. Vyayarma
4. Niyuddha
5. Kreedha
6. Gajacharya
7. Turagacharya
8. Rathacharya
9. Padacharya to ride an elephant, horse, cart riding and walking etc,

Drugs^[13]

1. Shilajatu
2. Guggulu
3. Haritaki
4. Amalaki.

Single formulations

1. Guduchi swarasa (*Tinospora cardifolia*) – 10ml twice a day with honey (A.H.Ci 12/6)
2. Amalaki Curna (*Phyllanthus emblica*) – 6 gm twice a day with honey (A.H.Ut. 40/48)

Avaleha

1. Saraleha: (Bhavaprakash): Dose: 3to 5 mg / day.
2. Gokshuradyavaleha (Bhavaprakash): Dose: 3to 5 mg / day.

Kwatha

1. Darvi, Surahwa, Triphala, Musta.
2. Triphala, Darvi, Vishala, Musta.^[14,15]

DISCUSSION

Diet, on the other hand, is the primary driver of bodily growth and development, and a bad diet leads to a variety of illnesses. The proper diet, according to Acharya Charaka, rebuilds the shattered structures, nourishes the Dhatus (tissues), and maintains the equilibrium of the body's elements. A irrational diet, on the other hand, causes sickness. Limiting food has also been demonstrated to improve insulin sensitivity and beta cell activity (insulin-secreting

pancreatic cells) in various studies. In diabetes, the role of Ahara and Vihara is just as important, if not more important, in controlling blood sugar levels and preventing problems. In addition to herbal therapy, Ayurveda recommends dietary changes such as avoiding sugary and simple carbohydrate-rich meals while increasing consumption of a variety of healthy grains. All category 2 treatment regimens are built around diet.^[16]

CONCLUSION

Diabetes mellitus does not see Ayurveda as a disease that can be treated with simple medications or a diet plan. Though Yajna is not completely curable, long-term usage of the aforementioned treatments can assist a person not only become diabetes-free but also ensure a long life (deergha jeevanam), a stable (sukhayu), and a supportive community (hitayu). Madhumeha can be prevented if Pathya Ahara and Vihara are administered in the early phases, either before diabetes or when the disease is stabilised.

SOURCE OF SUPPORT: Nil.

CONFLICT OF INTEREST: None

REFERENCES

1. Sushruta Samhita: By Kaviraj Kunjalal Bhashagraha; Chaukamba Sanskrit Series, Varanasi. The Medical treatment of Madhumeha, 1963; 13: 286-391.
2. Ashtanga Hridayam- Chikitsa sthanam ; Vagbhata, Translated into English by Dr.K.R. Srikantha Murthy ; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy ; Section, 4; 12: 383-390.
3. Madhava Nidanam; Madhavakara, Translated into English by Dr. K. R. Srikantha Murthy; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy;; Roga Vinischayam, 1987; 33: 116-119.
4. Sarangadhara Samhita: By Sarangadhara, Translated into English by Dr. K. R. Srikantha Murthy; Chaukamba Oriental Publisher & Distributor, Varanasi.; 1) Pradhama Kanda - Chapter-7. 2) Madhyama Kanda – Chapter, Dravya- Kwatha, Guggulu etc, 1984; 2, 12(1): 37 2, 69, 71, 108, 171.
5. Ashtanga Hridayam- Nidanasthanam; Vagbhata, Translated into English by Dr. K. R. Srikantha Murthy; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; Prameha - Sankya, Nidana, Rupas, Samanya Lakshanas, Upadravas etc, 1992; 10: 92-99.

6. Yogaratnakaram- Pramehaprakaranam, By Dr. Indeqdev Thripathi & Dr. Dayashanker Thripathi, Krishnadas Ayurveda Series 54, Chaukamba Krishnadas Academy, Varanasi – 1998; Chapter - Prameha Nidana; Page No. – 622 to 641. Brindha et al. Int J Pharm Pharm Sci, Proceedings-International Conference on Natural Products in the Management of Cancer, Diabetes and Viral Infections, SASTRA University, Thanjavur, Tamil Nadu, 110, 6(1): 107-110.
7. Charaka Chikitsa sthana; By Agnivesha; Translated into English by Dr. Ram Karan & Vaidya Bhagwan Das; Chaukamba Sanskrit Series, Varanasi & Krishnadas Academy, 2001.
8. Basavarajeeyam, 433; 99.
9. P.V. Sharma Dravyaguna Vijnana - Part –II; Chaukamba Vidya bhavan, Chowk, Banaras, 1956.
10. A Practical hand book of Panchakarma Procedures – CCRAS Chapter – Vamana; Page – 17; Chapter – Virechana; Page – 21; Slokas – Astanga Hridaya Sutrasthana, 2009; 18, 1, 2; 8, 9.
11. The Principles and Practice of Kaya Chikitsa: Dr. S. Suresh Babu ; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; Endocrine Diseases and Medicines, 2007; 100-109.
12. Davidson's Clinical Medicine: Edited by John Macleod ; Reprint - 1985,1986; Chapter - 12- Endocrine & Metabolic Diseases, Diabetes Mellitus, 1984; 457-465.
13. A Text book of Kayachikitsa: Dr. Subhash Rande and Dr. Sunanda Ranade; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; Chapter - 4 - Medovaha Srotas – Prameha; Prameha, 441-451.
14. havaprakash: Bhavamishra; Chaukamba Oriental Publisher & Distributor, Varanasi; Sloka - Referred 107; Medicines, 38: 484, 497, 498.
15. Therapeutic index (Siddha, Ayurveda and Unani) - by Indian Medical Practitioners Co-operative pharmacy & stores, Chennai.
16. https://storage.googleapis.com/journal-uploads/wjpps/article_issue/1554006206.pdf.