

IMPORTANCE OF AHARA IN PRAMEHA

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ABSTRACT

As the *Acharyas* had said, the *Triupstambha* (three sub pillars) of *Ahara*, *Nidra* and *Brahmacarya* support the body itself. *Ahara* is one of the most important factor of *trayopastambh*.^[1] *Acharya Charak* provided *Aharavidhividhan* (dietary recommendations), which can stop many diseases from developing purely as a result of poor dietary practises, it contributes to better health and a longer life. Additionally important are the *Ahara* intake's timing, location, volume, and mode. If taken properly, *Aahara* promotes healthy body development, however if taken incorrectly, it can cause a number of problems. As a result, *Aharavidhividhanais* crucial for both the disease's cause and its treatment.^[2] When we study *prameh hetu*, most of the causes are related to diet. Though the person who takes a healthy food but fails to follow the methods of food intake and its preparation, may lead to variety of life style disorders like obesity, *prameha* etc.

KEYWORDS: *Trayopstambha*, *Vidhiyukta ahara*, *Prameha*.

INTRODUCTION

Healthy lifestyles are best treated through prevention, which is why early preventive measures should be taken. Now day Diabetes mellitus is a major issue for people. According to the WHO, 300 million people will have diabetes mellitus by 2025, up from 135 million patients in 1995. According to the World Health Organization (WHO) India has a high and increasing burden of diabetes, with an estimated 77 million adults living with the condition and 25 million prediabetic cases in 2021. Diabetes mellitus (GDM) is a form of glucose

intolerance diagnosed during pregnancy. It can be caused by a variety of factors, including genetic disorders, surgery, malnourishment, infection, and medication. This number has since increased due to improper *Ahara* and *Vihar*, which are not taken seriously enough from a preventative standpoint.

AHARA

Ahara is the energy source of the body. This bioenergy is supplied by sufficient nutritional value in the form of protein, carbs, lipids, minerals, micro-nutrient, and water. In *Ayurveda*, *Ahara* (food) is called '*Mahabhaisajya*,' which means 'the superior medicine. The physical as well as mental health depends upon the type of *Ahara* taken and the metabolic transformation of *Ahara*. In *Ayurveda*, *Ahara* has the greatest importance among three *Upastambha*- *Ahara*, *Nidra*, and *Brahmacharya*.^[3]

PRAMEHA

The same description of the *Prameha hetu*, which also includes *Aasyasukham* *Swapnasukham*, etc., is found in the *Ayurvedic* text. *Madhumeha*, a kind of *Prameha*, is frequently referred to as diabetes mellitus. Two varieties of *Prameha Sahaja* (Hereditary) and *Apathyanimittaja* are described by *Ayurveda*. Inappropriate *Aahar* and lifestyle (*Vihar*) are the root causes of *Apathyanimittaja*, which also correlates with the *Kapha-Medovardhak* *Aahar* as the root cause of diabetes.^[4] *Prameha* is explained as one of the *ashta maharogas* in *Ashtang hriday samhita*.^[5]

Hetu / Nidana (Causative Factors)

Among the various *Nidanas*, *Aharaja Nidanas* play a pivotal role in the pathogenesis of *Prameha*.

The immediate manifestation of Kapha-predominant *Prameha* is caused by three factors: *Nidan* (etiology), *Nidana* (precipitating factors), and *Upadana* (contributory factors).

Excessive consumption and prolonged use of certain foods and drinks can aggravate Kapha and lead to this condition. These include:

New grains: *Hayanaka*, *Yavaka*, *Chinaka*, *Uddalaka*, *Naishadha*, *Itkata*, *Mukundaka*, *Mahavrihi*, *Pramodaka*, and *Sugandhaka*

New legumes: *Harenu* and black gram

Meat: Domesticated, marshy, and aquatic animals Vegetables: Certain types of vegetables

Sesame paste: Sesame seed paste

Rice-based preparations: Rice flour, Payasa, Krushara, and Vilepi Sugarcane products: Sugar, molasses, etc.

Milk: Cow's milk, goat's milk, etc. Fresh wine: Unfermented wine

Immature curd: Curd that is not fully fermented Liquids: Excessive consumption of liquids

Sweet and fresh substances: Sweets and fresh fruits Lack of hygiene: Poor personal hygiene

Sedentary lifestyle: Lack of physical activity, excessive sleep, and prolonged sitting or lying down

These factors, when combined, can create an environment conducive to the development of Kapha-predominant Prameha.^[6]

SAMPRAPTHI

Acharya Charaka narrated that due to the over satisfaction of etiological factors, *Kapha* and *Medas*, *Mamsa*, and *Kleda* get vitiated and form metabolic waste, which is carried towards *Basti* resulting in *Prameha*. In the same manner, *Pitta* gets vitiated, resulting in *Pittaja Prameha*. Where in the provoked *Vata*, in turn, causes exhaustion of *Dhatu* due to the depletion of the other two *Doshas* by which the excretion of sweet urine occurs, resulting in *Vataja Prameha*.^[7]

➤ Diet

• Pathaya (Do's)

मुद्गादियूषैरथ तिक्तशार्कैः पुराणशाल्योदनमाददीता दन्तीङ्गुदीतेलयुतं प्रमेही
तथाऽतसीसर्षपतेलयुक्तमा ॥२०॥

सषष्टिकं स्यात्तृणधान्यमन्नं यवप्रधानस्तु भवेत् प्रमेही यवस्य भक्ष्यान् विविधांस्तथाऽद्यात्
कफप्रमेही मधुसम्प्रयुक्तान ॥२१॥ (चरक संहिता चिकित्सा ६/२०-२१)^९

- ✓ Intake of old harvested cereals, barley (*Yava*), Sorghum (*Jowar*), whole wheat *atta*, bitter gourd (*Karela*), green leafy vegetables; garlic (*Lasuna*), turmeric (*Haridra*), aloe (*Kumari*) among vegetables and fruits like Guava, Oranges, Indian Blackberry (*Jamun*), etc.
- ✓ Reduce intake of rice, food rich in carbohydrates, and fried or processed food.

- **Apathaya (Don't)**

आस्यासुखं स्वपनसुखं दधीनि ग्राम्योदकानूपरसाः पयांसि।

नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम्॥(च.चि.6/4)¹⁰

- *Asyasukham* – interest in sedentary habits.
- *Swapanasukham* – pleasure of sleep.
- *Dadhini* – over indulgence of various preparations of curds.
- *Gramya, audaka, anoop rasa* – soups of meat of domesticated and aquatic animals belonging to marshy land.
- *Payansi* – various milk preparations.
- *Navannapanam* – freshly harvested food articles, freshly prepared drinks.
- *Guda vaikritam* – various preparations of jaggary.

All factors that are responsible for the aggravation of *Kapha* can cause *Prameha*.

CONCLUSION

In *Ayurveda Ahara, Vihara, Dinacharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the lifestyle disorders such as *Prameha*. *Prameh* is a silent killer having various etiological factor such as *Apathya Ahar, Apathya Vihar* Sedentary lifestyle etc. Modification in diet and lifestyle is the best way to prevent the occurrence of disease.

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