



CRITICAL ANALYSIS OF RITUCHARYA IN MADHUMEHA (DIABETES MELLITUS)

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ABSTRACT

The *Ritu* (season), is categorized by distinct characteristics and reflects distinct effects on the body and environment. Ayurveda has depicted a number of rules and regimens for diet and behavior that allow people to easily adjust to seasonal changes without disrupting body homeostasis. The primary tenet of the Ayurvedic medical system is prevention, which can be accomplished by adapting one's diet and lifestyle to the changing seasons. According to Ayurvedic texts, this is a very important aspect of preventive lifestyle disorders which are very common now days. Ayurveda's classic diet and lifestyle regimens offer beneficial impacts on lifestyle disorders. The specific conductions suggested in particular season give preventive and therapeutic advantages against conditions like diabetes, obesity and anxiety, etc. This article emphasizes role of *Ritucharya* in *Madhumeha*.

KEYWORDS: Ayurveda, *Ritucharya*, *Madhumeha*, *Diabetes*.

INTRODUCTION

The holistic science of Ayurveda aims to prevent disease and maintain health. The strength and complexion of the person are enhanced by following the appropriate diet and regimen for different season. The *Ritucharyas* is mentioned in the classics of Ayurveda with an emphasis on their potential impact on lifestyle disorders. The concept of *Ritucharya* suggests dietary and living routine depending upon season variability. The conduction of rules of *Ritucharya* gives immense benefits in disease like diabetes.^[1-4]

Madhumeha is term mainly used for diabetes mellitus which arises due to the vitiation of *Kapha Dosha*. Freshly harvested grains, jaggery preparations and other *Kapha*-aggravating elements can triggers pathogenesis of diabetes. *Madhumeha* can start by the *Dhatukshaya* aggravating *Vata* or by the *Doshas* that cover *Vata*, which prevent it from moving. *Dhatukshaya* causes *Madhumeha* which also result lose of *Oja* and strength.

Asyasukham, *Svapnasukham*, *Kaphakrut Cha Sarvam*, *Chinta*, *Shoka*, *Bhaya*, *Deergharoga* and *Alasya*, etc. are considered main etiological factors of disease. Excessive consumption of heavy, unctuous and salty foods, sedentary lifestyle and mental stress can fasten the pathogenesis of diabetes.

Pathologically *Vata's* movement is impeded by the vitiated *Kapha* and *Meda* in *Margavaranjanya*

Madhumeha. According to Ayurveda manifestations of illnesses depends on the potency of a particular characteristic of the involved *Doshas* and *Dushyas*. *Madhumeha* is manifested when the blocked *Vata* becomes vitiated along with *Kapha* aggravation.^[4-7]

Symptoms of disease

- ❖ Burning sensation in the palms of feet
- ❖ Change in body weight
- ❖ Sweet-smelling urine
- ❖ Debility and lack of healing capacity
- ❖ Profound thirst and dyspnoea
- ❖ Change in appetite

Lifestyle disorders are spreading like pandemics, with diabetes being the most dangerous. Diabetes is the fourth driving reason for worldwide demise by infection. Ayurveda described *Madhumeha* as one of the types of *Vataja Prameha* that can be compared to Diabetes Mellitus.

Ayurveda is a natural health care system that dates back to the beginning of civilization and was developed in India. Ayurveda's concept of *Dincharya*, *Ritucharya*, *Achara Rasayana* and *Sadvritta* helps to disease and preserve normal health status. In this regards *Ritucharya* play important role towards the prevention and treatment of diabetes and other life style disorders.^[7-9]

Ritucharya (Regimen of different seasons)

Ayurveda classified *Ritus* (season) as depicted in **Figure 1** and described different regimens for different season for acquiring optimum physical and mental status. The rules of *Ritucharya* can prevent diseases and also imparts therapeutic role to resist pathological progression of many illnesses like *Madhumeha*.^[9-11]

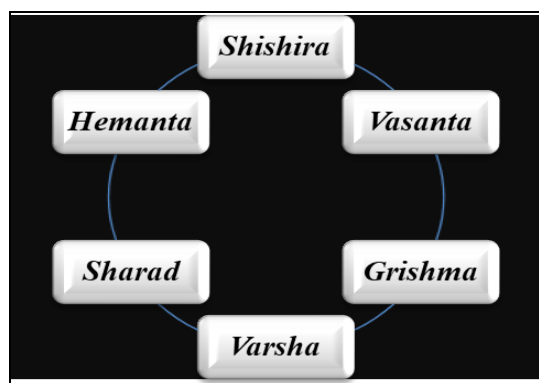


Figure 1: Categorization of *ritu* as per Ayurveda.

Role of concept of *ritucharya* in diabetes mellitus✓ ***Shishira ritu* (Winter)**

The weather remains chilly throughout this time of year, during this time *Tikta* is predominant *Rasa* and *Akasha* is the predominant *Mahabhuta*. The strength may get lose in diabetic patient with *Kapha Dosha* deposition and elevated level of *Agni*. The *Amla* predominant food advocated to suppress *Kapha* aggravation and to maintain metabolic activities which is the essential requirement of diabetes management. Consumption of cereals, wheat, new rice and corn, etc. are advises. The light food is suggested to prevent pathogenesis of diabetes by heavy or oily foods. The *Haritaki* and *Pippali* offers therapeutic role in metabolic disorders. One should avoid foods with a predominant *Kashaya Rasa*, *Guru & Snigdha Guna*. Food possessing *Shita* property can aggravate *Kapha* in diabetes thus need to be avoided. It is recommended to follow massage using oil and paste. Lifestyles that aggravate *Vata* and late-night sleeping should be avoided.

✓ ***Vasanta ritu* (Spring)**

Dominating *Rasa* and *Mahabhuta* during this season are *Kashaya* and *Prithvi* respectively. The *Kapha Dosha* is vitiated, and *Agni* remains in the *Manda* state thus digestible food items which not aggravates *Kapha* are advocated for the person suffering from metabolic disorders like diabetes. Old barley wheat, rice, cereals and *Mugda* can be consumed. *Tikta*, *Katu* and *Kashaya* foods should be consumed to maintain normal physiology of body. Avoid foods that are difficult to digest including *Sheeta*, *Snigdha*, *Guru* and *Madhura Ahara*. During *Vasant Ritu* daytime sleeping is strictly contraindicated to prevent pathogenesis of metabolic abnormalities like diabetes.

✓ ***Grishma* (Summer)**

The climate is prevalent, with unhealthy winds and intense heat. *Agni* and *Vayu* are the *Mahabhuta*, while *Katu* is the predominant *Rasa*. The person's strength decreases, *Vata Dosha* deposits during this time. Food sources which are light to process having *Drava Guna* is considered useful for diabetic patient. Rice, lentil and liquid diet advises during this season. Patient should avoid *Lavana*, as well as *Ushna* foods. It's helpful to stay in cool places, and should not exposed in sun light. Avoid too much exercise or working too hard and excessive sexual activities, etc.

✓ ***Varsha* (Rainy)**

Amla, *Prithvi* and *Agni* are the predominant *Rasa* and *Mahabhuta* in this season. The strength of the individual remains low along with the vitiation of *Vata Dosha*, *Agni* additionally gets vitiated thus metabolic abnormalities may get worsen in diabetic patient. *Sneha*, foods with *Amla* and *Lavana* flavors are recommended to regulates normal metabolic activities. Old barley, wheat, and other cereals can be used during this season. These all-dietary materials offer nutritional value with low fat and calories thus helps to maintain glucose level in diabetes. It is mentioned that medicated water should be consumed. Avoid drinking wine, churned preparations, meat or other heavy and difficult-to-digest foods, are forbidden.

✓ ***Sharat* (Autumn)**

Lavana is the predominant *Rasa*, *Apa* and *Agni* are the predominant *Mahabhutas*. The individual's strength remains moderate, vitiation of vitiated *Pitta Dosha* and pacification of vitiated *Vata Dosha* occur, and *Agni* activity increases during this season. The *Kapha* remain in balance state thus in case of diabetes the pathology not become so worsen. Foods of *Tikta Rasa* is recommended, as these are light to digest (*Laghu*) and improves metabolic activities. It is recommended to consume foods with properties that calm vitiated *Pitta* to suppress burning sensation. The diet should include wheat, green gram and vegetables. The person with *Madhumeha* should avoid foods that are hot and sweet. The food items, such as aquatic animal meat, curds, oils, are not to be eaten during this time since these may disturb *Dosha* balance which can affects blood glucose level significantly. It is recommended to form the habit of only eating when hungry, it is said that the moonlight during the first three hours of the night is good for health, it helps to burn calories in diabetic person. Daytime sleepiness and overeating should be avoided to prevent excessive accumulation of carbohydrate in body since diabetes involves disturbed pattern of carbohydrate metabolism.

✓ ***Hemanta* (Late autumn)**

During this time of year, *Madhura* is the most common *Rasa*, and *Prithivi* and *Apa* are the most common *Mahabhutas*. A person maintains their highest level of strength, and a tainted *Pitta Dosha* is resolved. *Agni's* activity has increased thus chances of metabolic

disturbances are rare. Sweet and salty foods should be avoided to prevent prevalence of hyperglycemia and hypertension. New rice, flour preparations and green gram, etc. are being advised in this season. Foods that aggravates *Vata & Kapha*, cold and dry foods should be avoided. *Atapa-sevana*, heavy clothing and staying in warm places are recommended to prevent *Sheeta-Prabhava* of season.

CONCLUSION

Modifying one's diet pattern, exercise routine, medications, and way of life can conservatively manage diabetes mellitus. In a recent Ayurvedic study, numerous herbal treatments and medications were found to be effective in treating diabetes. Ayurvedic treatment ideas can help the patient control their blood sugar better and live a better life. In addition, the management of diabetes mellitus relies heavily on lifestyle changes like eating healthily and exercise, etc. *Ritu*, or the season, is categorized by a variety of characteristics and reflects a variety of effects on the body. The primary tenet of the Ayurvedic medical system is prevention, which can be achieved by adapting one's diet and lifestyle to the environment. The management of lifestyle disorders like diabetes requires specific conduction to be followed according to the varying seasons. The conduction of rules of *Ritucharya* helps greatly in the management of Diabetes Mellitus.

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