



ROLE OF DIET AND LIFESTYLE IN THE MANAGEMENT OF MADHUMEHA

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ABSTRACT

India leads the world with maximum number of Diabetes patients being termed as the “Diabetes capital of the world”. From ancient to modern times the perspective to visualize the management of Madhumeha has shifted from holistic to drug oriented. According to the WHO Diabetes mellitus is a chronic metabolic disease characterized by elevated levels of blood glucose and nowadays it is trigger by adopting sedentary lifestyle and excessive consumption of refined food articles with high Glycemic index. Certain risk factors including unsatisfactory diet, overweight and a sedentary lifestyle are potentially reversible. Acharya’s have widely described the role of diet and activities to control Madhumeha along with medications. This review of article is an effort to justify the role of diet and lifestyle regimen to prevent and control the diabetes mellitus.

KEYWORDS: Pathya-Apathya, Madhumeha, Prameha, Lifestyle, Diet, Type-2 Diabetes mellitus.

INTRODUCTION

According to WHO India is one of the nations whose people are suffering most of lifestyle disorders in such disorders diabetic mellitus is one of them.^[1] It is the metabolic disorder of varied etiology which characterized by hyperglycemia and glycosuria.^[2] In diabetes mellitus disturbance of carbohydrate, fat, and protein metabolism occur which is resulting from defects of insulin secretion, insulin action or both. WHO estimates about 422 million people worldwide have diabetes^[3], the majority living in low-and middle income countries, and 1.5 million deaths are directly attributed to diabetes each year. Both the number of cases and the prevalence of diabetes mellitus have been steadily increasing over the past of few decades. Diabetes mellitus is major health problem in 21st century and India is one of the five countries which have highest sufferers of diabetes mellitus. Therefore India is described as “Diabetes capital” now. Changing diet habits, life style, unbalanced diet, excess fast-food intake, lack of exercise & sleep and stress full work are the reason behind increasing cases of diabetes and its roots lies in urbanization.

Concept of Pathya and Apathya in Madhumeha (Do’s & Don’ts)

Acharya Charaka mentioned the importance of Ahara and Vihara in Atulyagotriya Sharira adhyaya^[4]

नरो हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः ।
दाता समः सत्यपरः क्षमावानामोपसेवी च भवत्यरोगः॥४६॥
(Ch.Sha.2/46)

When a person takes Hita Ahara and Hita Vihara, they work carefully and honestly, forgiving the other person who serves the Aaptajana. They never get sick.

The importance of Pathya and Apathya in Ayurveda are often deduced from the very fact that Acharya Charaka had detailed Pathya as a synonym for treatment. He mention that when channels of circulation become hard by aggravated doshas and Pathya helps to soften the Srotas (channels of circulation) and alleviate vitiated doshas.^[5]

Table 1: Showing Pathya Apathya Ahara and Vihara of Madhumehal.^[6,7,8]

AHARA	PATHYA (Do’s)	APATYA (Don’t)
Shooka dhanya (Grains)	1.Yava (Hordeum vulgare) 2.Taruna dhanya (the group of grains produced by grass	1.Shali (white rice) 2.Navadhanya (Freshly harvested grains

	like plants) 3.Godhuma (Triticum aestivum) 4.Kodrava (Paspalum scrobiculatum) 5.Uddalaka (Cordia dichotoma) 6.Shyamaka (Panicum Frumentaceum) 7.Shastika Shali (Oryza sativa) these must not be newly harvested	
Shami dhanya (Legumes)	1.Chanaka (Cicer arietinum) 2.Kullatta (Dolichos biflorus) 3.Mugdha (Vigna radiata) 4.Thuvari (Macrotyloma uniflorum)	1.Masha (vigna mungo) 2.Nishpava (Dolichos lablab)
Mamsa (Non-veg)	1. Jangala mamsa which is fatless e.g., Mriga. Dviija Mamsa which is Jangala in origin. 2. Vishkira (gallinaceous birds) and Pratuda Mamsa (pucker birds). These Mamsa must be roasted. 3.Aja mamsa (goat meat), 4.Sashaka mamsa (Rabbit meat) 5.Kapota (pigeon) 6.Titira (Grey Franc (pigeon) 7.Lavaka (Bustard Quail)	1.Gramya mamsa (meat of domestic animals) 2.Audaka mamsa (aquatic animals) 3.Anupa mamsa (marshy animals)
Milk PREPARATION	1.Takra (butter milk)	1.Payasa (kheer rice pudding) 2.Mandaka dadhi (curd)
PANA (Drinks)	1.Madhuudaka (water mixed with honey), 2.Sarodaka (water boiled with the heart-wood of Khadira), 3.Kushodaka (water boiled with Kusha), 4.Triphala rasa (juice of Terminalia chebula Linn, Terminalia bellerica Roxb., Embelica officinalis), 5.Sidhu (a type of wine), Madhuvika (type of wine),	1.Ikshurasa (sugarcane juice), 2.Kshira (milk) with sugar 3.newly made wine, curd, different kinds of fermented beverages
Fats and oils	1.Danti (Baliospermum montanum), 2.Ingudi (Balanites aegyptiaca) taila, Aja mamsa (goat meat), Sashaka mamsa (Rabbit meat), Kapota (pigeon), Titira (Grey Franc (pigeon), Lavaka (Bustard Quail), Harina (deer)	1.Nava Ghrita, 2.oil cake of tila, 3.pastry 4.payasa (kheer rice pudding), 5.Krashra (gruel)
Fruits	1.Bilva (Aegle Marmelos), 2.Beejapura (Citrus medica) 3.Tinduka (Diospyros peregrina) 4.Amla (Embelica officinalis), 5.Jambu (Myrtus cumini),	1.Mango 2.banana, 3.ripen papaya, 4.jack fruit, 5.pineapple etc.
Vegetables	1.Patola (Trichosanthes dioica), 2,Shigru (Moringa oleifera), 3.Methika (Trigonella Foenum), 4.Karavellaka(MomordicaCharantia), 5.Karkatee (Cucumis utilissimus), 6.Gojihawa (Onosma bracteatum)	1.Aluka (potato)

Table 2: Showing Pathya – Apathya Vihara of Madhumeha.^[9]

Pathya Vihara	Apathya vihara
Vyayama (physical exercise),	Asyasukha (sitting in a comfortable position on chair for long duration)
Yoga asana – surya namaskara , vajrasna , vakrasna, ardha matsyendrasana, mandukasana, pavana muktasana, pacchimottasana	Swapna sukha (long duration sleeping)
Pranayama's – kapalbhathi, bhramari, bhastrika	Madyapana (alcohol intake) Tobacco, smoking, panmasala etc
Chankarmana (brisk walking) & meditation	Avvayama (lack of exercise and walking)
Adequate sleep – 7-8 hours	Divaswpna

IMPORTANCE OF PATHYA IN MADHUMEHA

Acharya Kashyapa describes the therapeutic potential of Ahara (food) and its preventative health benefits. He emphasized that food is the most effective medicine. No drug can match the benefits of food in diseased state. Only wholesome food can keep a person healthy.^[10] Acharya Harita emphasized the importance of Pathya and Apathya by stating that if a person ignores the concept of Pathya-Apathya and consumes Apathya (unhealthy), illness will never leave the body.^[11] Similarly, disease will be destroyed if a patient consumes Pathya Ahara and Vihara.

DISCUSSION

Diabetes mellitus (Prameha) is one of the major non-communicable diseases with growing prevalence at the global level. Major contributory factors for diabetes are genetic predisposition, environmental factors, lifestyle, and unhealthy diet. Poorly controlled diabetes can lead to several complications and food can be a powerful tool in preventing or reversing diabetes. When this disease persists for long time, it can influence blood sugar levels and lead to a variety of side effects, including retinopathy, neuropathy, kidney damage, and diseases of the heart and blood vessels. Its prevalence is not just an issue for developed nations but developing nations are also at significant risk as a result of growing westernization and rapid economic development. In today's generation, people are taking conventional medicines for treating diabetes, but not much change is witnessed in either their blood reports or their general health, instead the condition worsens and the blood glucose values keep scoring high. This is because they do not follow the Pathya, Vyayamadi karma which is the most essential factor to get rid of diabetes mellitus. Modern dietetics adopt a reductionist view in determining the diet protocol with emphasis on the macro as well as micronutrients in the food and overlooks the varied demands of the person consuming it. In Ayurveda, Ahara, Vihara and yoga etc. are described which have good role in prevention and management of the lifestyle disorders like diabetes mellitus. Different researches have been shown that Ayurveda drugs have effective role in these disorders. If someone adopts the diet pattern, lifestyle according to the Ayurveda it can be helpful in decreasing the incidences of Madhumeha. The knowledge of Ayurveda for the prevention of the disease can be revealed through the study of Ahara, Vihara which means through the lifestyle modifications.

CONCLUSION

The Madhumeha (Diabetes Mellitus) which is the fastest growing disease in India occurs mostly after 40 years of age, but study shows that it can occur at any age. Males are more prone to Diabetes Mellitus than females. Considering the occupation, servicemen people and businessmen are more prone to Diabetes Mellitus. Thus, the causative factors such as living sedentary lifestyle, consumption of Viruddha ahara, heredity etc. are responsible for manifestation of Madhumeha. In

Diabetes there is disturbance in functioning of pancreas which causes disturbance in secretion of Insulin. So, for healthy living in Diabetes one should strictly follow Pathya, avoid Apathya, practice pranayama, yoga which is necessary for Diabetes.

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