

A CONCEPTUAL STUDY ON MADHUMEH

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ABSTRACT

Lifestyle disorders are ailments that are primarily based on the day to day habits of people. Habbits that distract people from activity and stimulate them towards a sedentary routine can cause a number of health issues that can lead to chronic non-communicable diseases that can have near life threatening consequences. *Prameha*, as described by *Acharya Charka & Acharya Sushruta* is one of the disorders that have emerged out of urban life style. *Ayurveda* includes *Prameha* amongst *Ashto Mahagada*. In all, 20 types of *Prameha* have been described based on the predominance of *Vata, Pitta & Kapha*. '*Madhumeha*' is a subtype of *Vataja prameha* which is characterised by passage of excessive quantity of urine having quality similar to Madhu (Polyurea & Glycosuria) along with sweetness of whole body (Hyperglycemia). The causes and symptomatology of *Madhumeha* described parallel with the Diabetes Mellitus mentioned by the system of modern medicine. Hence, *Madhumeha* can be co-related with diabetes mellitus. Diabetes is a major metabolic disorder in present era. According to International Diabetes Federation there were over 72,946,400 cases of diabetes in India in 2017. Prevalence rate is 8.7% in total of adult population and it is increasing day by day. Number of people are not diagnosed or prediabetic or at the risk of diabetes. It is important and need of time make these people aware about diabetes and inform them how they can minimize the risk and prevent the diabetes. Changes in lifestyle and adaptation of traditional medicine system like *Ayurveda* may be very much helpful for prevention and control of diabetes. Life style i.e. recommended diets, physical activities, exercise are beneficial for them.

KEYWORDS: Madhumeha, Ayurvedic lifestyle, Management.**INTRODUCTION**

Lifestyle disorders are ailments that are primarily based on the day to day habits of people. *Prameha*, as described by *Acharya Charka & Acharya Sushruta* is one of the disorders that have emerged out of urban life style. *Madhumeha*' is a subtype of *Vataja prameha*. *Madhumeha*(*Madhu+Meha*)- the disease condition in which the urine becomes sweet and smells like honey. It is of two distinct types, one due to the aggravation of *Vata* of the *Dhatukshya* and the other due to *Kapha Meda Avarana* (Blockage of channel) along with *Vata prakopa*. When there is condition of *Avarana* (blockage of the channels/activity) there are the additional symptoms of the vitiation of the particular *Dosha* without any other apparent cause. Sometimes the symptoms are mild and suddenly they appear in severe form which is difficult to cure. Considering the etiopathogenesis as mentioned by *Acharya Charak*, it can be scientifically stated that *Madhumeha* is a life style disorder and by means of proper *Dincharya, Ritucharya, Pathya-Apathya* and *Ayurvedic* formulation we can treat diabetes and reduce its prevalence and complication.

MATERIAL AND METHOD

In Classical *Ayurvedic* literature, the *Madhumeha*'s described form of etiology, causative factor, sign & symptom and treatment.

NIDAN (ETIOLOGICAL FACTORS)

- Indulgence in sitting on soft cushions for long periods (thus avoiding physical activity) and Sleeping for long hours.
 - Use of curds, flesh of animals of domestic, aquatic or of marshy places.
 - Milk and its preparations.
 - Fresh grains, fresh water, puddings made of sugar and its other products.
 - Excessive intake of heavy, unctuous, sour and saline taste food.
 - Not indulging in any kind of physical and mental exercise.
- all factors increases *Kapha dosha* in the body leads to *Prameha*.^[1,2]

SAMPRAPTI (PATHOGENESIS)

Improperly processed *Vata*, *Pitta* and *Kapha* mixes with *Dushyas* i.e, *Medas*, *Rakta*, *Sukra*, *Ambu*, *Vasa*, *Lasika*, *Majja*, *Rasa*, *Ojas* and *Mamsa* in the *Mutravaha Srotas* leading to manifestation of twenty types of *Prameha*.^[3,4] *Samprapti* of *Madhumeha* is best described by *Acharya Vagbhata*. He said *Madhumeha* can originate in two ways.^[5]

1. By the aggravation of *Vata* caused by *Dhatukshya*.
2. By the obstruction of *Vata* caused by *Margavarana* (*Doshas* covering) it.

- *Madhumeha* which is caused by *Dhatukshaya* manifests as thin and asthenic individual due to loss of *Oja*. All this is *Ojakshaya* meaning an imbalance in *Ojas*.
- In *Margavaranjanya Madhumeha* the vitiated *Kapha* and *Meda* obstruct the passage of *Vata*. The obstructed *Vata* is vitiated again and carries *Ojas* to *Basti* thus manifests *Madhumeha*.

POORVARUPA (PREMONITORY SYMPTOMS)

Aggravated all the three Doshas develops following characteristic features during premonitory stage of the diseases: Matting of hairs, sweetishness in oral cavity, numbness and burning sensation in hands and feet, dryness in mouth, palate and throat, thirst, lassitude, excess accumulation of waste over the body especially in palate, throat, tongue & teeth, adherence of excreta in body orifices, burning sensation and numbness in body, accumulation of bees and ants over the body and urine, abnormality in the urine, fleshy smell from body, excess sleep and drowsiness. Excessive sweating, flaccidity of body, enjoys comfort in lying, sitting and sleeping, smearing in heart, eyes, tongue and ears, excessive growth of hair and nails, liking for cold substances, urine becomes sweet and whitish, breathlessness, heaviness, unctuousness and slimy in the body.^[6,7]

ROOPA (CLINICAL FEATURES)

Slight increase in quantity of urine associated with premonitory symptoms is known as patient of *Prameha*. Cardinal features of *Prameha* are turbidity and increased frequency. Though the *Doshas* and *Dushyas* are similar, their combination being different, there occurs differences in colour etc. of urine based on these, different varieties of *Prameha*.^[8,9]

Madhumeha patients passes urine which is astringent, sweet in taste and smell of the body resembling like honey, pale and ununctuous.^[10,11]

Classification of Prameha

Acharya Sushruta also says that *Sahajameha Rogi* is usually *Krishha* (thin built) while *Apathyanimitaja Rogi* is usually *Sthula* (Obese).^[12]

Simultaneous vitiation of all the three *Doshas* manifest 20 types of *Prameha*.^[13]

1. *Kaphaj Prameha*: 10

2. *Pittaj Prameha*: 6

3. *Vataj Prameha*: 4

UPADRAVA (COMPLICATION)

Complications of *Prameha* are thirst, diarrhoea, fever, burning sensation, weakness, anorexia & indigestion, development of various *Prameha Pidakas*, and putrefaction of muscle tissue leads to *Alaji* and *Vidradhi* during the chronic stage of the disease.^[14]

CHIKITSA (TREATMENT)

In general, *Krishha Pramehi* patients are advised to have *Bringinghan* medication (Anabolic) as well as a diet which increase *Dhatus* in the body.

In *Apathyanimitaja Rogi* which is Obese Diabetic patients with optimal body strength having intense increase of *Doshas*, *Samshodhan* (purification) of the body advocated.

1. *Snehana*
2. *Shodhana*
3. *Virechana*
4. *Basti* (*Asthapana/Niruha*)
5. *Shamana*
6. Exercise and life style modification & following regular regimen of exercise, *Yogasana*, *Pranayama* and regular food & sleep, following *Ritucharya* & *Dincharya*.^[15]

SPECIFIC TREATMENT OF MADHUMEH

Susruta has written a separate chapter on the treatment of *Madhumeha* and also given specific medicines for *Madhumeha* like *Shilajatu*, *Suvarnamakshika*, *Rajatmakshika* and *Tuvarak*. Treatment of *Madhumeha* should be started only after confirming its type whether *Aavaranjanya* or *Dhatukshyajanya*.

Shodhana Chikitsa- Prior to administration of *Rasayana* therapy *Vamana* and *Virechana* can be given according to predominance of *Dosha*. *Shodhana* is indicated in *Aavaranjanya* type of *Madhumeha* or which is the *Santarpanjanya*. Usually *Tikshana Virechana* should be given in *Madhumehi* because due to covering of *Meda* all over the body.^[16]

Shamana Chikitsa - *Tarpana yoga* should be given in *Dhatukshyajanya Madhumeha* and the treatment which mainly controls the aggravated *Vata* should be done. For that *Vataja Pramehachikitsa* is useful.

Rasayana Chikitsa- *Rasayana* therapy is very useful in both types of *Madhumeha* but *Rasayana* should be given after *Shodhana* only as it acts excellent in the well purified body. *Sushruta* and *Vagbhata* have described *Shilajeet Prayoga* for *Madhumeha*. *Sushruta* mentioned *Salsaradi Gana Bhavit Shilajeet* in *Madhumeha* after *Shodhana Chikitsa*. Use of *Suvarnamakshika*, *Rajatamakshika* and *Tavarakatala* should be done in *Madhumeha*.^[17]

CONCLUSION

Madhumeha is lifestyle disorder and it is correlated with Diabetes Mellitus due to similarity of their etiopathogenesis and sign symptoms. *Madhumeha* is a result of sedentary life style, excessive sleep, lazyness and intake of heavy, sweet, cold and liquid things. The basic line of treatment of *Madhumeha* is *Nidana Parivarjana*. In *Ayurveda*, *Acharyas* have described *Dincharya*, *Ritucharya*, *Ahara*, *Vihara* and *Yoga*, which have many positive effects to prevent and to cure the *Madhumeha*. The prolonged use of these treatment procedure will not only generate the person free from *Madhumeha* but protect to live a long life (*deerghayu*), healthy (*sukhayu*) and will be useful to the society (*hitayu*).

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