

A GLANCE OF AYURVEDA PERSPECTIVES FOR DIABETES MELLITUS

Kintul Joshi¹, Pramod Kumar Mishra², Indumati sharma³

¹P.G. Scholar, P.G. Department of Kayachikitsa, RAU, Jodhpur, Rajasthan, India

²Associate Professor & HOD, P.G. Department of Kayachikitsa, RAU, Jodhpur, Rajasthan, India

³Associate Professor, P.G. Department of Kayachikitsa, M.M.M. Govt. *Ayurveda* College, Udaipur, Rajasthan, India

Email: bamsjoshi13@gmail.com

ABSTRACT

Over the years, life of human became very distressed due to modern life culture that results in metabolic diseases born. Diabetes mellitus is a sort of metabolic disorder disease that may be managed and cure by ancient medical science that is known as *Ayurveda*. In present review article, the specific glimpse of *Ayurveda* perspectives such as Anna (diet), Vihara (life style), Swasthavritta (hygiene), Yoga, Shodhana (cleansing procedures) and Shaman (medicinal treatment) Therapies have been studied. These *Ayurveda* perspectives are very important to meliorate the diabetes mellitus.

Keywords: *Ayurveda*, Diabetes Mellitus, Distinct perspectives of *Ayurveda*.

INTRODUCTION

Ayurveda is global acceptable natural, vibrant, holistic, safe and most effective treatment for diabetes mellitus (DM) (*Madhumeha*). Globally *Ayurveda* became integral part of routine life. Initially it provides little comfort but once get positive result, peoples attempt to incorporate more and more of ayurvedic aspects for health welfare into their daily life.

Therefore, as time increases it gives natural and permanent treatment without any side effect. The word *Ayurveda* referred as science of life in Sanskrit and coined very early in Indian texts near about 3000 to 5000 years ago. The presence of *Ayurveda* is considered to be a blessing to humanity from god, and has helped countless people because *Ayurveda*

heal a disease completely from the root. However during British Colonial rule, *Ayurveda* had faced serious threatening due to entry of allopathic medicine in India. However, after the independence of India in 1947, the nation's traditional medicines began to thrive again. The global acceptance of *Ayurveda* increased after the Westerners began to recognize its potential since the mid 1980s. This was mainly due to the fact that the medicines used in *Ayurveda* are made from natural herbs and some fruit, spice, or vegetable extracts making it very eco-friendly and all medicines have absolutely no side effects^{1,2}.

FACTS OF DIABETES MELLITUS

In ancient Vedic science Diabetes Mellitus (DM) is known by Madhumeha which is *Ayurveda* name. DM may be defined as a sort of metabolic diseases in which the patient has high blood glucose (blood sugar) than normal person reason being inadequate insulin production as well as the body's cells do not respond properly to insulin^{3,4}. There are major two type of DM namely Type-1 and Type-2. The chance of Type-1 may seen from born age while Type-2 start normally in adult age. Type-1 DM may be named as insulin depended, juvenile and sahaja pramehi. Type-2 DM also named as non-insulin depended /adult onset / sthula pramehi and gestational⁴. In *Ayurveda* these symptoms such as polyuria (frequent pass urine), polydipsia (increased thirst), polyphagia (excessive hunger), passing of turbid urine (avila mutrata), burning/tingling/pricking sensation in the hands or feet (hasta pada daham), feeling of tiredness (alasya), unexplained weight loss – even after eating frequently, more infections than usual/ wounds that are slow to heal, sudden vision changes indicates the DM⁵.

AYURVEDA PERSPECTIVES FOR DM

These *Ayurveda* perspectives may be the promises for the long term suffering DM problem.

Anna (diet)

An optimum diet is the sign of good health⁶. Optimum diet influenced by many factors such as gender, age, body tissues strength and digestive fires and the level of ama (toxins) in body. Therefore, Diet plays a crucial role in control and managing Type- 2 DM. Rich fibre fruits such as pumpkin, cucumber, banana, grained cereals and vegetables found enemy of DM therefore these should be incorporated in daily routine. However either left or avoid these foods such as bread, rice and pasta, beans, nuts, fried food, over dose of salt, sour, spicy, hot and cold.

Vihara (life style)

In last some decade's lifestyle of people has changed drastically due to modernization and lack of awareness of new technology. There are some reasons of life style disorder such as habits of people changed

every day, less compatibility with nature, stressful working, irregular eating habits, consumption of alcohol, reduce physical activities. Change the life style like include exercise at least half an hour, and it would be better if exercise do in morning hours, stop smoking, sound sleep, discipline, maintain blood pressure, reduce overweight⁶.

Swasthavritta (hygiene)

Swasthavritta is the ancient discipline of *Ayurveda* which deal with the health science and emphasize on a healthy harmony. 'Prevention is better than cure'. It is a social and preventive medicine at both the personal and communal levels⁷.

Yoga

Yoga is another most effective key factor to reduce the DM. Over weight and stress is also one of the major reasons for DM. Excessive body and mind stress increases the secretion of glucagon hormones in the body, which is responsible for increasing blood glucose levels⁸. Incorporate yoga practice regularly may gradually reduce the level of sugar in the blood hence reduces blood pressure, and reduce weight as well as control increasing weight. Regular practice of pranayamas (breathing exercises), yoga asanas (body postures), and daily meditation may reduce stress in the mind and body. There are few important name of yoga asanas like suryanamaskar, sudarshan kriya, pranayam, vajrasana and kapal bhati pranayama, setubandhasana, balasana, sarvangasana, halasana (plough), dhanurasana, chakrasana, mayurasana (peacock), paschimottanasana (forward bend stretching the back), ardha matsyendrasana (spinal twist) ,triangle pose, standing spinal twist, and butterfly pose, Anuloma –Viloma (nadi shodhan) . Yoga is local and global accepted traditional medicine to keep away and control the DM⁹.

Shaman (medicinal treatment) Therapies

Shamana (Palliative) treatment is also referred as pacifying medicinal treatment¹⁰. single and compound formulation types of drugs are mainly employed for prevention and management of DM. Single drugs included Amalaki churna, Haridra churna,

Jambu bija churna, Meshasringi churna, Methika churna, Vijaysara churna where as compound formulations: Nishamalaki churna or tablet, Triphala churna or tablet, Shiva gutika, Chandraprabha vati, Silajativadi vati, Dhanvantara ghrita (for Diabetic carbuncles), Kshira baladi taila (for Diabetic Neuropathy), Saptamrita lauha (for Diabetic Retinopathy).

Shodhana (cleansing procedures)

Shodhana or Samshodhana chikitsa is special processing techniques which were invented during medieval period that is referred as purification or cleansing approach of *Ayurveda*¹⁰. In this procedure Panchakarma is used to eliminate toxins from the body. Generally, it is followed by Shamana Chikitsa (Palliative therapy). Shamana chikitsa (Palliative Therapy) mainly recommended for weak patients (Krish Pramehi)¹¹.

CONCLUSION

A glance of *Ayurveda* perspective may be a ray of hope to manage and cure the patients of diabetes mellitus (Madhumeha). To resolve such grievous problem in human kind the *Ayurveda* plays an important role therefore world health organization recognizes Ayurvedic treatment as traditional medicine worldwide due to its capabilities and potentials. Both local and global are now taking these *Ayurveda* perspectives a welcome relief. Suggested perspectives must be involved in routine life so that healing of diabetes mellitus may be ease.

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