

ROLE OF PATHYA IN MADHUMEHA (TYPE-2 DIABETES MELLITUS)-AN AYURVEDIC REVIEW

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ABSTRACT

WHO lists life style diseases as the number one silent killer group in present era. Life style disorders are associated with our environment, way of life, dietary habits etc. a global transition in the disease pattern has been observed, where the relative impact of infectious diseases is decreasing while chronic diseases like CVA and Diabetes are increasingly dominating the disease pattern. India is going to be the diabetic capital of world by the year 2035. Type -2 DM can be correlated with *Madhumeha* in *Ayurveda*.

Keywords: Diabets mellitus, *Madhumeha*, *Pathya*

INTRODUCTION

Type-2- Diabetes mellitus is a metabolic disorder, a clinical syndrome characterized by hyperglycemia due to absolute or relative deficiency of insulin. The word Diabetes has been derived from two words, *Diabetes* (Greek) which means ‘siphon like’ and *Mellitus* (Latin) which means ‘sweetened with honey’. In *Charak Samhita*, *Madhumeha* has been described as a type of *Vataja Prameha*, which is characterized by passing of honey like urine in excess amount.

Nidana (Etiological Factors) of *Madhumeha* in *Ayurveda*, excessive intake of heavy, unctous and saliva taste foods, new cereals and fresh wine consumption in large quantity, sedentary lifestyle, not indulging in any kind of physical and mental exercise and not undergoing any kind of bio-purification of body (*Shodhana*), are said to be etiological factors for *Madhumeha*¹.

Samprapti (Aetiopathogenesis) of *Madhumeha* includes the etiological factors aggravate *Kapha*, *Pitta*, *Meda* and *Mamsa* and obstruct the normal pathway of *Vata*. Agitated

Vata carries the *Ojas* to *Basti* (urinary bladder) & manifest *Madhumeha*, which is difficult to cure.²

Lakshana (Symptoms) includes the passage of urine having sweet taste and smell of body resembling like honey.³ The urine is astringent, sweet, pale and unctuous⁴.

Bheda (Types)-It is of two types- *Dhatukshayajanya* and *Margaavarajanya*. In both the types, *Vata* is aggravated which results into *Madhumeha*.⁵

Prognosis (*Sadhy-Asadhyata*)-*Charak* describes the prognosis in three categories:⁶

1. *Sadhya- KaphajaPrameha*, early-diagnosed patients, *Sthoola* (obese) and the origin of their disease is *Apathyaja*.
2. *Yapya – PittajaPrameha*
3. *Asadhya – VatajaPrameha* is incurable and inherited *Madhumeha*, a *Krusha* (lean) patient who is suffering with *Sahaja* variety.

CHIKITSA (MANAGEMENT)

The principles of treatment in a diabetic patient may be classified as under:

1. Sthoola Pramehi (Obese)
Pramehi (Lean)

2. Krusha

very pleasant to mind.¹⁰

Treatment According to Body Constitution:

1. *SthoolaPramehi*:

In *Sthoola* patient we have to apply *Shodhana* (purification process) and *ApatarpanaChikitsa* - reduction in body weight by way of diet control or drugs, *vyayama* etc. Again the treatment modalities described for *MedoRoga* can be applied here too.⁷

2. *KrushaPramehi*:

In *Krusha* patient, such foods should be used which are going to increase the strength of patient without increasing the vitiation and after proper strength gaining, mild purificative measures can be used along with herbal medicine. For the *KrushaPramehi* patient the *Brimhana* therapy is to be done with *Aushadha* and *Ahara*.⁸

IMPORTANCE OF PATHYA IN MADHUMEHA

Madhumeha is mainly caused due to *ApathyaAahar* and *Viharsevana*, while describing the *chikitsa* for *Madhumeha*, all *Acharyas* have focused on *PathyaAaharas* & *Viharas* in management of *Madhumadhu*.

A *ChikitsaGranth* of medieval period "*VaidyaJivanam*" by *Lolimbaraja* has stated the importance of *Pathya* and *Apathya* in *Chikitsaas*, "*Pathyeesatigadartasyakimaushadhanishevane, pathyesatigadartasyakimaushadhanishevane.*"

If a person follows the dietary rules for particular disease there is very little significance of drug treatment and when a person is exposed to *Apathya* the drug treatment has no value, because without *PathyaSevana* taken drug can't cure the disease.⁹

Definition of Pathya:

"*Pathyampathoanpetamyadyachauktammansahpriyam, yachchapriyamapathyamcha niyatamtannalakshayeta*" (Ch. Su.45/25). In *Charaka Samhita*, *Pathya* is defined as, the wholesome *Aahara*, which do not adversely affect the body channels i.e.; *Patha* & which is

PATHYA IN MADHUMEHA

PATHYA AAHRA (DIET):

The role of *Aahar* and *Vihar* are equally or even more important in diabetes to control blood sugar as well as to prevent the complication of the disease. In all the classics, *AaharDravyas* are described in detail, such as:

- 1) ***Dhanyavarga (Cereals)***: *Yava* (*Hordeumvulgare*) are the best, different preparations of food, prepared from *Yava* can be used eg. *Mantha* (drink prepared of roasted corn flour), *Odana* (boiled rice), *Apoopa* (sweet made by wheat flour and sugar fried in ghee), bread, *Roti* etc. *Gehu* (wheat), different varieties of rice such as *Kangu* (*Setariaitalica*), *Shyamaka* (*Echinochloafrumentacea*), *Kodrava* (*Paspalumscrobiculatum*), can also be given. Ayurveda prescribes old rice (*Jirna* or *PuranaShali*) as one of the cereals, which can be given to the diabetic patient.
- 2) ***Shimbivarga (Pulses)***: *Mudga* (*Vignaradiata* Green gram) is the best, *Chanak* (*Cicerarientium*), *Kulattha* (*Dolichosbiflorus*), *Adhaki* (*Cajanuscajan*) etc. can be taken.
- 3) ***Shakavarga (Vegetables)***: All the types of bitter vegetables (*TikataShaka*) eg. *Karela* (*Momordicacharantia*), *Methi* (*Trigonellafoenum-graecum*), *Patola* (Vietnamese luffa), *Rasona* (*Allium sativum*), *Udumbara* (*Ficusracemosa*) etc. can be allowed to take.
- 4) ***Haritavarga (Leafy vegetables)***: *Katillaka* (*Momordicacharantia*), *Shigrupatra* (*Moringaoleifera*), *Lonika* (*Portulaceaolera-cea*), *Dronapushpipatra* (*Leucasephalotes*), *Guduchipatra* (*Tinosporacardifolia*), *Kakamachipatra* (*Solanumnigrum*), *Vastuka*.
- 5) ***Phalavarga (Fruits)***: *Jambu* (*Syzygiumcumini*), *Amalaki* (*Phyllantusemblica*), *Kapitha* (*Limoniaacidissima*), *Talaphala* (*Bo-*

rassusfiabellifer), *Kharjura*(Phoenix sylvestris) etc. can be given.

- 6) **Beeja (Seeds):** *Kamala* (Nelumbonucifera), *Utpala* (Nymphaea stellate) seeds can be allowed.
- 7) **Mamsavarga (Flesh):** *AjaMamsa* (Goat), *Harina* (Dear), *Shashaka* (Rabbit), birds like *Kapota*, *Titira* etc. flesh can be given.
- 8) **Sura (Liquor):** old *sura* can be given.
- 9) **Tailavarga (Oils):** *SarshapaTaila* (Mustard oil) is best, *Tilataila* can also be given.
- 10) **Others:** *Takra* etc.

According to *Ayurveda*, one should start with light diet (*Laghuhara*) and then gradually increase the quantity of food. Diabetes being a disease of deranged metabolism, special attention should be kept on the conditions of digestion (*Agni*) and metabolism.

PATHYA VIHAR (EXERCISE):

Hard exercises have been prescribed for Diabetics and obese persons. This is meant for proper utilization of fat and to consume the glucose in the body. The methods can be changed in the present time according to habitat (*Desha*), and time (*Kala*). Some of the hard, productive exercises prescribed by *Sushruta* are as under:

- (1) *Vyayama* (exercise), (2) *Niyuddha* (fighting), (3) *Kreeda* (Games), (4) *Gajacharya*, *Turagacharya*, *Padacharya* to ride an elephant, horse, cart riding, walking etc. There are other exercises according to the financial position and also according to their community.

These are:

1. **For poor class** - the diabetic should walk for about 100 *yojan* (miles), bare footed, not staying more than one night in the settled place, should only eat the things available by begging and keeping restraint on his sense organs (adopt the lifestyle of *Ap-tapurusha*).
2. **For rich class**- they should eat only *Shyamaka* (*Echinochloafrumentacea*), *Ko-*

drava (*Paspalumscrobiculatum*), etc., *Amalaka* (*Phyllantusemblica*), *Kapitha* (*Limoniaacidissima*), etc, and reside with the cattle. The foodstuff for them should be *Ruksha* or they may stay with the cows and eat the above, which comes with the cow dung.

3. **For others**- either farming or digging the well etc. From the above, in short for diabetics exercise serves the purpose of (1) utilizing the fat and (2) metabolizing sugar, fat, carbohydrates and proteins. In the present day civilization, when these type of exercises are not possible, one should regularly play some out-door games, do some productive work, or the best is some *yogic* exercises.
4. **Yoga, Asana & Pranayam:** *Asanas* like *Suryanamaskar*, *Dhanurasana*, *Sarvangasana*, *Halasana* etc; it improves all sort of metabolism in the body. So Diabetics should perform different types of yoga. Yoga will definitely help Diabetes mellitus patients.

CONCLUSION

Madhumeha which can be correlated with Type-2 DM that cannot be treated by mere medicine but proper *pathyaaahar & vihar* regimen should also be followed. Though it is a *yapya* (difficult to cure) disease, but these things help to live long life (*Deerghajeevanam*), healthy (*sukhayu*) and will be useful to society (*hitayu*) and also help in preventing the complications.

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