

## CONCEPT OF AHAR AND VIHAR IN MADHUMEHA W.S.R. DIABETES MELLITUS

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### ABSTRACT

Lifestyle disorder like Diabetes Mellitus (DM) in Ayurveda is referred to as *Madhumeha* or *Kshaudrameha*, which literally means excessive urine with sweet taste like honey. *Madhumeha* is included among the *astamaharoga*. *Samprapti* of *madhumeha* includes aggravation of *vata* caused by *Dhatu kshaya* and obstruction of *vata* caused by *Dosha* covering it. The ancient Ayurvedic principles of *Nidan parivarjan*, *Shodhan chikitsa*, *Shaman chikitsa* with single/multiple *aushadhi*, *pathya-apathya ahar-vihar* management have proved to be fruitful for better wellbeing in *Madhumeha* patients.

**Keywords:** *Madhumeha, nidan parivarjana, ahar-vihar.*

### INTRODUCTION

Sedentary lifestyle and stressful mental conditions nowadays have called for many distressing diseases, foremost amongst them being Diabetes Mellitus – a perfect example for a lifestyle disorder. Diabetes mellitus (DM) in Ayurveda is referred to as *Madhumeha* or *Kshaudrameha*, which literally means excessive urine with sweet taste like honey. *Madhumeha* is discussed under twenty types of *Prameha* in Ayurvedic texts. Acharya Madhava described term *Prameha* as “*prakarshena prabhutam prachuram varam varam va mehati mutratyagam karoti yasmin roge sa pramehah*”<sup>1</sup> which means repeated (*Prakarsha*) excessive (*Prabhoota*) and turbid urination in terms of frequency, quantity etc. *Madhumeha* included among the *astamaharoga* in Charaka<sup>2</sup> which indicates the graveness of the disease.

Diabetes mellitus is a metabolic disorder of multiple etiologies characterized by chronic hyperglycemia with disturbance of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action or both<sup>3</sup>.

### ETIOLOGY

Intake of food having cold, oily, sweet quality, dairy product like cheese and curd, consuming grains and pulses which are new, meat of aquatic animals, sweets like jaggery, lack of exercise, laziness, sedentary habits, sweet and fatty items, etc<sup>4</sup>.

### PATHOPHYSIOLOGY

*Dosha* like *kapha*, *pitta* and *vata* and *dushya* like *medas*, *rakta*, *shukra*, *ambu*, *vasa*, *lasika*, *majja*, *rasa*,

*ojas* and *mamsa* are responsible for the causation of *prameha* which is of twenty types.<sup>7</sup> *Prameha* manifests due to complex interaction of *bijadushti*, *dosha* and *dushya* which causes several distinct types of *prameha*. According to acharya sushruta, due to *prameha janaka ahara* and *vihara*, *aparipakva ama*, *vata*, *pitta* and *kapha* gets vitiated which further vitiates *medo dhatu* along with other *dhatu*. These vitiated *dosha* and *dhatu* reach *basti* via *mutravaha srotas* and remain there for some time and cause *prameha* of various types by excreting vitiated *dhatu* with urine<sup>5</sup>.

*Samprapti* of *Madhumeha* described by Acharya Vagbhata:

1. By the aggravation of *vata* caused by *Dhatu kshaya*.
2. By the obstruction of *vata* caused by *Dosha* covering it.

*Madhumeha* which is caused by *Dhatu kshaya* manifests as thin and asthenic individual due to loss of *Oja*. All this is *Oja kshaya* 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* and thus manifests *Madhumeha*<sup>6</sup>.

## MANAGEMENT

According to Ayurveda the line of treatment of *prameha* is based on individual's constitution.

1. The *prakriti* of the patient
2. *Dosha* predominance of disease
3. *Dooshya* vitiation
4. Obstruction in *srotas*
5. *Manasika Prakrithi*
6. *Ahara & Vihara*
7. Hereditary factors etc.<sup>7</sup>

The most common side effect of the modern medicine includes weight gain, nausea, rash, or gas. Examples of more serious side effects are heart issues, liver damage, or low blood sugar. In such a scenario, the ancient Ayurvedic principles of *Nidan parivarjan* and *Shodhan Chikitsa* with due consideration of appropriate single/polyherbal formulations (*aushadhi*), diet (*pathya-apathya*) management have proved to be fruitful for better wellbeing in *Madhumeha* (Type-II diabetics) patients.

**Table 1:** Therapeutic Modalities and Advocacy for Diabetes

Principles	Advocacy
<i>Nidana parivarjana</i>	Avoid faulty lifestyle, Avoid faulty dietary habit, Avoid mental stress, Avoid day sleep and awakening in night.
<i>Ahara</i>	<i>Katu</i> (spicy), <i>Tikta</i> (bitter), <i>Kashaya rasa</i> (astringent), <i>Ushna</i> (hot), <i>Laghu</i> (light), <i>Ruksha</i> (dry)
<i>Vihara</i>	<i>Asana</i> , Exercise
<i>Aushadha</i>	<i>Katu</i> (spicy) <i>Tikta</i> (bitter), <i>Kasya Rasa</i> (astringent)

**Table 2: AAHAR** <sup>8,9</sup>

Type of Diet	Name
Cereals	<i>Yava</i> (barley)- <i>Hordeum vulgare</i> <i>Shashatika shali</i> (rice)- <i>Oriza Sativa</i> <i>Godhuma</i> (wheat)- <i>Triticum sativum</i> <i>Kodrava</i> (grain variety)- <i>Paspolum scrobiculatum</i> <i>Uddalaka, Shyamaka, bajara</i>
Pulses	<i>Chanaka</i> (bengal gram)- <i>Cicer arietinum</i> <i>Adhaki</i> (toor dal)- <i>Cajanus cajan</i> <i>Kulattha</i> (horse gram)- <i>Dolichos biflorus</i> <i>Mudga</i> (green gram)- <i>Phaseolus aureus</i>
Vegetables	<i>Methika</i> (Fenugreek)- <i>Trigonella foenum</i> <i>Patola</i> (pointed gourd)- <i>Trisanthus dioica</i> <i>Karavellaka</i> (bitter gourd)- <i>Momordica charantia</i> <i>Tanduleyaka</i> (choulayee)- <i>Amaranthus spinosus</i> <i>Vasthukam</i> (bathuva) <i>Shobhanjana</i> (drum stick)- <i>Moringa oleifera</i> <i>Karkotaka</i> - <i>Momordica dioica</i> <i>Matsyakshi</i> - <i>Alternanthera sessilis</i> <i>Rasona</i> (garlic)- <i>Allium sativum</i> <i>Kadali</i> (raw banana)- <i>Musa paradisiacal</i>
Fruits	<i>Jambu</i> (jamun)- <i>Eugenia jambolana</i> <i>Talaphala</i> - <i>Borassus flabellifer</i> <i>Kapitha</i> - <i>Feronia limonia</i> <i>Amalaki</i> - <i>Emblica officinalis</i> <i>Dadima</i> - <i>Punica granatum</i> <i>Tinduka</i> - <i>Disospyros embrayoptesis</i> Orange, Watermelon, Apple
Oils	<i>Nikumbha</i> (Danti)- <i>Baliospernum montanum</i> <i>Ingudi</i> - <i>Balanitis aegyptiaca</i> <i>Atasi</i> - <i>Linum usitatisimum</i> <i>Sarsapa</i> (Mustard).
Seeds	<i>methika</i> <i>Kamala</i> - <i>Nelumbo nucifera</i> <i>Utpala</i> - <i>Nymphoe stellate</i>
Flesh	<i>Harina mamsa</i> (Deer flesh) <i>Shashaka mamsa</i> (Rabbit) birds like <i>Kapotha</i> (pigeon), <i>Titira, lavaka</i> etc
Liquor	Old <i>sura</i> (old wine) <i>Madhveeka sura</i> <i>Madhvasava</i>
Other natural products	<i>Madhu</i> (honey) <i>Mathudaka</i> (honey mixed with water)

Others food articles and spices	<p><i>Dhani</i> (pop corn of jowar)  <i>Laja/Murmura</i> (puffed rice)  <i>Maricha</i>- Piper nigrum,  <i>Saindhava</i>– (rock salt)  <i>Hingu</i>- (asafoetida),  <i>Haridra</i>- (Turmeric),  <i>Ardra</i>- (Ginger)</p>
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**Table3:**

<b>Aahar</b>	<b>Rasa</b>	<b>Guna</b>	<b>Virya</b>	<b>Vipaka</b>	<b>Karma</b>	<b>Dosha-ghnata</b>
<b>Yava</b>	<i>Kashaya madhura</i>	<i>Ruksha</i>	<i>sheeta</i>	<i>Katu</i>	<i>Medahara Balya sthairyakara</i>	<i>KP shamaka</i>
<b>Purana shali</b>	<i>Madhura kashaya</i>	<i>Laghu Snigdha</i>	<i>sheeta</i>	<i>madhura</i>	<i>Brihamana Mootrala rasayan</i>	<i>VPK shamaka</i>
<b>Kulattha</b>	<i>kashaya</i>	<i>Ruksha Laghu</i>	<i>ushna</i>	<i>katu</i>	<i>Grahi Mootrala medohara</i>	<i>KV shamaka</i>
<b>matsyakshi</b>	<i>Tikta Kashaya madhura</i>	<i>Laghu</i>	<i>sheeta</i>	<i>katu</i>	<i>grahi</i>	<i>VPK shamaka</i>
<b>Methica</b>	<i>tikta</i>	<i>Laghu Snighdh</i>	<i>ushna</i>	<i>katu</i>	<i>Vedanahara Deepana Pachana shoolaprashamana</i>	<i>VK shamaka</i>
<b>Karavellaka</b>	<i>Tikta katu</i>	<i>Laghu</i>	<i>ushna</i>	<i>katu</i>	<i>Deepana Pachan Kaphgna Medonashaka bhedi</i>	<i>KP shamaka</i>
<b>Jambu</b>	<i>Kashaya madhura</i>	<i>Laghu Ruksha</i>	<i>sheeta</i>	<i>katu</i>	<i>Stambhana Deepana Pachan mootrasangrahaneeya</i>	<i>P shamaka</i>
<b>Kapitha</b>	<i>Madhua Amla kashaya</i>	<i>Guru</i>	<i>sheeta</i>	<i>Madhura Amla katu</i>	<i>Grahi Ruchya Lekhana pradaha</i>	<i>VP shamaka</i>
<b>Amlaki</b>	<i>Amla Madhura Kashaya</i>	<i>Guru Ruksha</i>	<i>sheeta</i>	<i>madhura</i>	<i>Balya Rochana Deepana Anulomana Kaphagna</i>	<i>VPK Shamaka Esp. P shamaka</i>

					<i>Mootralavrishya rasayan</i>	
<b>Nikumbh</b>	<i>katu</i>	<i>Teekshna Ruksha Guru</i>	<i>ushna</i>	<i>katu</i>	<i>Shothhara Deepana Yakriduttejaka Pittasaraka Vishaghna</i>	<i>KP shamaka</i>
<b>Ingudi</b>	<i>Tikta Madhura katu</i>	<i>Laghu Snigdha</i>	<i>ushna</i>	<i>katu</i>	<i>Deepana Raktashodhak Kaphanisaraka Mutrala vishagna</i>	<i>V shamaka</i>
<b>Atasi</b>	<i>Madhura tikta</i>	<i>Guru Snigdha</i>	<i>ushna</i>	<i>katu</i>	<i>Grahi Hridya kaphanissarak</i>	<i>V shamaka</i>
<b>Kamala</b>	<i>Kashaya Madhura tikta</i>	<i>Laghu Snigdha</i>	<i>sheeta</i>	<i>madhura</i>	<i>Trishnanigrahana Stambhana Mootravirechaneeya Balya Vrishya vishagna</i>	<i>KP shamaka</i>

The indigenous diet may not be useful in lowering the blood sugar to the same extent as insulin and other hypoglycemic agents. However, by acting as Ayurvedic nutraceuticals, it supplements and improves the quality of life; therefore, may be useful as adjunct to manage the disease and its complications. Ayurvedic dietary plans comprise a wide range of multivalent actions as health promoting dietary additives as well as putative therapeutic agents, which is of considerable importance to diabetic health.

#### **VIHAR**<sup>10</sup>

Hard exercises are prescribed for diabetics and obese persons. This is meant for proper utilization of the fat and consumes the glucose in the body. The methods can be-changed in the present times according to the habitat (*desha*) and time (*kala*). Some of the hard, productive exercises prescribed by Sushruta are as under:-

- (1) *Vyayama* (exercises)
- (2) *Niyuddha* (fighting)
- (3) *Kreeda* (games)

(4) *Gajacharya, turagacharya, rathacharya, padacharya* i.e. to ride an elephant, horse, cart riding and walking etc.

Over and above mentioned heavy exercises, there are other exercises according to the financial position and also according to their community.

#### **They are:**

1. For poor class- the diabetic should walk about 100 miles, bare footed, not staying more than one night in the settle place, should eat only the things available by begging and keeping restraint on his sense organs (adopt the lifestyle of *Muni/Sage*).
2. For rich diabetics- they should ate only *Shyamaka, Kodrava, Amalaka, Kapitha* etc., and reside with the cattle (domestic animals). The food stuff for them should be *Ruksha* (free from fat) or they may stay with the cows and eat the above with the urine and faeces of the cow compare this with the character in *Raghuvamsha*.
3. For other- either farming or digging a well etc.
4. *Yoga* improves all sorts of metabolism in the body. So diabetics should perform different types

of yoga. . Common *Asana* that can be very effective in Diabetes are *Padmasana*, *Shalabhasana*, *Mayurasana*, *Suryanamaskar*, *Dhanurasana*.

5. Exercises- Brisk walking, jogging, bicycling, swimming, playing badminton & tennis.
6. Purification of body through bitter herbs like neem and *haridra* should be applied to the patient.
7. Once the symptoms of *prameha* disease are clear one should first have *langhana* (fasting), *vamana* (emesis) and *virechana* (purgation).

## CONCLUSION

Diabetes is a slow killer disease with no curable treatment. In today's era people with diabetes have to face further complications like blindness, kidney failure and cardiac disorders. There is an urgent need for strategies to lower the raising prevalence of this disease. Minor changes in our eating habits and lifestyle changes can greatly reduce chances of getting this disease.

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