



DIETARY MANAGEMENT OF PRAMEHA W.S.R.T. DIABETES MELLITUS

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ABSTRACT

Ayurveda emphasizes strongly on preventive and promotive aspect of Health rather than curative. Centuries ago, Ayurveda laid the concept for healthy living like Dinacharya (Daily regimen for healthy living), Ritucharya (Seasonal regimen), Sadavritta (Moral conducts) and Achara Rasayana (Social conducts) and also established guidelines for healthy dietary and healthy lifestyle, but in the current era hardly any individual follow it. As a result, there is tremendous rise in the lifestyle disorders like Obesity, diabetes, CKD, Hypertension, etc.^[1] Type-II Diabetes, major non-communicable disease is the 7th leading cause of death and is a major cause of Heart disease, stroke, Kidney disease, Lower limb disease, blindness, etc. Prevalence of Diabetes in 2011 censuses, 5.3% of Indian population >65yrs of age.^[2] Aim- To bring into limelight the Ayurvedic dietary for the prevention of Type-II Diabetes.

KEYWORDS- Ayurveda, Type-II Diabetes, Diet, Prameha.

INTRODUCTION

All Poly-uric diseases in Ayurveda are described under "Prameha" and "Madhumeha" i.e. equivalent to Type-II Diabetes Mellitus. The description of acquired form of Prameha, referred to as Apathya-Nimittaja Prameha, it is almost similar to Type-II Diabetes Apathya Ahara (Diet incompatibility i.e. Junk food) and Apathya Vihar (Lifestyle incompatibility) both are being considered as major risk of Prameha i.e. Type-II Diabetes.

Perusal of history reveals the earliest description of Prameha found in Vedic literature of India. The knowledge of Roga "Prameha" available in Atharva Veda is considered as the first and foremost and it is mentioned in the Kaushik sutra as "Sayana".^[3]

21st century has seen increasing Globalisation, Industrialisation, longevity and major changes in lifestyle of individual throughout the world. Diabetes being the most threatful endemic lifestyle disorder having social, medical and economic ramifications globally. As per recent report of International Diabetes Federation, each year 3.8million death are caused due to diabetes and related complication; at least 50% diabetics are unaware of their condition (lack of awareness) and up to 80% of Diabetes Type-II is preventable by adopting healthy diet.

People Prone to Diabetes

In Charak Nidan Sthan 4 and Charak Chikitsa Sthan 6 Chakrapani Datta Teeka it is said:

As the birds are attracted towards the trees where lies their nest, similarly Prameha affects people who are voracious eaters and have aversion to bath and physical exercises.

Death immediately comes in the form of Prameha to those who are less enthusiastic, over corpulent, over unctuous and glutton.

The individual who takes such diets and resorts to such regimens which bring about Normal state of the Dhatus in the body leads to a happy life.^[4]

Addiction to the pleasure of sedentary habits, sleep, curds, soup of the meat of Domesticated and aquatic animals and animals inhabiting marshy land, milk preparations, freshly harvested food particles freshly prepared alcoholic drinks, preparation of jaggery and all Kapha aggravating factors are responsible for the causation of Prameha.^[5]

1. People who are edacious for food.
2. People who follow unhealthy lifestyle unlike bathing, exercise is similar to bird that keep coming on the nest that is already being built, hence diabetes once conquered by the individual never goes off.

Prameha Types

Patients suffering from Prameha can be classified into two categories viz.

- 1) Those who are obese and strong
- 2) Those who are emaciated and weak.

Patients belonging to the latter category should be given nourishing therapy. Patients of the former category who are strong and who have more Doshas in the body should be administered elimination therapy.

Samtarpana yoga- (Diet)**PATHYA (ARTICLES OF DIET)**

Flours which are Dry are generally bad for health but are ideally suited for persons suffering from Diabetes.^[6-7]

Sr.no.	DRUG	FORMULATION
1)	Yava (Barley)	Overnight Husk removed yava is soaked in Triphala decoction, next morning the soaked yava is removed and dried then fine powder is prepared. This can be used every morning with honey.
2)	Ruksha Yavaodana	Use cooked supernatant rice water without any oiling material
3)	Jangal Mamsarasa (Lean Flesh of Wild life Animals)	Deer, Donkey, horse etc animal's flesh cooked with clarified butter (Ghruta) can be used
4)	Terminalia arjuna (Powder)	Arjuna powder is consumed with Lukewarm water
5)	Daal (Pulses)	Pigeon pea, Horse gram, Mung Bean to be consumed
6)	Tikta dravya (Bitter Drugs)	Pointed Gourd, Chakramarda etc vegetables to be consumed
7)	Kashayay dravya Astringent Drugs	Vegan Tree, Shrungyadi Leafy vegetable
8)	Mung bean Soup (Pulses)	Yusha and Shaka use together with Bitter Dravya Shaka Shali rice
9)	Taila (Oil)	Atasi (Flax seed), Danti (Wild Castor), Sarshapa (Mustard) oil use
10)	Truna dhanya (Grain growing without cultivation)	Shashthi rice and Truna Dhanya Atasi all can be used with some amount of oil
11)	Nisha Amalaki (Curcuma longa and Emblica officinalis)	Use of Haridra and Amalaki juice
12)	Hingadi (Asafoetida)	food prepared with Hinga (Asafoetida), Saraso (Mustard) Saindhava Lavana (Rock salt) can be use

Apathya (Forbidden Articles of Food And Drink)^[7]

All the patients who are suffering from Prameha should forego the use of (Different species of wine and fermented liquor) known as

SR. NO	DRAVYA
1	Sauviraka
2	Tushodaka
3	Sukta
4	Maireya
5	Sura (Type of Alcohol)
6	Asava
7	Water
8	Oil
9	Clarified butter
10	Milk
11	Any Odification of the expressed juice of sugarcane
12	Cake
13	Curd
14	Acid
15	Panaka

DISCUSSION

In spite of tremendous advances in the modern medical sciences, today Prameha (Diabetes) is one of the most common non-communicable disease. Diabetes being sedentary lifestyle disorder is prevented by changes in the dietary regimen of individual rather than medication. Ayurveda suggests simple and inexpensive home remedies that helps tackle the condition better.

Roginah pathyasevaniyavaisistyam

Speciality of practising wholesome diet for patient. There is no need of practising medicament, if a man suffering from disease lives agreeing with wholesome diet. Of course a patient agreeing with wholesome diet removes his disease by only using wholesome diet and he doesnot require to take any medicine. In the same the taking of the class of things that are considered wholesome or hurtful in disease ends the object of using medicine. It means although a patient is taking the best available medicine but when he doesnot care about his wholesome diet in that condition the practising of any medicament proves itself unsuccessful to cure the disease. So the importance of wholesome diet is more than any form of medicine.^[9]

As described in Ashtanga Hrudaya Sutrasthan Chapter 7 Body has Trayopstambha (three pillars) i.e. Aahar, Nidra, Brahmacharya when these Trayopstambha used cautiously leads to healthy life like pillar of the Building. Diet plays crucial role in prevention as well as management of lifestyle disorder. Natural ingredients being more effective and significant in treating and managing Diabetes. Medication goes long way in treating the disease and providing relief but improving quality of life in diabetes patients help prevent the disease faster.^[10]

CONCLUSION

“Prevention is better than cure”

This should be the real motivation to overcome the sedentary lifestyle disorder. Diet being the prime importance is boon to disease caused due to faulty food intake and in disciplinary lifestyle, Therefore Diet plans should be made in accordance with day-to-day regimen of an individual. Diet plays an important role in maintaining healthy body and healthy mind balance.

VANCOUVER

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