



ROLE OF PATHYA IN MADHUMEHA - AN AYURVEDIC REVIEW

Dr. Twinkle Gupta¹, Dr. Poonam Gupta² and Dr. Shivani Chib*³

¹Professor and H.O.D, Department of Kayachikitsa, JIAR, Jammu.

²Associate Professor, Department of Kayachikitsa, JIAR, Jammu.

³P.G. Scholar, Department of Kayachikitsa, JIAR, Jammu.

*Corresponding Author: Dr. Shivani Chib

P.G. Scholar, Department of Kayachikitsa, JIAR, Jammu.

Article Received on 11/10/2020

Article Revised on 01/11/2020

Article Accepted on 22/11/2020

ABSTRACT

Diabetes mellitus is one of the burning health problem of present era resulting in serious long term complications such as *heart disease, neuropathy, nephropathy, retinopathy* and even *death*. In *Ayurveda*, *Madhumeha* is mentioned one of the main diseases in which quantity and frequency of *urination* increases. This is a cardinal feature of *Diabetes Mellitus* too. So, *Diabetes mellitus* can be equated with *Madhumeha*. *Diabetes mellitus* is a perfect example of *life style disorders*. *Sedentary life style and stressful mental conditions* are considered as the main cause of *life style disorders* including *DM*. *Ayurvedic literature* contains a treasure of knowledge about causes, risk factors, prevention and treatment of *Madhumeha*.

KEYWORDS: *Madhumeha, Sedentary life style, Stressful mental conditions, urination.*

INTRODUCTION

Madhumeha is a disease known to mankind since vedic period. The word '*madhumeha*' is a combination of two terms '*madhu*' and '*meha*' meaning '*honey*' and '*excessive flow*' respectively. On clinical manifestation, *madhumeha* can be co- related with *diabetes, mellitus* which is the most common endocrinal disorder marked by high level of *blood glucose* resulting from *insulin insufficiency* mainly.

Madhumeha is a global health problem alarming the world. *WHO* estimates that diabetic population is expected to increase to *78 million* by *2030* in *India*. All polyuric diseases in *Ayurveda* are described under '*Prameha*', and *Madhumeha* is one amongst them, equated to *Type 2 Diabetes Mellitus*.

Nidana [Etiological Factors] of Madhumeha in Ayurveda

Diabetes mellitus is one of the main life style disorders. The main cause of *DM* is *lack of exercise* and *improper food habits*. 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 etiologic factors for *Madhumeha*.

Purva-Rupa

These are mentioned by Acharya Charaka-

- Sweda (Exercising Sweat)
- Anga- gandha (Pungent smell of body)

- Shithila – angata (lethargy)
- Ghanangata (over- weight)
- Gala, talu shosha (dryness of mouth and throat)
- Mukha madhurta (Sweet taste in the mouth)

Lakshana (Symptoms)

Includes the *passage of urine* having *sweet* taste and smell of body resembling like *honey*. The urine is astringent, sweet, pale and unctuos.

- Prabhut- avila mutrata
- Madhusama mutra or Madhura mutra
- Krishna
- Polydipsia

Bheda {Classification}

Based on dosha there are 20 types of *Prameha*.

- **Vataja Prameha-** There are 4 Vataja Prameha in total.
- **Pittaja Prameha-** There are total 6 Pittaja Prameha.
- **Kaphaja Prameha-** There are total 10 Kaphaja Prameha.

Out of these, *diabetes mellitus* is termed as *madhumeha*. It is one of the four *Vataja Prameha*.

Prameha is classified aetiologically into two types:

1. Sahaja (Hereditary)
2. Apathya nimittaja (due to unhealthy food habits and lifestyle)

Acharya Charaka has given a classification on the basis of management of *prameha*-

- 1) Krishna pramehi
- 2) Balwan pramehi

Acharya Vagbhata has mentioned 2 types of *madhumeha*.

- 1) Dhatukshaya janya.
- 2) Dosha- awaran janya.

Samprapti {Aetio Pathogenesis}

Aparipakva vata, pitta, and kapha formed due to various various etiological factors, mixed with medhadhatu and then go to vasti through mutravaha strotas and cause prameha.

When agitated vata carries the ojus to the vasti, it manifests madhumeha.

Concept of Diet in Ayurveda

Ayurveda deals with the diet very broadly. All classical texts of Ayurveda such as Charaka Samhita, Susruta Samhita, Astanga Samgraha, Astang hriday, Bhaisajya-ratnawali deals exclusive chapters on nourishment and nutrition values of food, balanced diet, daily diet, seasonal diet, disease wise diet, diet during pregnancy, lactation, grouping of diet and drinks, incompatible dietary rules and a list of most unwholesome and wholesome foods.

In most of the golden classics of Ayurveda, emphasis is made on the diet that will not produce *Ama* and protect *Jatharagni* and promote *Dhatwagni* is considered an ideal diet.

Importance of Pathya In Madhumeha

Madhumeha is mainly caused due to *Apathya Aahar* and *Vihar sevana*, while describing the Chikitsa for Madhumeha, all Acharyas have focused on *Pathya Aahara* and *Vihara* in management of Madhumeha.

Definition of Pathya

In **Charak Samhita**, Pathya is defined as the wholesome Aahara which do not adversely affect the body channels i.e Patha and which is very pleasant to mind.

Pathya in Madhumeha

The role of Aahar and Vihar are equally or even more important in diabetes to control blood sugar as well as to prevent the complications of the disease.

Aahar Dravyas

1. **Oils- Mustard Oil {Sarshapa taila}** is best *Ingudi {Balanitidis aegyptiaca}* *Gritha* may be used in pitthaja prameha. But, according to Ayurveda one should start with *light diet (laghu bhaksha, laghu ahara)* and then gradually increase the quantity of food. One should keep complete attention on condition of *Agni i.e. digestion*.
2. **Pulses-** Mudga (Vignaradiata Green gram), Chanaka

(Cicer arientinum – Bengal gram), Kulattha (Dolichos biflorus), Adhaki (cajanus Cajan- Pigeon pea) etc. can be taken.

3. **Cereals-** *Yava (Hordeum Vulgare-Barley)* are the best, different preparations of food, prepared from Barley, can be given eg- Mantha, Odana, Appopa, bread, Roti etc. This is the subject of pharmaceuticals and food stuffs. *Wheat (Godooma)* can be given. *Rice-* Ayurveda prescribed *old rice (purana shali)* to diabetic patients.
4. **Vegetables-** All types of *bitter* vegetables (Tikta shaka) eg. Karela {*Memordica charantia-* Bitter gourd}, Methi {*Trigomella foenum – graecum-* Fenugreek}, Patola {*Viet-namese luffa, Vietnamese gourd, or chinese okra*}, Rasona [*Allium setivum-Garlic*], Udumbara [*Ficus racemosa - cluster Fig tree, Indian fig Tree or Godar [Gular] Fig etc.* should be given.
5. **Seeds -** Kamala, Utpala seeds can be allowed to take.
6. **Liquor -** Old sura (old wine) may be given.
7. **Others -** Takra etc.

According to Ayurveda, one should start with light diet {*Laghu ahara*} and then gradually increase the quantity of food.

Pathya Vihar {Exercise}

Hard exercises have been prescribed for Diabetics and obese persons for proper utilisation of fat and to consume the glucose in the body.

Some of the hard productive exercises prescribed by Acharya Sushrata are as under-

1. Vyayama (exercise)
2. Niyuddha (fighting)
3. Kreedaa (games)
4. Gajacharya, Turagacharya, Padacharya, to ride an elephant, horse, cart riding, walking etc.

CONCLUSION

Madhumeha which can be correlated with *Type-2 DM* that cannot be treated by mere medicine but *proper pathya aahar* and *vihar* regimen should also be followed. Diabetes mellitus is *yapya* (not totally cureable/difficult to cure) disease.

REFERENCES

1. Acharya Charaka Samhita, Sutra Sthana Ch-17 Ver, 78-80.
2. Charak Chikitsa 4/6 by Agnivesha.
3. Ashtanga Hridayam, Nidana sthana, 21/10.
4. Charak Nidana 44/4, by Agnivesha.
5. Ashtanga Hridayam, Nidana Sthana.
6. Charak Chikitsa 7/6 by Agnivesha.
7. Charak Chikitsa 15/6 by Agnivesha.
8. Acharya Charak Samhita.
9. Vaidya Jivamam by Lolimbajra.