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“IMPORTANCE OF AAHAR AS PATHYA AND APATHYA IN DIABETES- TYPE II”

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ABSTRACT

In Ayurveda, Madhumeha is described as one of the type of Vataj Prameha and it is compared with Diabetes mellitus because of having similarities of disease in respect to etiopathogenesis, clinical features and prognosis. WHO list of most common lifestyle disorders is as CVD's, Diabetes mellitus, COPD, Cancer, Asthma, Diseases of digestive system like peptic ulcers, GERD etc, Genitourinary conditions like Nephritis, CKD etc, Neuropsychiatric disorders like depression, anxiety, stress etc. Lifestyle disorders are those whose occurrence is based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyle disorders include bad food habits, physical inactivity, wrong body posture and disturbed biological clock. Now a days due to changing lifestyle, urbanization and fascination of western culture there is noticeable change in food habits and preparatory methods between early time and in present era. Ayurveda is age old, time tested and holistic science. It offers various methods to manage Madhumeha by following Pathyapathya, Dincharya, Ratricharya, Rituchratya, Panchakarma and also by including Rasayana therapy. This type of ayurvedic lifestyle promotes physical, mental as well as social health and ultimately leads to

symptomatic improvement also improvement in the quality of life and thus helps in the prevention and management of Madhumeha.

As Diabetes mellitus is lifestyle disorder disease, the most important factor in controlling it is the diet of patient. The pathyapathya concept in ayurveda describes what to eat and what don't. According to ayurveda, pathya sevean is equally important to medicine. There is no use of medicine when apathy sevean is there.

Keywords: Madhumeha, Diabetes Mellitus, Pathya, Apathya.

INTRODUCTION:

According to Ayurveda, a body is in its healthiest state if and when Vata, Pitta and Kapha are in balance. Any imbalance will lead to health ailments.

The Ahara, Nidra and Brahmacharya are the three pillars of Shareera and basis of healthy life. From the Ayurvedic perspective the key cause is found in lifestyle and diet choices that disrupt balance. Ayurveda views Prameha as something that should be corrected before it can contribute to other health problems.

The word “Madhumeha” is combination of two terms ‘Madhu’ and ‘Meha’ (meaning honey and excessive flow respectively). Madhumeha is a disease entity, characterized by the sweetness of the body tissues along with the passage of the turbid and sweet urine in excessive amount which is due to various physical and chemical changes of body tissue. Madhumeha is classified as a Maha Roga (Major Disease) because, if not treated in time, it can lead to several complications

only balance sugar levels, but also ensuring that no further complication is caused. Over 30 million have now been diagnosed with diabetes in India. The CPR (Crude prevalence rate) in the urban areas of India is thought to be 9 per cent. In rural areas, the prevalence is approximately 3 per cent of the total population. WHO estimated that there were 31.7 million persons with diabetes in India in 2000 and that this number is likely to be 71.4 million in 2030. India has the distinction of having the largest number of diabetic in the world.

The treatment applied by the Indian holistic medicine aims not only to balance blood sugar levels, but also to rejuvenate the body and promote a positive change in the patient's life. Ayurvedic herbal medicines and therapies are focused on the main cause of the disease, as they aim to strengthen the immune system and improve digestion, and help the patient to have a healthy lifestyle. The healing herbal remedies and the recommended therapies for treatment of diabetes rejuvenate the

cells of the organism, allowing them to reproduce insulin properly. Knowledge of Pathya Apathya is essential for proper management of disease and maintenance of health. So Ayurveda emphasizes that the successful treatment of any disease is not only depends upon the proper medication but proper diet and proper lifestyle is equally important.¹

AIMS AND OBJECTIVES:

AIM: To study the importance of Pathya and Apathya in Madhumeha- Diabetes Mellitus.

OBJECTIVES:

- To assessment the role of Ayurveda in the prevention and management of lifestyle disorder Madhumeha.
- To assessment the Ayurvedic literature useful in Madhumeha.
- To assessment Ahara as per pathya and apathya are described which have good role in prevention and cure of lifestyle disorder Madhumeha.

MATERIAL AND METHODS:

Different Ayurvedic classical books, research papers and journals were referred to fulfill this part, it comprise of subsection dealing with prevention and management of Madhumeha in Ayurveda.

Madhumeha

Madhumeha is the disease of having merely metabolic derangement and genetic predisposition related with each

constituent of the body, so having systemic consideration. To understand the Iatrogenecity, pathophysiology, complications and management first it is merely necessary to emphasize the disease prameha whole, as it is a subtype of vataja prameha.

Definition:

So the meha word here mainly related with the excretions through urine. So the definition is the clinically entity in which patient voids the urine having concordance with Madhu i.e. of kashay and Madhura teste, ruksha texture and honey like colour. Sometimes term ‘Madhumeha’ is used to indicate all Pramehas, so it is also necessary to know about word Madhumeha.²

Classification-

Three important Ayurvedic ancient treatises elaboratively classified the disease prameha in to 20 types on the basis of dosha dominance. Madhumeha is described as a type of Vataj Prameha.³

Etiology of Madhumeha

Ayurvedic classics elaborately describes about the general etiological factors of prameha and according to Acharya Charaka, this disease is Tridoshaj in origin.

Aharaja and Viharaja Nidan

- **Asyasukham** – interest in sedentary habits.

- **Swapanasukham** – pleasure of sleep.
- **Dadhini** – over indulgence of various preparations of curds.
- **Gramya, audaka, anoop rasa** – soups of meat of domesticated and aquatic animals belonging to marshy land.
- **Pa yansi** – various milk preparations.
- **Navannapanam** – freshly harvested food articles, freshly prepared drinks.
- **Guda vaikritam** – various preparations of jaggary.

All factors that are responsible for the aggravation of Kapha can cause Prameha.⁴

Samprapti Ghataka of Madhumeha

Following are the body constituents that are mainly involved in the pathogenesis to precipitate the disease Madhumeha. This is the only disease in which vast nexus/annexation between various factors i.e. Dosha, Dushya, Mala, Srotasa, and Avayava is observed.⁵

On the basis of various Referances the Samprapti Ghataka of Madhumeha are described as follows–

A) Dosha: Kapha:

Bahu and Abaddha – in Avaranajanya Madhumeha

Kshina – in Kshayajanya Madhumeha

Pitta: Vriddha – in Avaranajanya Madhumeha

Kshina – in Kshayajanya Madhumeha

Vata: Avrita – in Avaranajanya Madhumeha

Vriddha – in Kshayajanya Madhumeha

B)Dushya:

Rasa, Rakta, Mamsa, Meda, Majja, Vasa, Shukra, Oja, Lasika, Kled (Ch.Ni.4/4) and Sweda⁶

C)Srotasa: Mutravaha Udakavaha Medovaha

D) Srotodushti: Sanga, Atipravritti S

E)Agni: Vaishamya of all Agni (or Dhatvagnimandya)⁷

F) Adhithana: Basti

G) Udhbhavasthana: Amashaya

H) Ama: Medogata Ama produced due to Jatharagnimandya and Dhatvagnimandya.

I)Bhedavastha: Occurrence of Upadravas such as Putimamsa and Prameha Pidika etc.

J) Nature: Chirkari⁸

IMPORTANCE OF PATHYA IN MADHUMEHA

Madhumeha is mainly caused due to apathy aahar and vihara sevana. While describing the chikitsa for madumeha, all aacharyas have focused on pathya aaharas and viharas in management of madhumeha.⁹

A chikitse grantha of medivial period “Vaidyajivanam” by Lolimbaraja has stated the importance of pathya and apathy in chikitsa-

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 pathyasevan, the taken drug can't cure the disease.¹⁰

Definition of Pathya

In charak samhita, pathya is defined as the wholesome aahara, which do not adversely affect the body channels, that is pathya and which is very pleasant to mind.¹¹

PATHYA IN MADHUMEHA

PATHYA AAHARA:

The role of aahara and vihara are equally or even more important in diabetes to control blood sugar level as well as to prevent the complication of the disease.¹²

In all classics, aaharadravyas are described in detail, such as:

1. **Dhanyavarga (cereals):** Yava (*Hordeum vulgare*) are the best, different preparations of food, prepared from yava can be used e.g. mantha (drink prepared from roasted yava flour), Odana (boiled yava), apooa (sweet made by yava flour and sugar fried in ghee), bread, roti etc. Gehu (wheat), different varieties of rice such as kangu (*setaria italica*), shyamaka (*Echinochloa frumentacea*),

kodrava (*Paspalum scrobiculatum*), can also be given. Ayurveda describes old rice as one of the cereals, which can be given to the diabetic patient.¹³

2. **Shimbivarga (pulses):** mudga (*Vigna radiata* green gram) is the best, chanak (*Cicer arietinum*), kulattha (*Dolichos biflorus*), adhaki (*Cajanus cajan*) etc. can be taken.

3. **Shakavarga (vegetables):** all the types of bitter vegetables (*tiktashaka*) e.g. karela (*Momordica charantia*), methi (*Trigonella foenum graecum*), patola (Vietnamese luffa), rasona (*Allium sativum*), udumbera (*Ficus racemosa*) etc. can be allowed to take.

4. **Haritavarga (leafy vegetables):** Katillaka (*Momordica charantia*), shigrupatra (*Moringa oleifera*), Lonika (*Portulaca oleracea*), dronapushpipatra (*Leucascephalotes*), guduchipatra (*Tinospora cardifolia*), kakamachipatra (*Solanum nigrum*), vastuk.¹⁴

5. **Phalavarga (fruits):** Jambu (*Syzygium cumini*), amalaki (*Phyllanthus emblica*), kapitha (*Limonium acidissima*), talaphala.

6. **Beeja (seeds):** Kamala (*Nelumbonucifera*), utpala (*Nymphaea stellata*) seeds can be allowed.

7. **Mamsavarga (flesh):** Aja mamasa (goat), harina (deer), shashak (rabbit),

birds like kapota, tittira etc. flesh can be given.

8. **Sura (liquor):** old sura can be given.

9. **Tailavarga (oils):** sarshapa tail (musterda oil) is best, tilataila can also be given.

10. **Others:** Takra etc.

According to ayurveda, one should start with light diet (laghu aahara) and then gradually increase the quantity of food. Diabetes being a disease of deranged mataboklism, special attention should kept on the conditions of digestion (agni)and metabolism.¹⁵

APATHYA IN MADUMEHA:

Aahara

- Dugdha.
- Dadhi,takra , ghruta.
- Taila, ikshu vikara.
- Gudapishta aana.
- Sura.
- Madhu.
- Anoop mamsa.
- Udada.
- Adhyasana.
- Viruddhasana.
- Kaphamedhavidharak aahara.
- Madhura- aamla- lavana rasa.

Vihara

- Divasayan.
- Ati maithuna.
- Swedana.

- Dhrumapana.
- Vegadharana.
- Raktamokshana.¹⁶

DISCUSSION:

The increase incidence of the lifestyle disorders all over the world is due to the faulty diet pattern and life style. Roll of ayurveda in the prevention of the lifestyle disorder madhumeha is very systematic and good manner. In ayurveda, aahara, vihara, dinacharya, rutucharya, yoga, rasayana are described which have good role in prevention and cure of the lifestyle disorders. If someone adopt the diet pattern, lifestyle according to the ayurveda it can be helpful in the decrease the incidence of madhumeha.

CONCLUSION:

Diabetes is the world's oldest metabolic disorder. In ayurveda, aahara, vihara, dinacharya, rutucharya, yoga, rasayana are described which have good role in prevention and cure of the lifestyle disorders. Moreover ayurvedic treatments are safe and affordable by everyone.

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