

AYURVEDIC PERSPECTIVE ON THE CONTEXT OF MADHUMEHA: REVIEW
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ABSTRACT

The ancient medical science of Ayurveda refers to diabetes as *Madhumeha*. Various *Prameha* kinds have been found in Ayurveda depending on the disproportion of the *Vata*, *Pitta*, and *Kapha Doshas*. Incurable *Vata dosha* (air) vitiation is associated with *Prameha*. While *Prameha* that involves vitiation of the *Kapha dosha* (phlegm body humour) is thought to be treatable, *Prameha* connected with vitiation of the *Pitta dosha* (fire body humour) is difficult to treat. According to Ayurveda, *Madhumeha* is a *Vatja* form of *Prameha*. In addition to using ayurvedic formulas and herbs, ayurveda describes a number of therapy techniques for the management of *Madhumeha*, including conducting *pathya*, *yoga*, and *shodhana karma*. Here we will study in detail the analysis of *Madhumeha* (Diabetes) described in Per ancient ayurveda text book. An ayurvedic perspective has been adopted to analyse *Madhumeha* and its management in this article.

KEYWORDS: Ayurveda, Diabetes mellitus, *Madhumeha*, *prameha*.

INTRODUCTION

Origin of the word "**Madhu**" and "**Meha**" combine to form the compound word *Madhumeha*.

Madhu: — The word *Madhu*, which meaning "**Honey**"

Meha: - The word "**Meha**" comes from the root "**Miha**" which is used to mean *Prasrava* is plentiful excretion, *Sinchana* is moistening, and *ksharana* is flowing.

Madhumeha (Diabetes mellitus) has been classified by ancient Ayurvedic scholars as one of the 20 types of *Prameha* (urinary illnesses), in particular category of *vatic* type of *Prameha* disorders known as *Madhumeha*. Further, any of the Due to the nature of the condition, if *Pramaeha* (urinary disorder) fails to be treated, it eventually develops into *Madhumeha*.

Diabetes Mellitus is referred to as *Madhumeha* and is characterised by high blood sugar levels, frequent urination, the presence of sugar in the urine, etc. Depending on the participation of *dosha*, *Prameha* was classified by Ayurveda as *sadhya* (curable), *yapya* (paliabile), or *asadhya* (incurable). According to *Sushruta*, it is either *Saheja Prameha* or *apathya-*

nimittaja, depending on outward manifestation. While *Apathya-nimittaja* primarily has to do with ageing and a disordered lifestyle, *Saheja Prameha* primarily has to do with *bija dosha* (genetic condition). The primary pathogenic causes of *Prameha*, according to Ayurveda, are *Bahudravasleshma* and *Bahuabaddhameda*. Additionally, *Nidana Sevana* aggravates *Kapha*, which vitiates *Meda Dhatu* and may result in the clinical manifestation of diabetes. The three primary signs of *Prameha* are *Prabhootha mutrata*, *Avila mutrata*, and *Medodushti lakshanas*. *Brimhana Karma* practice, herbs use, dietary restraint, and *Panchakarma* for a healthier way of life.

MATERIAL AND METHOD

This section is a material review of the literature. Extensive study of Ayurvedic literature, including the internet, publications, and the most recent research articles published in the field, as well as gathering Ayurvedic references such as Modern Medical literature and earlier studies on this topic.

Nidan of Madhumeha

According to *Charak Samhita*(Ch.Ni. 4/36), the following *Nidan* is described for the *Vataja Prameha*, which also indicates the *Madhumeha Nidan*:

- *Kashaya, Katu, and Tikta Ras*
- *Rukshya*
- *Sheetal Dravya*
- *Ativyay*
- *Ati maithuna*
- *Panchakarma Atiyoga*
- *Veg sandharan*
- *Ashan*
- *Abhighat*
- *Aatap sevan*
- *Udwega-Shoka*
- *Ratrijagran*
- *Vishamsharinyas*

Purvaroop**Prodromal symptoms of diabetes**

- *Sveda* (excess sweating)
- *Angagandha* (excess body odour)
- *Anga Shaitilya* (lack of stability in the body)
- *Anga Sada* (malaise)
- *Sayya sukherati* (feeling comfort in bed)
- *Svapna Sukherati* (feeling comfort in sleep)
- *Asana Sukherati* (feeling comfort in inactivity)
- *Hrudayopadeha* (feeling as if the heart is heavy)
- *Netropadeha* (vision problems)
- *Jihwopadeha*(coated tongue)
- *Shravanopadeha* (hearing problems)
- *Taluni Malotpatti* (coated palate)
- *Danteshu Malotpatti* (coated teeth, caries)
- *Ghana gatra* (heaviness in the body)
- *Kesha Ativridhi* (excessive hair growth)
- *Nakha Ativridhi* (excess nail growth)
- *Kesha Jathilee Bhava* (tangled and brittle hair)
- *Sheeta Privatvam* (person who likes cold foods and seasons)
- *Gala Talushosha* (dryness of the throat and palate)
- *Asya Madhurya* (sweetness in the mouth)
- *Kara Pada Daha* (burning sensation in feet and palms)
- *Mutra Pipeeliha Abhisarana* (urine attracts ants)
- *Madhura Mutrata* (sweetness of urine)
- *Shukla Mutrata* (white discoloration of urine)
- *Snigdha Gatra* (excess oiliness of the body)
- *Picchila Gatrata* (stickiness of the body)
- *Pipasa* (excess thirst)
- *Shvasa Dourgandhya* (bad breath)
- *Tandra* (fatigue)
- *Karapada Suptata* (numbness of the hands and feet)
- *Anga Suptata* (numbness)
- *Alasya* (lethargy)
- *Mukha Shosha* (dryness of mouth)
- *Kaya Chitropadeham* (heaviness of body)

- *Sarvakala nidra* (a person wishes to sleep all the time)
- *Shatpada Abhisarana* (feeling as if ants are crawling on the body)
- *Pipeelika shareera Abhisarana* (ants crawl on the body)

Complications of diabetes melitus

1. *Udavarta* (vomiting)
2. *Kampa* (trembling)
3. *Hridgrah* (heart disease)
4. *Loulya* (the need for nourishment)
5. *Shoola* (body ache)
6. *Anidra* (sleep loss)
7. *Shosha* (thinness)
8. *Kasa* (Cough)
9. *Shwasa* (Dyspnea)

Common Madhumeha signs and symptoms

- *Krisa*,
- *Rauksha*,
- *Bahu Pipasa*,
- *Parisaranasila*,
- Delaying the healing of any wounds
- Urinary malfunction
- Appetite disturbance
- Skin manifestation

The key characteristics of Madhumeha

Characteristics of *Madhumeha* according to Ayurveda: *Madhumeha* is a condition where the patient's urine is quantitatively sweet like honey. swollen, astringent, and rough in quality, and *Madhumehi's* entire body turns sweet. The same opinion is shared by other *Acharyas*. (As Sa ni 10/14, As. Hr ni 10/18, 21; ch.Su Ni 6/14, Ni 4/44, and Ma Ni 33/26)

Foods and beverages that can lead to diabetes

- **Dadheeni:** consuming curds and their preparations in excess
- **Gramya-oudaka-anupa mamsa:** animal remains found in marshy and watery areas
- **Payamsi:** Excessive consumption in milk, its derivatives, and preparations.
- **Navaanna panam:** Food, beverages, and meals made with new grains.
- **Guda vaikruti:** Jaggery, its derivatives, and foods produced.
- **Ikshurasa:** Sugar cane
- **Madhura Ahara:** Sweet stuff
- **Pishta Ahara:** foods high in carbohydrates.
- **Adhyashana :** regular eating
- **Adhikashana:** overeating
- **Ahitashana:** unhealthy eating
- **Guru Ahara:** Heavy meal
- **Samashana:** bad eating habits

The origins of diabetes

The following way *Acharya Vagbhata* described the pathophysiology of *Madhumeha*:

Ojas: Immunity is the primary component of all *dhatu*s (tissues) and is dispersed throughout the entire body. It has the qualities of being frothy, transparent, unctuous, sweet, thick, heavy, chilly, and slimy.

Unbalanced *Doshas*, particularly *Kapha* and *Pitta* in the case of *Madhumeha*, are a result of the disease's respective causes connection with *Vata* restricts the channels associated with *Mamsa* (muscle) and *Meda* (adipose or fat tissue). *Vata* becomes blocked, changing the sweet taste of *Ojas* into an astringent mixed sweet taste akin to honey. Hence, it leaks into the urine. *Madhumeha* condition is the result of this. *Madhumeha* results from any of the *Prameha* being neglected or handled inappropriately.

Pathogenesis of diabetes

When the *Meda* (fat), *Mamsa* (flesh), *Shareera kleda* (fluids of the body), and *Kapha* enter the *Basti* (urinary system), it causes *Vata* dominant trait origin, then it is called *Madhumeha*.

Stages of diabetes

Stages of the illness: a special reference

The text *Vaidya Sara Sangraha*

1. *Vasti bheda* (bladder prickling pain)
2. *Mutra peedana* (discomfort during urination)
3. *Vata prakopa* (urinary signs of exacerbated *vata*)
4. *Sannipata dosha prakopa* (involvement of several *doshas*/tissue injury)
5. *Dhatu nasha* (systemic impact or tissue necrosis)
6. *Daha-moha* (hallucinations and burning)
7. *Motratisara* (extreme urination)
8. *Dysuria* (restricted urine, often known as *mootra granthi* or *mootra sada*)
9. *Ati trishna* (extreme thirst)
10. *Mrityu* (death)

Yoga

In *Prameha*, yoga techniques including *Kriya Yoga*, *Surya Namaskara*, *Ardha-Matsyendrasana*, *Pawan-Muktasana*, and *Pranayamas* like *Nadisodhan Pranayama* and *Bhastrika Pranayama* provide comfort. Due to abdominal contractions and relaxation, the *Asanas* allow rejuvenation of the pancreas cells, which helps with diabetes by promoting insulin synthesis. The breathing exercises help the circulatory system and so provide relief from diabetes brought on by high blood pressure. Blood sugar levels are lowered by the physical exertion related to yoga practises. Both blood glucose and urine glucose levels are decreased by yoga training. *Prameha* symptoms including *Madhumeha* are generally relieved by yoga practices since they increase glandular production, enhance blood circulation, cleanse, and open up *shrotas*.

Several postures of yoga for diabetes

- *Matsyasana*: Fish pose
- *Vakrasana*: Twisting/sleeping position

- *Mandukasan*: Posing frog
- *Balasana*: child posture.
- *Ushtrasan*: Camel posture
- *Sirsasana*: Headstand pose

Benefits of some types of yoga for diabetes

▪ *Paschimottanasana*

Renal and pancreatic functions are enhanced by this yoga.

▪ *The Veerasana*

Relieves diabetes-related weakness and fatigue.

▪ *The Mayurasana*

It enhances metabolic function, providing relief from diabetes.

▪ *Uddiyan Bandha*

Yoga that stimulates hormonal glands is helpful for treating diabetes.

▪ *Dhanurasana*

The pancreatic secretion is stimulated.

▪ *Ardha Matsyendrasana*

The blood sugar level is decreased.

▪ *Bhastrika*

Breathing Improved digestion helps to keep the body's metabolic equilibrium.

Madhumeha's ability to be rehabilitated

Madhumeha is a terminal illness. Although it cannot be completely cured, it can be managed with food and medication. Occasionally, if it is originated from any secondary reason, such as stress, medication, etc., it will go away after the primary ailment is cured or the medication is terminated.

Strategies for treatment

Diabetes treatment plan with ayurveda. Ayurvedic texts recommend two treatments, depending on a person's physical structure, bodily type (*prakriti*), or state of health diabetes treatment plans of various kinds. As follows:

Apatarpana - It is helpful for obese diabetes patients, who are typically patients with a *Kapha*-type constitution.

Santarpana- Nourishing therapy; beneficial for diabetic patients who are thin and typically have *Vata* or *Pitta* types of bodies.

Apatarpana - If Patients are obese and have an obese this treatment is advised. in this, along with anti-diabetic herbal medicines, importance is given to the de-nourishment of fats and elimination of toxins by way of-

1. Different workouts.
2. Fasting treatments like water and juice fasts.

3. Detoxification therapies known as *Panchakarma* (five-fold therapies include *Vaman*, *Virechan*, *Nasya*, *Raktamokshana* and *Basti karma*)

A wholesome diets for diabetes	
1.	<i>Godhuma</i> (Wheat)
2.	<i>Mudga</i> (Green gram)
3.	<i>Shigru</i> (Drum stick)
4.	<i>Haridra</i> (Turmeric)
5.	<i>Amalaki</i> (Gooseberry)
6.	<i>Shyamaka</i> (<i>Setaria italica</i> (L.) Beau)
7.	<i>Kodrava</i> (<i>Paspalum scrobiculatum</i> , Linn.)
8.	<i>Yava</i> (Barley)
9.	<i>Kulattha</i> (Horsegram)
10.	<i>Patola</i> (Snake gourd)
11.	<i>Shyamaka</i> (<i>Setaria italica</i>)
12.	<i>Kodrava</i> (<i>Echinochloa frumentacea</i>)
13.	<i>Chanaka</i> (<i>Cicer arietinum</i>)
14.	<i>Aadhaki</i> (<i>Cajanus cajan</i>)
15.	<i>Karavellaka</i> (Bitter gourd)
16.	<i>Maricha</i> (Black pepper)
17.	<i>Lashuna</i> (Garlic)
18.	<i>Jambu</i> (Blueberry)
19.	<i>Saindhava lavana</i> (Rock salt)
20.	<i>Tikta shaka</i> (Vegetables that are bitter in taste)

Unwholesome diets for diabetes	
1.	<i>Kanda-moola</i> (Root-rhizome)
2.	<i>Ikshu</i> (Sugar cane juice)
3.	<i>Taila</i> (Oil)
4.	<i>Ghrita</i> (Ghee)
5.	<i>Guda</i> (Jaggery)
6.	<i>Kanjika/shukta</i> (Sour beverages)
7.	<i>Madya</i> (Alcohol)
8.	<i>Pishtanna</i> (Carbohydrate-rich food)
9.	<i>Dadhi</i> (Curd)
10.	<i>Navanna</i> (New grains)
11.	<i>Sadaasanam</i> (Always sitting in one place)
12.	<i>Diva Swapna</i> (Sleeping in the daytime)
13.	<i>Mutravegam</i> (Withholding the urge or reflex for urination)

Herbs recommended in *Madhumeha*

- *Asana* — *Pterocarpus marsupium*
- *Nimba* — *Azadirachta indica*
- *Bilva* — *Aegle marmelos*
- *Haridra* — Turmeric
- *Lodhra* — *Symplocos racemosa*
- *Jambu* — Jamun seeds
- *Saptaparna* — *Alstonia scholaris*
- *Meshashringi* — *Gymnema sylvestre*
- *Kathaka* — *Strychnos potatorum*
- *Khadira* — *Acacia catechu*
- *Guggulu* — *Commiphora mukul*
- *Mamajjaka* — *Enicostemna littorale*
- *Shilajatu* — *Asphaltum punjabinum*

Curability of *Madhumeha*

According to the description of *Madhumeha* or *Prameha* as *anushangi*, it is *punarbhavi*; in other words, once a

Madhumehi is thus continuously all of his life. Therefore, it should be prevented and controlled using every possible approach. As previously stated, *Madhumeha* Due to the involvement of *dhatu*s, progress is made through degrees of severity; as a result, the *sadhya-asadhyata* has been described.

Madhumeha Chikitsa

The three categories under which the principles of *chikitsa* can be examined are *Nidana parivarjana*, *Apakarshana* and *Prakriti Vighatana*.

Regarding *Dhatu Kshaya Janya Madhumeha* and *Marga Varana Janya Madhumeha*, these therapeutic principles must be explored independently (Ch. Vi 7/ 28–29).

Chikitsa Samanya Siddhanta

In *Margvarana Janya Madhumehi*, *Nidana Parivarjana*

The typical *apathyanimittaja Madhumehi* is sthula, prefers *Abhyavaharana*, and despises *Chankramana*. Here, the patient should be instructed to refrain from all *kaphakara ahara vihara* in order to stop the condition from developing or to treat it. In *Dhatukshaya Janya Madhumehi*, *Nidana Parivarjana* is mentioned (*Ch. Chi 6/53*).

Nidana Parivarjana. Sahaja Madhumeha is specifically referred to when studying *Nidana Parivarjana* in such *Madhumehi*. It entirely depends on the *pitta or vata* so that they may decide how to prevent the disease from affecting them. *Beeja, beeja bhaga* and *beeja* should all be avoided. *Madhumeha arambaka dosha dushti* results from *Bhaga avayava upatapa*.

Dhatu Kshaya Janya Madhumeha's Prakriti Vighatana
Due to *Beeja dushti* in *Sahaja Madhumeha* and a state of *Atikarshita dhatus* as a result of these factors, *Dhatu Kshaya avastha* is the result. Continuing *dhatu kshaya*, which is actually *Margavarana Janya Madhumeha* in a more advanced form in both circumstances are *Anarha* is regarded as *samsodhana* (*Ch.chi 6/18*). *Samshamana Chikitsa* is recommended in these circumstances, while *Madhumeha* in both of these *Asadhya* has cases (*Ch. chi 6/52*).

Rasa Aushadhi and other ayurvedic treatments for Madhumeha include

- *Vanga Bhasma*
- *Yasada Bhasma*
- *Mehakalanal Rasa*
- *Shilajatu Rasayana*
- *Rasasindoor*
- *Chandraprabha*
- *Amalaki Curna*
- *Karavellaka Phala Curna*
- *Brihat Vangeswara Rasa*
- *Mehari Ras*
- *Guduchi Swarasa*

CONCLUSION

One of the two kinds of the condition is *Margavarana Janya, Madhumeha*, and *Dhatukshaya Janya*. The two distinct types of presentations that fit within the previously mentioned description are *Apathya Nimittaja Madhumeha* and *Sahaja Madhumeha*, respectively. *Madhumeha's sadhyasadyata* is reliant on *Sahaja Karana, Vata Anubandha Anubadhyatva*, and *Dhatu Apakarshana*. The *Kaphaja, Pittaja*, and *Vataja Pramehas* are nothing more than the variety of *Madhumeha* symptoms that emerge dependent on the coexistence of advantageous *Nidanas* for the associated *doshas* during the disease. *Apathya Nimittaja Madhumeha* appears in the *Madhyama to Vriddha Avastha*, and *Sahaja Madhumeha* can also appear in the *Balya Avastha*. *Madhumeha* is *sadhya* in the sense that it is *sadhya* because it has *Kapha Pradhana Lakshana* and *Dushta Dhatu*.

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