

PREVENTION AND MANAGEMENT OF MADHUMEHA ACCORDING TO AYURVEDA
AND YOGADr. Sachin Kumar*¹ and Dr. Rekha Parmar²¹M.D. Scholar. Dept. of Dravyaguna, Parul Institute of Ayurveda, Vadodara Gujrat.²Dr. Rekha Parmar. HOD Dept. of Dravyaguna Parul Institute of Ayurveda, Vadodara Gujrat.

*Corresponding Author: Dr. Sachin Kumar

M.D. Scholar. Dept. of Dravyaguna, Parul Institute of Ayurveda, Vadodara Gujrat.

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ABSTRACT

Ayurveda describes the importance of preventive aspect of health rather than curative. Centuries ago: Ayurveda has described about the concept of Dinacharya (Daily regimen) Ritucharya (Seasonal regimen) Sadvritta (Social conduct) as well as established guidelines for healthy lifestyle and yoga. A healthy lifestyle promotes building and maintaining healthy. Bones, muscles and joints as well as helps in controlling weight. It increases self-esteem, reduces stress and promotes social well-being. Ayurveda and yoga has great potential in preventing life style disorder as pandemic among them. In madhumeha certain conditions which complicate the disease included: 1 unsatisfactory diet, 2.Overweight, 3.Sedentary Lifestyle. Acharya's have widely described the role of Life style and Yoga to control Madhumeha and its prevention. The paper will highlight the key factors about how Dinacharya can play a major role in management of madhumeha.

KEYWORDS: Madhumeha, Lifestyle, Prevention, Yoga (Asana, Pranayama).

INTRODUCTION

Life style may be defined as a way of living of individual, Lifestyle diseases consist of type 2 diabetes Mellitus, obesity, dyslipidemia, hypertension, Irritable Bowel Syndrome (IBS), acid peptic disorder, heart disease, stroke, tobacco and nutrition-induced cancer, chronic bronchitis etc. Life style ailment are going to take the form of epidemic in the 21st century, Life style involvement and yoga have the anti-diabetic strength without inducing willful effects. *Prameha* is a metabolic ailment and the important etiological factors are sedentary Life style (due to *Prajnaparadha*) e.g. Day time sleeping, avoid physical activity, injurious intake of food (due to lack of self-control). Excessive intake of fermented food, sweets, meat and oily food items, curd, milk¹. Long standing Stress (due to unsatisfied desire) leads to sleeplessness, irritation, depression, frustration (Violent negative emotions) and genetically.

Charaka the father of Indian medicine defines *Madhumeha* as a disease (In *Ashta Mahagada* also included)² Characterized covering of excess *Kapha* over *Vata* and these Obstructed *dosha* create many disease e.g. D.M. Disturbance in *dosha* causes 20 type of *prameha* (D.M.)³ Diabetes Mellitus is a chronic metabolic disorder due to Deficiency of insulin secretion and insulin resistance also. *Ayurvedic* texts describe various measure like *Dinacharya*, *Ratricharya*, *Ritucharya*, *Adharaniya vega*, *Sadvritta* etc. along with management

of diseases with natural herbs, Which will force world to look back towards the positive health care as well as prevention of disease.

AIM AND OBJECTIVE

To evaluate the effect of *Ayurvedic* Yoga and life style. Instruction for prevention and management of type 2 diabetes / non-insulin depending DM.

The role of Yoga (several postures, breathing Technique Meditation) and life style interference. Which are helpful to control stress and provide Relaxation and as a new approach towards healing D.M.

MATERIALS AND METHODS

The prevention of Diabetes were rotationally observed in light of available information from numerous articles. Publication in Pub Med, *Sushruta Samhita*, *Charak Samhita*, and other online allied databases. Life style interference and Yoga Program was prepared on the basis of Ayurveda principles. *Ayurvedic* Endorsements for The highly disturbed and stressful life in present has led to many Life style disorders like Diabetes Mellitus that affects almost whole body system of human.

Some Essential Life Style Modification Points

- Get-up early in morning (*BrahamaMuhurta*)
- Brisk Walking (*Chakramana*) (*Abyanga*)

- Yoga (*Aasana Pranayama*) Light Exercise.
- After lunch walking for 15 minutes.
- After dinner slow walking for 15 minutes.
- Sleep only 6-7 Hr. during night time.
- Avoid excess intake of high calorie product and packed food.
- Avoid dairy product, Animal product, chocolate, Milk product
- Avoid sleep in day time.
- Avoid deep fried items, fast food, pickles,
- Fermented items.
- Avoid sweet, cold drinks, and alcohol substance.
- Avoid taking excessive food (improperly digested)

Role of Ayurveda in primordial prevention of D.M.

This is true primitive prevention in life style diseases like DM and it is achieved through individual and mass education of regular exercise (*Vyayam*) till the appearance of feature of *Balardh Vyayam* (exercise up to half strength) as a part of *Dincharya* (daily Regime). Primary treatment of patient with type2 diabetes mellitus includes education, with emphasis on lifestyle changes including diet, Exercise and weight reduction. Use of proper dietary habits as per *Ashtvidh Ahara visheshayatan* and *Dwadash Ashan Vichar* (eight and twelve rules for taking diet) very beginning of life i.e. Childhood is again a strong quantity in preventing risk factors Of DM from emerging in adulthood because Ayurveda supporters sedentary (*Asyasukham*) and high calorie diet as important causative factor for *Madhumeha*.

Role Of Diet In Prevention Of Diabetics Mellitus

The patient suffering from *prameha* should be given the following food as mentioned in *Charaka Samhita*:

- *Manthas* (flour of different type of corn mixed with water), *kashayas* (decoctions), barley and other light eatables.
- *Yavaudana* (cooked barley) without adding any unctuous articles, *vatya* (barley porridge) *saktu* (roasted corn four) and *apupa* (pancakes).
- Old *shali dhanya* (rice variety) cooked and mixed with soup of *mudga* (pulse variety) etc. and bitter vegetables.
- Cooked shastika rice and trinadhanyas mixed with the oil of *Danti*, *Ingudi*, *Atasi* and *Sarshapa* (mustard)^[4]
- The *Mamsa* (flesh) of *viskira*, *pratuda* and *jamgala* animals and birds are also recommended.
- According to *Sushruta Samhita*:-The food enriched with alcohol, excessive milk, oil, *ghee*, *flour* and meat of the animal which live in Water or near water should be avoided they can precipitate the disease *prameha*.^[5]

Role Of Ayurveda In Prevention Of Diabetic Mellitus

- It includes all events that reduce or limit deficiencies and incapacities and minimize suffering of the disease. Ayurveda has limited role at this phase but

use of the step and prevent complication. Use of anti-diabetic herbs and formulations are guided in this phase such as *rasayana*, *balya* and *jivaniya* action as well as *Pramehaghna* assets like *Amalki*, *Guduchi*, *Pippli*, *Haridra* etc. hypoglycemic agents also *Nyagrodhadi churna*.^[6]

- *Rasayana* drugs *Amrita*, *Amalaki* etc with exacting control of blood Sugar and reduce complication.^[7,8,9,10]

Yoga is an effective health restorer, stress reducer and effective in conserving blood sugar level with the help of Meditation. Stress induces blood glucose and through Meditation stress reduces, thus glucose level also decreases. Fatty acids after continuous of Yoga. Free fatty acids are insulin antagonist and their reduced level improves the Diabetic status.^[11]

Most Effective Remedies To Control Blood Sugar^[12]

- Green Leaves-----0.1% of body weight
- Vegetable -----1% of body weight.
- Sprouts-----0.05% of body weight
- Nuts-----0.05% of body weight
- Fruits-----1% of body weight.
- In morning 6 o clock to 12 o clock only 4 type fruits
- 12 o clock to 8 o clock raw vegetable, nut and sprout in divided part.

Avoid Diet in Diabetes Mellitus

- Milk (All dairy product)
- Refined oil.
- Animal Food (Egg, Fish, Meat etc.)
- Oil (excessive).
- Cooked Food (completely cooked).
- Packed food.

Yoga

Some yoga is very effective role play in diabetes mellitus such as *Halasana*, *Ardhamatsyendra* *Aasana* and *Kapal bharati* etc. Yoga is an effective health restorer, stress reducer and effective in maintaining blood sugar level with the help of Meditation. Stress induces blood glucose level and through Meditation stress reduces, thus blood glucose Level also decreases. Yoga is reduces the obesity low the risk of D.M in future and increases insulin sensitivity.

DISCUSSION

Dincharya play very important role in increasing and reducing the diabetes mellitus such as sleeping in day time no any physical activity (increase D.M), morning walk and proper time taking a proper diet, (reducing D.M) Yoga is also very useful in D.M.

In D.M. some Ayurvedic medicine, *Jivaniya* *gana* and *rasayana* are given. *Rasayan* is give superior results in all diabetic complication. Some special diet has mentioned in classical text which is very effective in

reducing the risk of diabetes. Some food is very harmful in D.M. hence avoid this type food.

Suggestion for Future Work

In current time, Physical activities are reduced due to inactive lifestyle, thus effects the Life style disorders like D.M. Ayurveda laid the concept of Life style (*Dinacharya*, and *Sadvritta*) and Ayurveda, Yoga for prevention and control of diseases, but hardly any one is aptly following it. Insufficiently, to manage Diabetes without any side effects is still a challenge without Healthy Life style and Yoga.

CONCLUSION

Ayurvedic rules of Life style for accepting a healthy dietary design along with physical movement that are appreciated tools in the prevention of D.M. Though Yoga and Life style interference may counter the complex pathology of NIDDM and it not only confirms good glycemic control but also help in deferral of diabetic complications.

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