



A Conceptual study on *Madhumeha* (DM Type 2) – *A Life Style Disorder*

Dr. Awadhesh Kumar Baranwal¹, Dr. Sujit Kumar²

1. Asso. Professor, Department of *Kriya Sharir*, Vivek College of Ayurvedic Sciences and Hospital, Bijnor, Uttar Pradesh
2. Assist. Professor, Department of *Kriya Sharir*, Vivek College of Ayurvedic Sciences and Hospital, Bijnor, Uttar Pradesh
3. **Corresponding Author** – Dr. Awadhesh Kumar Baranwal, Asso. Professor, Department of *Kriya Sharir*, Vivek College of Ayurvedic Sciences and Hospital, Bijnor, Uttar Pradesh

Email id: - drawadhesh2011@gmail.com

Mob: +918004357054

ABSTRACT

Ayurveda is an ancient Indian health-care system that has been practised since the beginning of civilisation. According to Acharya Charka, arogya is necessary for reaching Purushartha Chatushtaya. Instead, then focusing on the curative, Ayurveda emphasises the preventative and proactive aspects of health. The principles of Dinacharya, Ritucharya, Sadvritta, and Achara Rasayan, as well as suggestions for a balanced diet and lifestyle, are well-known in Ayurveda, but few individuals are able to follow them well in the contemporary situation. As a result, lifestyle illnesses such as pandemics, the most serious of which is diabetes, have increased dramatically. Type 2 diabetes mellitus is responsible for about 80% of the cases. Madhumeha is one of the types of Vataja Prameha in Ayurveda, and its etiopathogenesis, clinical symptoms, and prognosis are similar to Diabetes Mellitus. Madhumeha is caused by a lack of exercise, bad dietary habits, excessive consumption of food containing Snigdha and Guru Guna, and food that induces Kapha Dosha vitiation. Modern medicine has its limits, however Ayurvedic management principles can help patients regulate their blood glucose levels and change their habit.

Keywords – Madhumeha, Diabetes, Ayurveda etc.

Introduction

Diabetes mellitus is the silent killer of the globe. According to the World Health Organization, India has the fastest-growing number of diabetic patients. The number of diabetic patients in India is expected to rise by 195 percent between 1995 and 2025. Diabetes mellitus has the drawback of being difficult to identify early.

On the other hand, someone who follows an Ayurvedic preventative plan can easily avoid this disease from the outset. Glucose builds up in a person's urine and blood, causing this medical ailment. Diabetes mellitus is a metabolic condition caused by a dysfunction of the pancreas, which produces the hormone insulin. Beta cells in the pancreatic islets of Langerhans regulate insulin secretion. Insulin is required for optimal glucose utilisation in our bodies. Carbohydrates build as glucose in the circulation as a result of a metabolic deficit if insulin is insufficient or fails to fulfil its functions adequately. Blood sugar accumulates in the urine, which is one of the major features of diabetes.¹

Methodology –

Various newspapers, ayurvedic and modern text books, authoritative pages, respectable magazines, literature, manuscripts, Sanskrit Shabdakosha, and other sources gave information about Madhumeha or Prameha.

Madhumeha

Group Prameha is the earliest of all the Ayurvedic Madhumeha treatments (Diabetes Mellitus). The primary causes of Prameha are lack of exercise and bad eating habits that fit into the ushna category; Snigdha and guru are the main causes of this disease - fish and curd are perfect examples.² Prameha possesses a variety of abnormal characteristics as a result of dosic imbalances. Etiological variables in Prameha include foods that promote Kapha, medhas, and moothra. Prameha is made up of the terms Pra, which means excess, and Meha, which means urine flow. As a result, Prameha has a lot of pee and turbidity in her urine ('Prague').

Main Causes

Daytime sleeping, lack of exercise, lethargy, sedentary habits, cold food and beverage intake, unctuousness, sweet and fatty meals, and so on.³

Classification

1. Prameha is classed as Sahaja (Hereditary) or Apathya Nimittaja
2. The lean diabetic is referred to as Apatharpana uthaja prameha in physical treatment. The obese diabetic is the subject of Santharpana uthaja prameha⁴.
3. Based on their doshic causes, these Prameha are classified into twenty categories: Vataja Prameha - There are a total of four vataja Prameha.
Pittaja Prameha - There are six pittaja Prameha in total.⁵ Kaphaja Prameha - There are a total of ten kaphaja Prameha. Diabetes mellitus is referred to as Madhumeha. One of the four Vataja Pramehas is the Vataja Prameha.

Samprapti Ghatakas⁶

- Dosha – vata,pitta,kapha
- Dushya – meda, mamsa, kleda, Rakta, vasa, majja, lasika, rasa and ojas
- Srotas – mootravaha
- Srotodusti – atipravrutti

- Agni – dhatvagni
- Udhbhavasthana – kostha
- Vyaktasthana – mootravaha srotas

Samprapti

Kapha has diffused throughout the body due to etiological causes, touching numerous dooshyas (plasma) and Rakta (blood). It flows, spreads throughout the body, and becomes vitiated because the body has a Shaithiylata (looseness) (body fluids). Body fluids have vitiated and led them into the urine bladder in the same manner as Pitta affects them and Vata generates prameha.⁶

Premonitory Symptoms

Among other problems, soil accumulation on your teeth (mouth, eyes, nose, and ears), a burning sensation in your hands, feet, and body, hunger, and a pleasant mouth taste (sweetness of urine).⁷

Clinical Symptoms

1. Madhu samana varna
2. Anga gandha
3. Madhuryamasya
4. Prabhuta mutrata
5. Avila mutrata
6. Shayana asana Swapna sukha
7. Shitapriyatwa⁸

Main Symptoms

1. Exhaustion
2. Bodyache⁹
3. Polyneuritis
4. Polyuria
5. Polyphagia
6. Polydipsia
7. Visual disturbance.
8. Delayed Healing of wound

Madhumeha Prognosis¹⁰

The forecast is explained by Charaka:

1. Sadhya – Curable: patients who were diagnosed with sthoola (obesity) early on, as well as the underlying cause of apathyaja.
2. Pittaja prameha and other kinds of Prameha Kaphaja, on the other hand, may assist with care (palliative management).
4. Krisha (lean) patina, an incurable type of prameha and hereditary diabetes, is defined by the Sahaja variant.



Treatment

Prameha is experienced differently based on a person's constitution, according to Ayurveda. Aside from medications and diets, the patient is encouraged to live a healthy lifestyle and lead an independent life based on a complete lifestyle change¹¹.

1. Sthulya

2. Krusha

1. In Sthulya

1. The therapy should primarily focus on optimal fat utilisation, which means he should be given:
2. Diet control
3. Cleansing therapies – Vamana, Virechana, Basti
4. Shodhana
5. Apatarpana
6. Fasting
7. Physical exercise

1. In Krusha

The patient should never be exposed to excessive Langhana or Apatarpana, i.e. should not be starved, since treatment for an asthenic form should largely focus on strengthening resistance and stamina through tonic (brumha) diet, medicine, and other measures. Diabetics and obese persons have unusually high hunger and thirst; thus, they should be fed a diet on a regular basis.

DIET¹²

The following food which can be given to the diabetes: -

Cereals:

Yava can be given the greatest and most diverse meals, such as barley (*Hordeum vulgare* - Barley). Appopa, bread, Mantha, Odana, and other similar products can be found. Roti is a bread variety. Wheat may also be provided (*Godooma*). Purana shali (ancient rice) is a good choice. Ayurveda is one of the grains that diabetics should take.

Pulses:

Mudga (*Vignaradiata* Greengram), Chanaka (*Cicer arietinum* Linn. – Bengal gramme), and Kulattha (*Dolichos biflorus*) are some of the plants that may be consumed.

Vegetables:

Bitter vegetables (Tikta shaka), such as Karela (*Momordica charantia* – Bitter gourd), Methi (*Trigonella foenum-graecum* – Fenugreek), Patola (Vietnamese luffa, Vietnamese gourd, or Chinese okra), Rasona (*Allium sativum* Linn. – Garlic), and so on¹².

Phalas:

Jambu (*Syzygium cuini* - Black berry), Kapitta (*Phyllanthus emblica* - Nepalese/Indian gooseberry, or Dhatrik (in Maithili) or amla), Jambu (*Syzygium cuini* - Black berry), Jambu (*Syzygium cuini* - Black berry), Jambu (*Syzygium cuini* - Black berry), Jambu (*Syzy (Limonia acidissima* - Wood Apple, Elephant Apple, Monkey Fruit or Curd Fruit).

Vyayama

1. Gomukhasana
2. Salbhasam
3. Vyayarma
4. Niyuddha
5. Kreedha
6. Gajacharya
7. Turagacharya
8. Rathacharya
9. Padacharya to ride an elephant, horse, cart riding and walking etc,

Drugs¹³

1. Shilajatu
2. Guggulu
3. Haritaki
4. Amalaki.

Single formulations

1. Guduchi swarasa (*Tinospora cardifolia*) – 10 -15 ml twice a day with honey
2. Amalaki Curna (*Phyllanthus emblica*) – 5 gm twice a day with honey

Avaleha

1. Saraleha: (Bhavaprakash): Dose: 4 to 6 mg / day.
2. Gokshuradyavaleha (Bhavaprakash): Dose: 4 to 6 mg / day.

Kwatha

1. Darvi, Surahwa, Triphala, Musta.
2. Triphala, Darvi, Vishala, Musta.¹⁴

DISCUSSION –

Diet, on the other hand, is the most important factor in body growth and development, and a poor diet can lead to a range of diseases. According to Acharya Charaka, a healthy diet rebuilds broken structures, nourishes the Dhatus (tissues), and keeps the body's components in balance. On the other side, an illogical diet leads to illness. In several studies, restricting meals has been shown to increase insulin sensitivity and beta cell activity (insulin-secreting pancreatic cells). In diabetes, Ahar and Vihara have an equal, if not greater, role in regulating blood sugar levels and avoiding complications. Ayurveda suggests dietary modifications in addition to herbal therapy, such as avoiding sugary and simple carbohydrate-rich meals and boosting consumption of a range of nutritious grains. Diet is at the heart of all category 2 treatment plans.¹⁵

CONCLUSION

Ayurveda is not seen as a condition that can be treated with simple drugs or a diet plan by diabetics. Though Yappa is not entirely curable, long-term use of the aforementioned therapies can help a person achieve not just diabetes-free status but also a long life (deergha jeevanam), a stable life (sukhayu), and a supportive

community (hitayu). Madhumeha can be avoided if Pathya Ahara and Vihara are used in the early stages of diabetes, either before or after the illness has stabilised.

Source of Support: Nil.

Conflict of Interest: None

REFERENCES

1. Sushruta Samhita: By Kaviraj Kunjalal Bhashagraha; Chaukamba Sanskrit Series, Varanasi. 1963; Vol-II; Chapter – 13; Page No.- 286-391 ; The Medical treatment of Madhumeha.
2. Ashtanga Hridayam- Chikitsa sthanam ; Vagbhata, Translated into English by Dr.K.R. Srikantha Murthy ; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy ; Section - 4; Chapter – 12 ; Page No.- 383-390 ; Chikitsa
3. Madhava Nidanam;Madhavakara, Translated into English by Dr. K. R. Srikantha Murthy; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; 1987 ; Chapter - 33 ; Page No.- 116, 119 ; Sloka - Referred -20-36 ; Roga Vinischayam.
4. Sarangadhara Samhita: By Sarangadhara, Translated into English by Dr. K. R. Srikantha Murthy; Chaukamba Oriental Publisher & Distributor, Varanasi. ; 1984; 1)Pradhama Kanda - Chapter-7. 2) Madhyama Kanda - Chapter - 2; Page No.- 12; 1)37 2)69,71,108, 171.; Dravya- Kwatha, Guggulu etc.
5. Ashtanga Hridayam- Nidanasthanam; Vagbhata, Translated into English by Dr. K. R. Srikantha Murthy; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; 1992; Vlo -II; Chapter – 10; Page No.- 92-99; Prameha - Sankya, Nidana, Rupas, Samanya Lakshanas, Upadravas etc.
6. Yogaratnakaram- Pramehaprakaranam, By Dr. Indeqdev Thripathi & Dr. Dayashanker Thripathi, Krishnadas Ayurveda Series 54, Chaukamba Krishnadas Academy, Varanasi – 1998; Chapter - Prameha Nidana; Page No. – 622 to 641. Brindha et al. Int J Pharm Pharm Sci, Vol 6, Suppl 1, 107-110 Proceedings-International Conference on Natural Products in the Management of Cancer, Diabetes and Viral Infections, SASTRA University, Thanjavur, Tamil Nadu 110
7. Charaka Chikitsa sthana; By Agnivesha; Translated into English by Dr. Ram Karan& Vaidya Bhagwan Das; Chaukamba Sanskrit Series, Varanasi & Krishnadas Academy; 2001
8. Basavarajeeyam – 9th Chapter, Page – 433.
9. P.V. Sharma Dravyaguna Vijnana - Part –II; Chaukamba Vidya bhavan, Chowk, Banaras -1956.
10. A Practical hand book of Panchakarma Procedures – CCRAS 2009: Chapter – Vamana; Page – 17; Chapter – Virechana; Page – 21; Slokas – Astanga Hridaya Sutrasthana – 18 – 1,2 ; 8,9.
11. The Principles and Practice of Kaya Chikitsa: Dr. S. Suresh Babu ; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; 2007; Volume – III; Page No.- 100-109; Endocrine Diseases and Medicines.
12. Davidson's Clinical Medicine: Edited by John Macleod ; 1984, Reprint - 1985,1986; Chapter - 12- Endocrine & Metabolic Diseases; Page No -457-465; Diabetes Mellitus

13. A Text book of Kayachikitsa: Dr. Subhash Rande and Dr. Sunanda Ranade; Chaukamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; Chapter - 4 - Medovaha Srotas – Prameha; Page No.- 441-451; Prameha
14. Bhavaprakash: Bhavamishra; Chaukamba Oriental Publisher & Distributor, Varanasi; Volume - II, Chapter – 38; Page No.- 484, 497, 498; Sloka - Referred 107; Medicines.
15. https://storage.googleapis.com/journal-uploads/wjpps/article_issue/1554006206.pdf.

