



A SYSTEMIC REVIEW ON LIFE STYLE & MODIFICATION FOR VATAJ PREMEHA

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ABSTRACT

Understanding Prameha in Ayurveda, can be difficult because the diagnosis is decided primarily on how people show clinically throughout their disease, not only on their blood glucose levels. If not controlled, all forms of prameha will develop into Vata Pradhana prameha and subsequently turn into the Asadhya (incurable) phase of Vataja prameha. Life-threatening illnesses have increased dramatically. The high death rate in India has been attributed to a variety of diseases, including metabolic and cardiovascular problems, according to the World Health Organization. Acharya Vagbhata named madhumeha as one of the eight serious ailments. Diabetes is a part of the metabolic syndrome. Type II DM, also known as non-insulin-dependent diabetic mellitus, is brought on by an imbalance between insulin sensitivity and insulin production. Numerous rising countries have experienced financial hardship as a result of increased domination during the past three decades.

KEYWORDS – Vataja Prameha, Life style, Diabetes, etc.

INTRODUCTION

Ayurveda is a traditional science that helps people stay healthy and manage conditions like sickness when they do arise. The fundamental treatments for preserving health are the Ayurvedic prescriptions for everyday routine, or Dinacharya, and specialized seasonal conduct, or Rtitucharya. But today's extremely impulsive way of living, lack of exercise, and haphazard food are to blame for a number of illnesses that are now referred to as lifestyle disorders. One of the lifestyle problems is diabetes mellitus, which presents a significant burden to community health services. According to Ayurvedic Classics, Vataja Prameha and Diabetes Mellitus are related. Due to its characteristic Maha-

atyayitva, which refers to a sick state that affects the body swiftly and requires immediate and attentive attention, Vataja prameha is said to be exceedingly difficult to treat.¹

Diabetes Mellitus (DM) is regarded as Prameha due to parallels with the cardinal symptoms, such as Prabhoota mootrata (excessive urination) and Avila mootrata (turbid urination). In addition to tiredness and weight loss, the long-term harm caused by DM also includes impaired organ function. Blood glucose regulation and, eventually, averting long-term consequences, are the main objectives of DM therapy. A thorough comprehension of the Ayurvedic perspective is crucial when using the system to treat the illness. Vata becomes primarily vitiated in the latter stages of uncontrolled DM 2, therefore the course of therapy must be planned accordingly. Such diseases are curable if Vata later worsens in people with Kaphaja and Pittaja prameha. In the care of Prameha depending on body constitution, such as Sthoola pramehi (obese diabetic patient) and Krisha pramehi (asthenic diabetic patient), respectively, Shodhana (purification therapy) and Brimhana Chikitsa (nourishment therapy) have been discussed. To counteract Vata Pradhana prameha, medicated Taila and Ghrita were made using a Kashaya (decoction) of Kaphaja and Pittaja prameha nashaka medicines. The majority of Vataja Prameha's symptoms are caused by mostly vitiated Vata and Pitta. Both of them lead to Srotasas, the tiny capillaries that carry nutrition to different bodily parts, being dry and undernourished. Diabetes mellitus (Vataja Prameha), despite the availability of several medications in contemporary science and Ayurveda, continues to be a difficulty for medical professionals.²

METHODOLOGY

The material of Vataja prameha has been collected from different teekas, like Charak Samhita, Sushruta Samhita etc. authentic articles, etc.

COMPLIANCE METHOD TO ASSESS LIFE STYLE MODIFICATIONS AND DIETARY CHANGES

The Ayurvedic term Prameha does not manifest when Mudga, Amalaka, or roasted or dry barley flour are regularly consumed. About 50% of newly diagnosed cases of diabetes may be well controlled by diet and lifestyle recommendations alone; just 20%–30% will require oral diabetes medications, and 20%–30% will need insulin. Patients received information, inspiration, training, and tools from both fields to help them follow advice on food and lifestyle improvements. Every patient was persuaded that adhering to food and lifestyle adjustments would help them reach the intended results, and they were also informed of the advantages and drawbacks of the intervention³

SYMPTOMS

- Sweetness in mouth
- Numbness and burning sensation of hands and feet
- Increased Thirst
- Dryness of mouth and throat
- Flies or ants accumulate in the urine of the person

- Foul smell or smell of raw meat from the body
- Obesity and flabbiness

VATAJ PRAMEHA

The Vata dosha becomes inflamed and draws the dhatus (tissues), majja (bone marrow), oja (the essence of all tissues), and lasika (lymph) into the urine bladder. Kapha and Pitta degrade in quality and quantity in comparison to Vata. This categorizes Vataja Prameha into four different categories. A difficult stage is indicated by Vataja Prameha. Multiple organ failure, immune system deterioration, and tissue damage or depletion are all present. The result is Madhumeha, which is the last stage of diabetes mellitus⁴

HETU

- Sedentary Lifestyle
- Curd consumption
- Excess intake of Meat
- Having too much Milk and its forms
- Overindulgence in Junk foods
- Alcohol consumption

CHARACTERISTICS AND SYMPTOMS OF VATAJ PRAMEHA

The aforementioned variables irritate the kapha dosha, which has an impact on the medas (fat), mamas (flesh), udaka (lymphatic system), etc. The damaged dhatus are transported into the urinary system as a result of improper digestion, and prameha occurs.⁵

VASA MEHA:

Repeated urination in which urine is mixed with fatty oil and appears as turbid and sticky.

MAJJA MEHA:

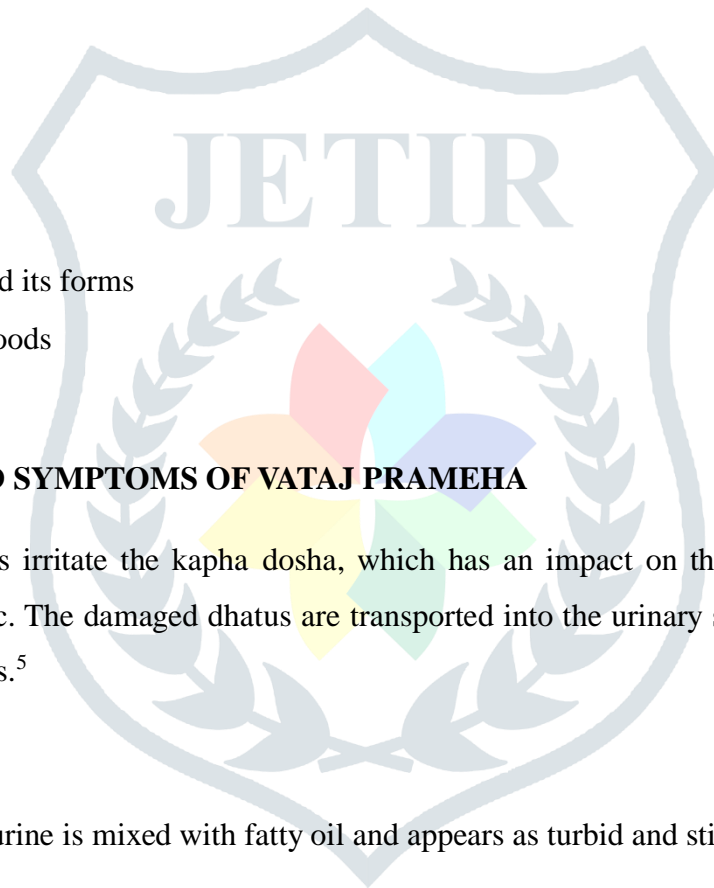
Frequent urination and urine appearance are similar to bone marrow.

HASTI MEHA:

Urine is excreted like an intoxicated elephant. Few cases of lymph with clots have also been found.

MADHU MEHA:

Urine with honey-like, astringent mixed sweet taste, pale color, and unctuousness.



COMPLICATION

- **Severe hyperglycemia with glycosuria:** The body's blood sugar levels rise, and the amount of glucose excreted in the urine rises.
- **Cachexia:** Weakness and loss of body weight and muscle mass
- **Nephropathy:** Over time, poorly managed diabetes may harm the kidneys' blood vessel clusters. This could harm your kidneys.
- **High blood sugar levels** can harm the nerves throughout the body, resulting in neuropathy, which causes tingling and numbness.
- **Retinopathy:** The retina, or the back of the eye, is harmed by high blood sugar levels. If undetected and mistreated, it can result in blindness.
- **Cardio-Respiratory Complication:** Diabetes also increases the risk of heart failure and lung problems.
- **Gangrene:** High blood sugar levels have the potential to harm nerves, especially those in the foot, making it simple to sustain injuries without realizing it. Additionally, it harms the blood arteries, which limits the blood flow to the foot.

DIAGNOSTIC CRITERIA

The diagnosis based on the basis of the assessment criteria. Some clinical features such as Krishna (asthenic), Angamarda (body ache), Ruksha (dryness of body parts), Alpashi (loss of appetite), Pipasubhrisham (excessive thirst), Parisaranshila (restlessness), Dourbalya (weakness), Gadhavarchastavam (hard/compact stool), Toda (~pricking type of pain) and other Vata aggravated Lakshanas. These symptoms led to a Vata pradhana prameha diagnosis for the patient. Fasting blood sugar, postprandial blood sugar, lipid profile, and Body Mass Index (BMI) were among the objective measurements.

MANAGEMENT OF VATAJ PRAMEHA

- Regarding the treatment of diabetes, Ayurveda takes a distinct tack. The course of therapy combines the use of drugs, botanicals, and physical therapies.⁶
- A variety of polyherbal, herbo-mineral, decoction-based, disease-specific medicinal ghee, oil, food, lifestyle modifications, and panchakarma treatments are included in the treatment.⁷
- Ayurvedic drugs must be administered in accordance with a doctor's prescription and instructions. You may improve your eating habits and way of life.⁸

DIET MANAGEMENT

- Eat hot food
- Light meals should be consumed to start the digestive fire. Avoid eating heavy meals like sugar and oils, which weaken the digestive fire.
- Don't forget to eat barley as part of your diet.
- Include cinnamon, fenugreek, garlic, turmeric, coriander, and cumin in your diet.

LIFESTYLE MANAGEMENT

- Avoid sedentary lifestyle
- Start exercising regularly like walking, jogging, or indulge in sports
- Practice yoga and meditation

DISCUSSION

In India, an unhealthy, unbalanced diet and a desk-bound lifestyle are on the rise. As a result, a number of health issues have emerged, with diabetes mellitus emerging as one of the human race's worst foes. The characteristics of Madhumeha as described in Ayurvedic writings are strikingly similar to the symptoms of Type 2 Diabetes. Its origin is Tridoshaj, with Kapha predominating. 'Gramya Udaka Aanupa Rasa Payansi Dadhini' and 'Aasya Sukham Swapna Sukham' are listed as the key causative element (Nidana) of Madhumeha, according to Charak. are comparable to the factors cited in contemporary medical literature as contributing to obesity, such as overeating, consuming high amounts of carbohydrates, primarily sugar-rich foods, dairy products, and sedentary lifestyles. All of these elements, which are mentioned in several Ayurvedic literature, suggest that lifestyle has a significant impact on the development of Madhumeha. A clinical illness known as diabetes mellitus is characterized by hyperglycemia brought on by an absolute or relative lack of insulin. Acute metabolic decompensation can end in mortality because insulin deficiency affects how carbohydrates, proteins, and fat are metabolized as well as how water and electrolyte equilibrium are maintained. Chronic metabolic disturbance is linked to structural and functional alterations in numerous organs, especially those of the vascular system, which result in clinical consequences of diabetes. According to recent assessments, diabetes currently affects a startling 10-16% of India's urban population and 5-8% of its rural population. In the foreseeable future, diabetes is projected to remain a major contributor to morbidity and death.⁹

CONCLUSION

From the results of the study, it can be inferred that intake internally adhering to the right dietary eating habits and lifestyle would result in improved Ayurvedic management of Vataj Prameha. the right dietary eating habits is beneficial in controlling the symptoms of Vataj Prameha as well as proactively preventing the consequences brought on by Vataja Prameha. Ayurveda's approach, which is based on the aforementioned idea, will undoubtedly

pay off in terms of managing blood sugar levels as well as preventing problems brought on by Vataja Madhumeha. Although we cannot statistically test this theory based on study, it may serve as a guide for future clinical research.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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