



AYURVEDIC MANAGEMENT OF MADHUMEHA: AS A LIFE STYLE DISORDER

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ABSTRACT

A healthy man is defined as "one who indulges daily in healthy diet and lifestyle activities, who discriminates between wholesome and unwholesome and acts accordingly, who is not too attached to the worldly affairs, who develops the habit of charity, considering all as equal, is truthful, pardoning, and keeps company with good persons becomes free from diseases." Ayurveda has long placed a strong emphasis on the role that diet and lifestyle play in maintaining health.

Diabetes mellitus is major health problem in 21st century in year 2000 India is one of the five countries which have highest sufferers of diabetes mellitus, hence India is declared as 'capital of diabetes' now. In spite of advanced medical research, it is still burning issue that 50% of diabetic patient are remaining undiagnosed. World Health Organization (WHO) intended that India have 35 million diabetic populations, which will be 57.2 million by year 2025 & 79.4 million by the year 2030.

As of 2000, diabetes mellitus is a significant health issue in the twenty-first century. India is currently referred to as the "capital of diabetes" since it is one of the five nations with the greatest rates of diabetes mellitus. The fact that 50% of patients with diabetes go undetected remains a serious concern, despite significant advancements in medical science. The World Health Organization (WHO) projected that 35 million people in India had diabetes; by 2025, that number would rise to 57.2 million, and by 2030, it will reach 79.4 million.

Reviewing Ayurveda is necessary in order to put preventative measures in place for the impending epidemic of lifestyle problems, which can be avoided with dietary (ahara), lifestyle, and environmental adjustments. One of the oldest medical sciences, ayurveda effectively explains numerous methods for managing and preventing lifestyle problems through its holistic approach.

KEYWORDS : *Lifestyle Disorder, Diabetes Mellitus, Aahara, Ayurveda, Healthy Life.*

INTRODUCTION

Three pillars for a healthy life—Aahar (appropriate nutrition), Nidra (proper sleep), and Brahmacharya (celibacy)—are referred to in Ayurveda as the "Three-Upastambhah." Priority has been accorded to Aahar since the Vedic Era. In the Upanishad, it is regarded as Brahma. "Mahabhaisajya" is the name Acharya Kashyapa gives it. Poor eating habits, poor diet, smoking, drinking too much alcohol, getting too little sleep, eating too much unhealthy food, and Viruddhahara (dietetic incompatibility) are all contributing factors to the development of lifestyle illnesses. The World Health Organization lists four primary categories of lifestyle disorders: cancer, diabetes, cardiovascular disease, and chronic respiratory illnesses. Because of their ongoing rise, these illnesses are now the main causes of death. The clinical illness known as diabetes mellitus is typified by hyperglycemia brought on by an absolute or relative insulin shortage. The World Health Organization describes it as a diverse metabolic illness with similar characteristics of persistent hyperglycemia and disruptions in the metabolism of lipids, carbs, and proteins. Mellitus, which means sweet, and diabetes, which is a condition in which a lot of urine is passed, are synonymous terms. Polyuria, polydipsia, polyphagia, weariness, and other symptoms are indicative of it. It is among the lifestyle disorders that are becoming more common in practically every nation. Globally, it is the primary cause of both morbidity and mortality.

The incidence of lifestyle diseases like, Diabetes Mellitus, Dyslipidemia, Hypertension and Overweight/Obesity associated with Cardiovascular Diseases is high on the rise. Diabetes is an independent risk factor for premature illness and mortality, mainly because of cardiovascular disease (CVD). With rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years.



According to statistics, the prevalence of diabetes among persons aged 20 to 79 years was 8.3% in 2014. The majority of cases worldwide, including 77% of the population, were found in low- and middle-income nations.² The prevalence of diabetes appears to be similar in men and women, however it is higher in urban than rural populations. Overall, with 92, 62, and 24 million cases of diabetes, respectively, China, India, and the US have the highest rates of the disease. Since diabetes can be asymptomatic and go misdiagnosed for extended periods of time, 46% of cases worldwide go untreated.

Similar symptoms are described in *Ayurveda*, where a person passes honey-colored, pleasant urine. And *Madhumeha* is the name for this. Among the twenty forms of Prime (urological illness) that are described in the classic *Ayurvedic* texts *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, and *Madhava Nidana* is *Madhumeha*. The whole set of causative elements (nidan) results in *Dosha* imbalance, *Manda-Agni*, the creation of *Amadosh*, which raises *Kleda*, and *Margavarana*. Urinating frequently and turbidly is the result of aggravated *Vata*, which also brings *Kleda* and *Oja* to the *Basti*. In *Ayurveda*, this clinical manifestation is called *Madhumeha*.

The holistic approach of *Ayurveda*, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle disorders.

A person's lifestyle is essentially the culmination of their physical abilities in conjunction with their psychological functioning. These abilities are manifested in their habits, behaviors, eating habits, and way of living, which are based on their own upbringing, as well as imitations from their close friends, family, and peers. As a result, it involves an inherent and pure psychological control over the bodily and sensory processes. Any type of lifestyle problem arises when there is a disruption in the start, control, and coordination of these processes.

To treat a variety of lifestyle illnesses, *Ayurveda* offers the best remedies in the form of detoxification, rejuvenation, healthy lifestyle approaches, and appropriate food control. *Ayurveda* provides a range of treatments, including rejuvenation therapies, *Panchakarma*, *Achaar Rasayana*, *Ritucharya* (seasonal regimen), *Dincharya* (daily regimen), and *Panchakarma*. According to *Ayurveda*, our bodies operate on three fundamental energy types or principles. These are the *Tridoshas*, commonly known as *Vata*, *Pitta*, and *Kapha*. The human body contains these three bio-elemental chemicals, which are in charge of preserving and balancing bodily functions.

CAUSES

आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि।

नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम् ॥ (च. चि. ६/४)

1. Improper eating habits - Consuming more meat, dairy products, tobacco, vegetable oils, sugar foods, sugar beverages, and alcoholic beverages, fast food,
2. Inactiveness or improper exercises -
3. Bad habits [smoking, alcohol]
4. Lack of social approach
5. Wrong ergonomics
6. Psychological imbalance [depression] - unemployment, poor social environment, unsafe life, working conditions, stress, etc.

Prevention And Management Of Diabetes mellitus(II) and Lifestyle Diseases:

The first of *Ayurveda's* two goals is "*Swasthasyaswasthya Rakshnam*," or health conservation. An customized and comprehensive approach is taken by *Ayurveda* in the prevention of lifestyle problems. An individual must make healthy eating choices, get enough sleep, exercise frequently, manage stress, give up smoking, stay hydrated, have regular checkups with their doctor, laugh often, and live a stress-free existence in order to live a long and disease-free life. To keep healthy, a person can increase his intake of green vegetables, drink lots of water instead of sugary drinks, and engage in regular exercise.

The management of lifestyle disorders is greatly aided by the therapeutic modalities that are used inclusively. For sustaining a healthy existence, *Ayurveda* describes *Dincharya*, *Ritucharya*, *Aahara*, and *Vihara*. It places a strong emphasis on three ideals that are thought to be crucial for leading a good life. *Aahara*, *Nidra*, and *Bhramhcharya* (control of desires) are these three.

- "*Prakruti*" the biotype (constitution) of an individual is analyzed and lifestyle is guided on its basis to maintain balance in biological energies *Vata*, *Pitta* and *Kapha*.
- *Agni* – the gastric fire is another important concept in *Ayurveda*. It is the metabolic energy that is transformative force which convert one form to another form. "*Roga sarve api mandegno*" means all diseases start from weakness of *Agni* that is it starts from gut, that's why right *agni* gives right nourishment to all tissues.



- **Dincharya/ Ritucharya:** *Ayurveda* advocates daily and seasonal regimen to preserve normal health. *Dincharya* means a daily regimen of life and *Ritucharya* means a regimen of life in different seasons. If an individual follows a proper daily and seasonal regimen, he may overcome the stress of seasonal variation and may not suffer from any lifestyle disorders.

Ahara Kala (according to Ritu)

- ✓ In seasons where the nights are particularly long (Hemanta and Shishira, respectively, winter and dewy). People should eat in the morning itself, as this food tends to have qualities that are opposite to those of the season; in seasons where the days are long (Grishma and Pravrut, which correspond to summer and early rainy seasons), food appropriate for the season should be consumed in the afternoon; in seasons where day and night are equal (Sharada and Varsha, which correspond to autumn and spring seasons), food should be consumed in the middle, dividing the day and night equally.
- **Ahara-** Diet and dietary regimen: The primary cause of lifestyle disorders in the body is an improper and imbalanced diet. A healthy, balanced diet is essential for the body's adequate growth and upkeep. Dietary choices should be straightforward, readily absorbed, and optimal in terms of quantity. Overindulging in food and following unbalanced diets such as tamasa and rajasa diets should be avoided as they may result in excessive strain on the body's metabolic processes and digestive system. Food should not be taken (for the second time) within one *Yama* (three hours after the earlier meal), and should not starve for (more than) two *Yama* (six hours) because, during the period of first three hours, *Ahararasa* of the previous meal gets produced. A second meal hinders this process and after a lapse of six hours, there will be a decrease in the strength of the body. So, both these should not be done. The ideal time for a meal
 - ✓ (A) Lunch - Ideal time for lunch is between first and second *Yama* i.e., between 3 - 6 hrs after sunrise (beginning of the day)
 - ✓ (B) Dinner - Ideal time for dinner is after the end of the first *Prahara* i.e., *Sandhya Kaal* after 3 hrs after the beginning of the night (after sunset)
- **Nidra- Proper rest:** . An essential component of maintaining health is getting enough sleep. Sleep is not given the required attention and consideration in today's hurried lifestyle, which has been linked to anxiety, depression, stress, and many other lifestyle illnesses. A person must get enough sleep in order to prevent lifestyle disorders.
- **Controlling of our desires:** It ranks as the third most crucial element of a healthy existence. A person can maintain a healthy lifestyle if they are able to balance all of their desires, including those related to their body, such as the need to consume junk food, processed food, packaged food, and fatty meals, as well as the desire to use drugs, alcohol, and tobacco. Self-control is something that one should exercise to prevent oneself from getting possessed by bad desires.
- **Vihara:** It covers various dos and don'ts related to our way of life. It advises avoiding the things that lead to mental suffering. Exercise, or *Vyayama*, is included as it's a crucial component of a daily routine. The body gains steadiness, lightness, and fortitude from moderate physical activity. Engaging in daily physical activity is crucial for promoting both biological and physical strength.
- **Some ayurvedic ekal dravya for Diabetes:**

<i>Drug name</i>	<i>Botanical name</i>	<i>Drug name</i>	<i>Botanical name</i>
<i>Nimb</i>	<i>Azadirachta indica</i>	<i>Palasa</i>	<i>Butea monosperma</i>
<i>Vijaysaar</i>	<i>Pterocarpus marsupium</i>	<i>Gudmar</i>	<i>Gymnema sylvestre</i>
<i>Methi</i>	<i>Trigonella foenum-graecum</i>	<i>Curry Patta</i>	<i>Murraya koenigii</i>
<i>Karvellak</i>	<i>Momordica charantia</i>	<i>Chirata</i>	<i>Swertia chirayita</i>
<i>Jambu</i>	<i>Syzygium cumini</i>	<i>Hirda</i>	<i>Terminalia chebula</i>
<i>Mamajjak</i>	<i>Encostemma littorale</i>	<i>Sadabahar</i>	<i>Vinca rosea</i>
<i>Bhallatak</i>	<i>Semecarpus anacardium</i>	<i>Bhumi Amla</i>	<i>Phyllanthus niruri</i>
<i>Babool</i>	<i>Vachellia nilotica</i>	<i>Daruharidra</i>	<i>Berberis aristata</i>
<i>Amalaki</i>	<i>Embilica officinalis</i>	<i>Shilajit</i>	<i>Asphaltum Punjabianum</i>

Some Ayurvedic formulations

Medicine name	Important contents
<i>Basant kusumakar ras</i>	<i>Swarn, rajat, vang, abhrak etc</i>
<i>Vrahad vangeswar ras</i>	<i>Parad, gandhak, vanga, abhrak etc</i>
<i>BGR-34</i>	<i>Daruharidra, giloy, vijaysar, gudmar, manjeesth and fenugreek</i>
<i>Swarn makshik bhasm</i>	<i>Sudh Swarnmakshik bhasm</i>
<i>Chandraprabha vati</i>	<i>Shilajatu, triphala, trikatu</i>
<i>Shilajitwadi vati</i>	<i>Shilajatu, abhrak, Swarna, guggul</i>



• **DIET CHART FOR DIABETES (MADHUMEHA)**

Time	Aahara
7 am	1 cup of Tea(without sugar) or 1 to 2 glass of luke warm water
8am (breakfast)	1 bowl of Daliya with 100ml of milk or 1bowl of Sabji with 2 chapati
11am	1 bowl of Fruits- Apple or Aamla 1 glass(100 ml) of Juice- Karela juice etc
1pm (lunch)	2 Chapatti + 1 bowl of Puranan chawal+1 bowl of Sabji + 1 bowl of Daal + 1 plate of Salad
4pm	50 to 60 gm of Roasted channa or Murmura chatt
9pm (dinner)	1 bowl of Soup + 1 bowl of Sabji + 2 Chapatti + 1 bowl of Daal + 1 plate of Salad
10pm	glass(100ml) of Milk (without milkcream)

➤ **Do's (Pathya's)**

- Follow the meal times.
- **Grain-** Yava (barley-for chapatti and daliya), *Shashtika and Shali (brown rice)*, *Kodrava (kodo-milletts)*, *Bajra(millet)*, *Chana(gram)*.
- **Pulses-** *Chanaka (Bengal gram)*, *Adhaki (toor dal)*, *Mudga (green gram)*, *Kulattha (horse gram)*.
- **Vegetables-** *Methika(fenugreek)*, *Patola (pointed gourd)*, *Karvellak(bitter gourd)*, *Cabbage*, *Pumpkin*, *Lauki (bottle gourd)*, *Sponge gourd (turai)*.
- **Oil** used for cooking- mustard oil or linseed oil
- **Fruits-** Jambu(jamun), Amalaki (goose berry), Dadima (pomegranate).
- **Beverages-** Warm water or Triphala water (only when patient feel thirsty), drinking excessive water, cucumber, water-melon,
- Morning walk, jogging, swimming, evening walk, cycling, aerobic dance.
- **Yogasanas:** *Paschimottanasan*, *Halasan*, *Kapalbhati*
- **Pranayam:** *Kapalbhati*, *Anulom vilom*

➤ **Dont's (Apathya)**

- Alcohol, *Asava (fermented liquid)*, sugarcane/ sugarcane juice,
- *Gud (jiggery)*, sugar, curd, food sour in taste, sweets, pickle,
- milk-shakes, fruit-juices, custard, cold drinks,
- non veg diet, *Navaann (grains of the same season)*,
- ice-cream, packed juices,
- fried foods, refined oil, dosa, puri kachori, somosa, tikki,
- pasta, burger, pastries, patties, pizza, macaroni, chocolates
- *Urad ki daal* and excessive use of milk, oil, ghee and salt

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