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AN AYURVEDIC APPROACH ON DIET AS PER RITU (SEASONS AND THE CLIMATIC CONDITIONS) W.S.R TO PRAMEHA (DIABESITY)

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ABSTRACT



Background

*"Ahara-sambhabavam-vastu-rogascha-ahara-sambhabah" (Ca.Su.28:45). "Let food be your medicine and medicine be your food." – Hippocrates. By incorporating dietary-adaptations, an individual can optimize the nutritional-value to improve the health-status by enhancing the overall well-being since आरोग्यं भोजनाधीनं (Ka. Khi. 5/9). Owing to our desk-bound sedentarily materialistic-lifestyle & faulty-dietary-regimens, almost for decades, the globe has been alarmed; especially India, the "Diabetic-Capital" by a twin-modern-non-communicable-epidemic, nomenclated as Diabesity, the simultaneous coexistence of two metabolic-disarrays namely Diabetes-mellitus type-2 and Obesity; with high prevalences and systemic complications including deadly microvascular and macrovascular co-morbidities, compromised Quality-of-life with less curative options, high mortality rate and heights of economic burden. Despite of countless treatment modalities, this has broken out not only as a threat to the public-health, but also as a Silent-killer to the entire human race. Starting from the aetio-pathophysiology to the clinical manifestation Diabesity could be a simile to that of a Sthula-Pramehi, predominantly due to apathyasevan. Prameha is a Santarpanajanya Kaphapradhān-Tridoshaj vyādhi, afflicting Medovahasrotas, as elucidated in vrihat-trayi, the greater-trio-compendium of Ayurveda. It has been described under the umbrella of astamahagada(the eight-dreadful-maladies). Therapeutically it's classified as, Sthula-Pramehi and Krisha-Pramehi by acharya-Carak & by acharya-Susrut it's Sahaja and Apathya-nimittaja. Objective: To study the concept of Prameha w.s.r to Diabesity & to explore the significance of Ritu based Dietary intervention in Prameha (Diabesity). Material & Methods: A review on Ayurvedic classics as well as on the conventional scientific literature, to analyze the role of Ahara as the seasonal dietary intervention with special reference to Prameha (Diabesity). Result: कालः पुनः परिणामः (Ca.Vi.8:76), that's why Ritu-based dietary recommendations could be a great help in aiding Prameha (Diabesity), by improving insulin-sensitivity, enhancing metabolism and weight-management. Conclusion: Ritu-based dietary interventions offer a promising approach to Prameha (Diabesity). Since दिनचर्यां निशाचर्यामृतुचर्यां यथोदिताम्. आचरन्पुरुषः **स्वस्थः** सदा तिष्ठति(B.P.Pra.5:13).*



KEYWORDS: *Prameha, Diabesity, Ahara, Ritu, Seasonal Dietary interventions*

INTRODUCTION

Ayurveda depicts the cosmology in terms of *Ritu*, as the season by categorizing it in two broad classes according to the northern (*Uttarayan*: *Aadan kaal*) & southern (*Dakshinayan*: *Visarga kaal*) solstice; i.e



संवत्सरं षडङ्गम ऋतु विभागेन...| तत्रादित्यस्योदगयनमादानं च त्रीनृतून्शिशिरादीन् ग्रीष्मान्तान् व्यवस्येत्, वर्षादीन् पुनर्हेमन्तान्तान् दक्षिणायनं विसर्गं[1]

This core principle could be interpreted to understand & adapt the variations in the rhythms of the nature, harmoniously to nurture the health & well-being of an individual, by following *ritucharya*; that is the tailored dietary & lifestyle practices to get rid of illness & imbalances, as well as to maintain the health of the Healthy individual. By exercising a veto against these therapeutical guidelines could be a suggestive of the disruption of the body's natural equilibrium, potentially

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contributing in manifestation of several lifestyle disorders, especially Obesity, Diabetes mellitus type II, collectively in other words, it's the Diabesity[2]. The latest IDF Diabetes Atlas (2025) reports that 11.1% of the adult population (20-79 years) is living with diabetes, where 90% have type II diabetes. By 2050, it might be projected as around 853 million, i.e 1 in every 8 adults[3], an increase of 46%. Over 4 in 5 adults (81%) live in low- and middle- income countries. One among the key benefactors of this global concern is increasing overweight & obesity prevalence; where simple lifestyle modifications in terms of diet & daily-habits could play the pivotal role by breaking the curb. In Ayurveda, "*Ahara*" or Diet, is preached as *Mahabhaisajya*[4] (the supreme elixir or the Bliss), and as the Cornerstone (*Traya-upastambha*) of the Life.[5] In fact *Ahara* is the foundation of Life as well as the source of maladies. In this contemporary era, Diabesity has transpired as a global burden on account of lack of exercises, faulty metabolism, overweight, obesity, insulin resistance, prolong hyper glycemia resultant to the unhealthy lifestyle.

AIMS AND OBJECTIVES

To study the concept of Prameha with special reference to Diabesity
To explore the significance of Ritu-based dietary interventions in Prameha (Diabesity).

MATERIAL AND METHODS

In the classics *Prameha* is stated as a disease, which was started by the time of historical disruption of *Yajnas*, organized by *Daksha Prajapati*; and its manifestation is related in the intaking of '*Havisha*'[6], may be not an appropriately edible article, which was probably made up of sugar, milk & rice; which was used as offerings in the *Yajnas*.[7]
It is well said by Vaidya Lolimbaraj as
पथ्ये सति गदार्तस्य किमौषधनिषेवणैः । पथ्येऽसति गदार्तस्य किमौषधनिषेवणैः[8]

When someone is suffering from a disease & follows a proper diet, then what is the use of taking medicine? In that way when someone suffering from a disease does not follow a proper diet, then what is the use of taking medicine? This concludes Ahara as the dual hatted entity, both as upashaya (Chikitsa) & anupashaya (Nidana).[9]

Pathya Aharas as the Upashaya of Prameha with special reference to Diabesity[10]

Shuka dhanya varga (class of cereals/mono-cotyledons)							
S. No	**Cereals**	**Ca.**	**Su.**	**A.S**	**B.R**	**Y.R**	**B.P**
1	Purana shali (oriza sativa Linn)	+	+	+	+	+	+
2	Sastika (60 days rice)	+	+	+			+
3	Yava (barley)	+	+	+	+	+	+
4	Godhuma (wheat)	+	+	+		+	+
5	Venuyava	+			+		
6	Kodrava		+			+	+
7	Audalaka		+			+	+
8	Nivara				+		
9	Kanguka				+		
10	Koradusa				+		
11	Shyamaka				+	+	+
12	Mukunda				+		
13	Kuruvinda				+		
14	Kalam				+		
Shamidhanya varga (class of di-cotyledons)							
1	Mudga (green gram)	+	+	+	+	+	+
2	Chanaka (chickpea)		+	+	+	+	+
3	Adhaki		+		+	+	+
4	Kulattha		+		+	+	+
Mamsa varga (class of meat)							
1	Viskira (lava, titira, vartaka, varhi)	+			+		
2	Pratuda (kapota	+			+		

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3	Jangala (meat of dry land-dwelling animals)(sasa, harina)	+	+	+	+	+	+
4	Shulya			+			
Shaka varga (class of vegetables)							
1	Tikta shaaka	+	+	+		+	+
2	Katu shaaka		+				
3	Patola				+	+	
4	Musikaparni ()					+	
5	Kathillaka *(Artocarpus heterophyllus)*				+		
6	Utpala *(Nelumbo nucifera)* Beeja, kanda				+		
Phala varga (class of fruits)							
1	Amalaki *(Emblica officinalis)*	+	+	+	+	+	+
2	Bibhitaki *(Terminalia bellirica)*	+	+	+	+	+	+
3	Jambu *(Syzygium cumini)*				+		
4	Kharjura *(Phoenix sylvestris)*				+		
5	Kapittha *(Feronia limonia)*				+		
6	Tinduka *(Diospyros tomentosa)*				+		
Harita varga (class of greens)							
1	Shobhanjana *(Moringa oleifera)*				+		
2	Adraka *(Zingiber officinale)*	+	+	+	+	+	+
3	Karkotaka *(Momordica dioica)*				+		
4	Lasuna *(Allium sativum)*				+		

Madya varga (class of Fermented/alcoholic beverages)

Madya is a distinct dietary group in Ayurveda, with 5 main source-based types (Phala, Beeja, Mūla, Kṣira, Madhu). Mentioned in Caraka Su. 25, Suśruta Su. 45, Aṣṭāṅga Hṛdaya Su. 5. Used judiciously, it is therapeutic; in excess, harmful.

- By Source (Caraka Sū. 25, Suśruta Sū. 45)

Phala (fruit), Beeja (grain) – Sura (Beer), Mula (Root), ksira (sugarcane) – Sidhu (rum like), Madhu (honey) – Madhvika (mead)

- By clinical use

Pathya (medicinal use): Asava, arista; Apathya: habitual: madatyaya- intoxication

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1	Sidhu	+					
2	Arista	+					
3	Surasava	+		+			
4	Purana sura				+		
Jala varga (class of water)							
1	Ksharodaka	+					
Dugdha varga (class of milk & its derivatives)							
1	Takra (Buttermilk)				+		
Ahara upayogi varga (Class of Adjuvants of Foods)							
1	Sarsapa taila (Mustard oil) *(Brassica juncea)*	+	+				+
2	Haridra *(Curcuma longa)*	+	+	+	+	+	+
3	Saindhava (Rock Salt)	+	+	+	+	+	
Others							
1	Yavaudana	+					
2	Mudgayusa (Green gram gruel)	+					
3	Laja (Parched rice)				+		
4	Kshaudra (Honey), Ghrita (Ghee), Vyosha	+		+	+	+	
5	Tila (Sesamum indicum)				+		
6	Nikumbha, Danti, Ingudi tail, Atasi taila	+	+	+			+
7	Saktu	+		+			
8	Apupa	+		+			
9	Mantha, Kashaya (Triphala)			+			
10	Batya	+		+	+		
11	Mutra (mahisa, khara)				+		

Ca. = Carak Samhita, Su. = Susrut Samhita, A.H = Astang Hridaya, Ma.Ni = Madhava Nidana, B.P = Bhavaprakash, Y.R = Yogaratnakara

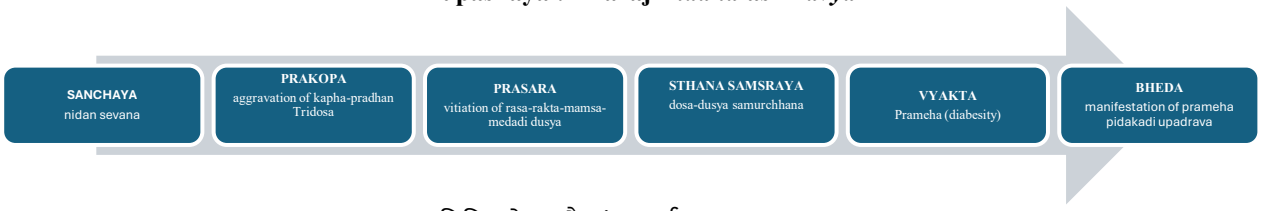
***Pathya ahara* as per *Ritu*, season & the climatic conditions w.s.r to *Prameha* (Diabesity)**

***Ritu* (season)**	***Masa* (month)**	**predominant *Rasa***	***Ahara (diet)***
Grisma (summer)	*Suchi (Jyestha) – asadha(shukra)*	*Katu*	*Shali-sastika anna, yava, mudga, kodrava, jangala mamsa, lavadi viskira mamsarasa, patola-nimba tiktak, vartaka, sidhu, ghrita, Mantha, yusa, patalabasita sakarpura ambha, bahudaka madya* Emphasizing on the Hydrating edibles.
Varsa (monshoon)	*Nabha (Shravana) – nabhasya (Bhadrapada)*	*Amla*	*Shali sastika-yava-godhuma, mudga, amalaka, patola, jangala mamsa, Kshaudra sanskarita pana-bhojana, yusa, mastu + sauvarchala lavana + panchakola churna* Emphasizing on the lighter options like Soups & Stews, since *pakta bhavati durbala(Ca.Su.6:33)*

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Sarat (autumn)	*Isha (ashwija) – urja (Kartika)*	*Lavana*	*Shali-yava-godhuma, mudga, patola, kamala-utpala, amalaka, jangala mamsa, Tikta annapaan-sarpi, Shasa, lava, ena, hamsodaka*
Hemanta (dew)	*Saha (Margashira) – sahasya (Pusya)*	*Madhura*	*Shali-Godhuma, Shidhu, madhu, ushna jala pana*
Shishira (winter)	*Tapa (Magha) – Tapasya (Phalguna)*	*Tikta*	*Godhuma, shidhu, usna jala pana* *Warm & hearty dishes with seasonal vegetables*
Vasanta (spring)	*Madhu (Chaitra) – Madhava (vaishakha)*	*Kashaya*	*Swastika, Purana yava-godhuma, kodrava, mudga, kshaudra, jangala mamsa rasa-shulya, lavadi viskira mamsa rasa, nimba-patola-vartaka adi tikta Dravya sevana,, sidhu, sringaverambu, madhuambu*

Anupashaya : Aharaj *Nidana* as *Dravya*



रसनिमित्तमेव स्थौल्यं कार्श्यं च (Su.Su.15:32)

Rasa	*Atisevana of Madhura, amla, lavana, kshara, katu, Kashaya, tikta rasa Pradhan ahara* (excessive use of foods which are sweet-sour-salty etc. by taste)
Guna	*K*: शीत-पिच्छिल-स्निग्ध-गुरु-सान्द्र-प्रसाद-मन्दैः (excessive intaking of foods having cold-unctous-heavy etc. properties) *P*: उष्ण *V*: रूक्ष-लघु *gunayukta Dravya atisevana*
Karma	*Vrimhana Dravya atisevana*
Virya	*Sheeta virya dravya atisevana*
Vipaka	*Madhura vipaka Dravya atisevana*
Dosha	*Kapha Pradhan Tridosha* ▪ *Kapha dosha amshamsha Kalpana: bahu dravata*
Dusya	*Rasa, rakta, mamsa, medo, majja, shukra* *Shariraja kleda, Vasa, Lasika, Oja* ▪ *Medo dhatu amshamsha Kalpana: bahu avadhata*
Mala	*Mutra* ▪ *Amshamsha Kalpana: prabhuta (quantitatively frequent), avilata (qualitatively turbid)*

RESULT

The dietary articles which is preferably favored by the mind & possesses nil adverse effect is termed as whosome diet, i.e पथ्यं पथोऽनपेतं यद्यच्चोक्तं मनसः प्रियम्[11] . Though there is no one size-fits-all solution still by the help of diverse culinary traditions one could be fit as a flee.

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Diet chart based on Balanced Diet

Breakfast	Lunch	Snacks	Dinner
1 serving of Mixed millet drumstick leaves dosa[12] / multigrain upma with added vegetables / ragi idli / godhuma-Sali modaka - marichyadi modaka / oats porridge Etc.	1 serving of **Carbohydrate**: quinoa pulao **Proteins**: Mudga-kulattha yusa (soup)-supa / jangala mamsa **Fats**: ghrita / sarsapa taila **Vegetables**: patola / garlic seasoned vegetables / boiled greens / kapittha khada / amalaka stir fry / cucumber-beetroot-onion salad / **Salt**: saindhava lvan Etc.	Roasted Makhanna / multigrain crackers / Mudga adrakadi manda / vatyamanda / pippalyadi mantha [13] / godhuma mantha (infusion) / mudga modaka Etc.	Godhuma-yava-methi Roti / shulya jangala mamsa / stir fried seasoned greens Etc. 
Beverages : *amalaka panaka* (Indian gooseberry drink), *Takra* (buttermilk), *mamsa rasa* (medicated meat soup) etc.			



DISCUSSION

आहारः प्रीणनः सद्यो बलकृद्देहधारकः ॥ आयुस्तेजःसमुत्साहस्मृत्योजोग्निविवर्धनः[14]

The body gets nourishment because of food. It sustains the physique by providing instant strength, by enhancing longevity, luster, enthusiasm, memory, *Ojas* & *Agni*. So the crafted diet for a *Pramehi* with special reference to Diabesity as per *ritu*, season & the climatic conditions like heat, cold, and humidity; while keeping insight over *Astavidha ahara visheshayatana, dvadasa Ahar vidhividhan, nitya sevaniya ahara, ekanta hitakar ahara, Ritusandhi, Yamadamstra* & avoiding *viruddhahar*; could be a stepping stone when addressing the management of this metabolic issue.

CONCLUSION

हिताशी स्यान्मिताशी स्यात्कालभोजी जितेन्द्रियः| पश्यन् रोगान् बहून् कष्टान् बुद्धिमान् विषमाशनात्[15]

To live a healthy life, to get rid of illness by *samprapti vighatana*; a *Pramehi* (Diabesity) should consume conducive diet in right time, right quantity, right quality by right culinary methods & at right place; along with these, one must abstain from all the etiological factors, while following proper *Pathyapathya*.

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[13] *Astanga samgraha, sootrasthana, 24/62-63*
[14] *Susrut Samhita, chikitsasthan, 24/68*
[15] *Carak Samhita, nidansthana, 6/11*