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A Review on Role of *Nidana Pariverjana* in Metabolic Disorder- Diabetes Mellitus

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ABSTRACT

Today's lifestyle pattern will leads to several metabolic disorders. *Sidhant* of 'Hetu' and 'Nidan' mentioned in our *Samhitas* exactly matches with whatever is going on in 'Modern Lifestyle' pattern. As mentioned by *Vagbhata*, *Nidan* of all diseases is imbalanced *Doshas*, and the reason behind this imbalance in *Doshas* is *ahitkaraahar-vihar*. *Aacharya Charaka* has mentioned that *GramyaAahara* as a *mula* of *Sharirik Rogas*. In modern science, diabetes occurs due to faulty insulin production and uptake. If we go through *Ayurvedic* texts *Prameh Roga* is very similar to Diabetes. *Prameha Roga* comes under *Ashtomahagada*. Unique feature of *Prameha* is the involvement of *tridoshas* and multiple *dhatu*s, *ojas* etc. While reading to *Ayurvedic* literature of *hetus* of *Prameh Roga* we comes to know that, these *hetus* can be further divided into *Aahariyahetu*, *Vihariyahetu* and *Manasikhetu* and where these *hetus* come in day to day life. This paper is designed to show the *hetus* mentioned in *Ayurvedic* text and where it comes under today's lifestyle. By avoiding these *hetus* one can prevent Diabetes.

KEYWORDS

Metabolic disorder-Diabetes Mellitus, Hetu, Today's Lifestyle



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INTRODUCTION

India has been established with fastest growing population of diabetes. The problem with diabetes is that it is very difficult to diagnose in the early stage. Here *Ayurveda* can play an important role as in our *Samhita Granthas* there is concept of *Hetus*, *Purvarup* like preventive stages and *Pathaya-Apathya* like management procedure for each disease.

In our *Samhita Granthas* *Prameha* is classified etiologically into *Sahaja*(Hereditary) and *Apathyanimitaja* (Unwholesome things like food and exercise). The description of acquired form of *Prameha* is very well similar to Diabetes Mellitus.

Awareness is required to improve knowledge and attitude about the role of *Aharahetu –Viharahetu* in concern with prevention of specific disease.

AIM

To study *Hetus* of *Prameha* in *Ayurvedic Granthas* and where these *hetu* comes in day to day life.

OBJECTIVES

1. To study the *Hetu* of *Prameha* from *Ayurvedic* text.

2. To evaluate the *hetus* in today's lifestyle.

3. Prevention by *NidanaParivarjana*

Materials:

Classical books of *Ayurveda*, Modern literature, Available research up-dates and scientific information available on internet.

Hetu (Causative factors):

1. *Asayasukha*(habituation to sitting on soft cushion for a long period) and *Swapanasukha* (prolonged sleeping) are mentioned as key factor for *Prameha*.

2. Excessive use of curd, flesh of animals of domestic, aquatic and marshy places, milk and milk products, water of rivers and tanks during rain and floods, new grains, pudding made of *jaggery* and using factors which increases *Kapha Dosha*^{1,2}.

Sedentary lifestyle:

Is a type of lifestyle with no or irregular physical activity. Sedentary activity includes sitting, reading, watching TV, playing indoor games and using computer for a long duration with little or no vigorous physical exercise.

Hetu mentioned in *Samhita Granthas* and their role in Diabetes Mellitus:

- *Asayasukha*(habituation to sitting on soft cushion for a long period):Sedentary activity like sitting, reading, watching TV,



playing indoor games and using computer for a long duration

The researchers found that as sitting time increased; even if the men exercised regularly they were still at a higher risk for Diabetes mellitus and other chronic diseases³.

- *Swapanasukha* (prolonged sleeping): Because of luxurious life, this *hetu* is seen especially in house wives.

Research study shows Chinese middle-aged adults with no diabetes but having habit of napping had higher HbA1c and insulin resistance; those with shorter night-time sleep duration had increased HbA1c. Night-time sleep hours that are either less than 6 or more than 8 hours tend to be associated with lower odds for Insulin Resistance^{4,5,6}.

- *Manashetus*-anxiety, anger, worry, grief and similar other stress producing factors .

Acharya Charaka has also emphasized that anxiety, anger, worry, grief and similar other stress producing factors lead to development of *Prameharoga*.

Loss in business, Anger on co-worker, office work load, fear, targets given by boss, insecurity etc

It is supported by study wherein diabetes was induced by stress in albino rates and their blood examination showed increase

rate of catalase activity, suggesting the acceleration rate of cell injury and free radical generation, which in turn is a precursor to diabetes^{7,8}.

- *Madyapana* (alcohol consumption) and other *Apathayaaahar*:

Addiction like Tobacco chewing, smoking and alcohol are considered as risk factors for diabetes. *Madyapana* (alcohol consumption) has a role in *Madhumehasamprapti*. As we know that *gunas* of *Madhya* is opposite to that of *Ojas*. Therefore decrease *Ojas* may leads to number of diseases diabetes is one of them.

Now a day's there is increase in the use of alcohol, bakery and dairy products.

It is reported that bakery and dairy products, sugar items, jaggery, alcohol and sugar added foods are predisposing factor for diabetes^{9,10,11}.

Management of Prameha:

Nidanaparivarjana- is the first and foremost step to avoid Lifestyle related etiological factors.

When we study *Ayurvedic* text we can easily understand that the treatment is very much depends upon the individual constitution which is entirely based on

1. Changing the lifestyle of the person.
2. Along with medication and diet planning



3. Patient should be advised to live active life and healthy and stable mental status.

Prameha Treatment is basically depends on individuals constitution. Only medication will not give a good result. Lifestyle alteration, reduction in stress along with changes in dietary pattern will gives beneficial results.

The principle treatment depends on patients.

There are two categories:

(1)*Sthula Pramehi* (2)*Krush Pramehi*.

(1)*Sthula Pramehi*: In this type of category *Shodhana*, *aptarpana*, *vyayama* etc. procedures will help.

(2)*Krush Pramehi*: In such type of patients *Bruhana* is helpful.

CONCLUSION

Thus understanding the role of *Hetus* in causing disease and changing the lifestyle according to the *Ayurvedic* principle can prevent metabolic disorder.



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