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### Role of Life Style in the Management of *Madhumeha* (Diabetes mellitus)

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#### ABSTRACT

*Ayurveda* is a holistic & ancient medical science. In *Ayurveda* much emphasis is laid on the preventive aspects of diseases. In the 2<sup>nd</sup>-3<sup>rd</sup> centuries there was totally different scenario from today atmosphere. At that time more pure biosphere & human being is much closer to the nature & hence nature healing was the prominent at that era. The physical strength & immunity was strong than today scenario. Over the time, there were tremendous changes in all above said factors & distance of human being from nature invites number of health problems. Now a days number of life style originated diseases in our society some common examples are Obesity, Diabetes mellitus, Hypertension, Coronary Artery Disease, Anxiety, Acid peptic diseases, Irritable Bowel Syndrome, & Insomnia are the some important among them.

#### KEYWORDS

*Diabetes, Madhumeha, Lifestyle Disorder*



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## INTRODUCTION

*Ayurveda* is a holistic & ancient medical science. In *Ayurveda* much emphasis is on the preventive aspects of diseases. In the 2<sup>nd</sup>- 3<sup>rd</sup> centuries there was totally different scenario from today atmosphere. At that time more pure biosphere & human being is much closer to the nature & hence nature healing was the prominent at that era. The physical strength & immunity was strong than today scenario. Over the time, there were tremendous changes in all above said factors & distance of human being from nature invites number of health problems. Now a days number of life style originated diseases in our society some common examples are Obesity, Diabetes mellitus, Hypertension, Coronary Artery Disease, Anxiety, Acid peptic diseases, Irritable Bowel Syndrome, & Insomnia are the some important among them.

Diabetes mellitus is more close to *Madhumeha* described in *Ayurveda*, is one of the alarming disease in the world population and India is second most affected country. It is the main risk factor for the Hypertension, cardiac disease, renal disease and other systemic complications. At the present time approximately 422 million people are diabetics worldwide. According to International Diabetic Federation 4.9

million deaths worldwide due to diabetes mellitus. Various drugs belonging to different system of medicines But the complete cure cannot accomplish. In each & every system of medicine there are so many remedies are available for the treatment of it. Since its a life style originated metabolic disorder hence only not so much effective in the treatment. Modifications in life style (Aahar & Vihar) is very much beneficial for the complete cure of this disease. The wholesome diet/ *pathya* for the patient should be advised according to his/ her age, digestive power, constitution of body, habitate, change in seasonal variation, nature of work & other so many factors.

### Importance of food:

1. The *Aahara* (Diet) is one of the three pillars of life described by *Acharya Charaka* (*Aahara, Nidra, Brahamacharya – Trayopasatmba*).
2. Food is an essential requirement for health and by good health only one can attain *Chaturvidhapurushartha* –the four aim of human endeavour i.e., – *Dharma, Artha, Kama & Moksha*.
3. Most health problems develop due to the wrong eating habits and cooking methods. Therefore, *Ayurveda* prescribes particular vessels for cooking and storing food and water.



4. Ayurveda has minutely described quality and effect of different food on human body.

5. The diet has been advised based on the age, digestive power, constitution of the body, habitat, variation of season and nature of work & many more.

### **Fundamentals of Dietics:**

Fundamentals of dietics are based on different theories of *Ayurveda*. There are *Tridosh theory* ( *Subtle biological entities in our body named as i.e. Vat, Pitta & kapha*, which control & regulates each & every physiological activities of our body. *Panchamahabhutattheory* (five elements namely *Aakash, Vayu, Agni, Jal & Prithvi*, these are the five fundamental structure of human body). *Sharrasha theory, Prakriti theory etc.*

### **Prakriti (Psychosomatic constitution)**

*Ayurveda* provides unique classification of human beings based on psychosomatic constitution of individuals according to the domination of *tridoshas*. They are of seven types – *vataprakriti, pitta prakriti, kaphaprakriti, vata pitta prakriti, vatakaphaprakriti, pitta kaphaprakriti and samaprakriti.*

### **Pathya/Wholesome diet**

*Ayurveda* regards that, diet is the origin of strength, life activities, the bright texture of the skin, health and normal activities of all the organs. These essential qualities of a healthy person are due to intake of proper food in the quality and quantity at appropriate time.

The *pathya* or wholesome diet is the one which keeps the person healthy, maintains normal body functions leads to proper functioning of the organs, nourishes the mind and intellect, prevent disease and at the same time corrects the irregularities that may occur in the body.

The *Ayurveda* explain in detail eight attributes related to the food.

- (i) *Prakriti*
- (ii) *Karna*
- (iii) *Samyoga*
- (iv) *Rashi*
- (v) *Desha*
- (vi) *Kala*
- (vii) *Upayogasamhita*
- (viii) *Upayokta*

### **Types of Pathya**

- (1) General Diet
- (2) Disease specific diet

Diet plays an important role in keeping our body & mind healthy. Considering the effect of food on mind following three types have been made.



(i) *Satvik*Diet– Ideal diet containing vegetarian non oily, non spicy which are congenial to the body.

(ii) *Rajsik*Diet– Too spicy, hot, sour, salty that excites the mind.

(iii) *Tamasik*Diet- Too oily, heavy food that leaves to lethargic mind.

### Management-

According to *Acharya Charaka (Ch. Sha. 1/91)* the method of treating a disease before its manifestation i.e. in pre clinical is known as *Anaghatvedna Chikitsa*. In the early stage

of the disease, proper administration of food and by improving the lifestyle it may reverse the disease, delay the disease process or arrest the progress of disease. *Acharya Charaka* has described in *Cha.chi.4/50*.

As birds are attracted towards the trees & their nests similarly ‘*Madhumeha*’ affects those people who are voracious eaters and have aversion to bath and physical exercise.

### General measures according to Ayurvedic texts –

These are beneficial in pre diabetic stage –

<i>Diet</i>	<i>Beneficial in pre-diabetic</i>	<i>Avoided</i>
Pulses	Green gram, horse gram, red gram, Bengal gram,	Black gram
Meat	Goat, fish, Pigeon, Rabbit and animal of dry land	Animal of aquatic and marshy land
Cereals	Old rise, barley, red rice, wild rice, Italian millet, kodo (a type of millet)	Freshly harvested grains, fast foods (burger, cutlet, pizza)
Fruits	Pomegranate, blackgrapes, unripe banana, Indian goose berry, papaya, guava, apple, orange,	Wild jack fruits, banana, mango, date palm & other rich in carbohydrates
Vegetables & spices	Snake gourd, radish, garlic, elephant apple, bitter gourd, parwal, haridra, amla, methi, garlic.	Leaves of mustard, potatoes, pumpkin, arum, sweetpotato, turnip, raphanus
Sugar & milk	Honey, takra	Sugarcane juice and its preparation, chocolate, milk, curd, alcohol consumption.
Exercises & meditation	Regular exercise as walking, Massage, bath, proper fasting, control over action of body, mind and speech. Udwartan with dry powder, Bhujangaasan, Dhanuraasan, Trikonaasan, ardhmatsyenderaasan.	Day sleep, smoking, sudation, stress, addiction to pleasure of sedentary habits, exercise just after meal, water just after meal.

Specific measures are described in *Ayurvedic* texts.

(i) Regular exercise is an absolute necessity and complementary to diet regimen. In general outdoor sports activities for younger indoor activities and swimming for middle age and walking for elderly persons preferable.

(ii) Old rise cooked and mixed with soup of green gram.

(iii) Vegetable of bitter and astringent taste should be processed with mustard or linseed oil.

(iv) *Yava* (Barley) has prime importance in the treatment of madhumeha. Dry corn flour, green gram, Indian goose berry and barley use the patients they do not suffer from



madhumeha. Various edibles prepared from *barley* and wheat should constitute principle ingredient of food of patient like *saktu* (roasted flour) *dhana* (fried barley) linctus yavaudana (cooked barley) mixed with honey or meat soup of animals inhibiting dryland.

(v) One should avoid the intake of mutually contradictory food articles especially that are called *viruddha* / incompatible food.

- (a) Fish or its soup along with milk.
- (b) Equal quantity of honey with ghee.
- (c) Milk or milk product with Alcoholic beverages.
- (d) Processed food or cereals with milk.
- (e) Radish consumed with Milk.
- (f) Milk with sour articles.
- (g) Radish, garlic, holy basil (tulsi) with milk.

## CONCLUSION

*Madhumeha*/Diabetes mellitus is a metabolic disorder rather a disease. Increasing trends of this disease in the modern era is due to faulty life style. In Ayurveda it described as *Anusangininam* (*Ch. Su. 25*) a disease which carry a number of allied disease & its complications along with it. In Ayurveda description of *sahaj* & *Beejdoshaj*, hence early diagnosis of disease

is very much necessary for effective treatment.

In studies conducted in modern system of medicine its clear that there are so many metabolic & hormonal abnormalities responsible for the carbohydrate metabolism, which leads to the origin of *madhumeha*. *Ayurveda* is a holistic system of medicine much focused on preventive aspects of disease. Three main rules for the prevention & treatment of it are as follows 1.Regular aerobic exercise 2. Intake whole bran diet including wheat & barley. 3. Avoid intake of food without complete digestion of prior food taken.

Hence its clear that by making positive modification in life style by “Healthy diet & Physical exercise” one can remain free from this grave disease.



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