

**ROLE OF PATHYA AHARA VIHARA IN THE MANEGEMENT OF MADHUMEHA
(W.S.R. TO TYPE-2 DM).****Dr. Rohit Sharma***

Assistant Professor, Samhita and Siddhant Dept. Javitri Institute of Medical Sciences, Lucknow (UP), India.

***Corresponding Author: Dr. Rohit Sharma**

Assistant Professor, Samhita and Siddhant Dept. Javitri Institute of Medical Sciences, Lucknow (UP), India.

Article Received on 10/05/2023

Article Revised on 31/05/2023

Article Accepted on 20/06/2023

ABSTRACT

Charaka has explained *Prameha* in *Ashtomahagadh*. *Prameha* is a *Kulaj Vikar* (hereditary) and *Jalaj. Prameha* (juvenile diabetes) is incurable. WHO lists life style disease as the number one silent killer group in life style disorder are associated with our environment, way of life, dietary habits etc. A globe of the disease pattern has been observed, where the relative impact infectious disease while chronic disease like CVA and increasingly dominating with disease pattern is going to be the diabetic capital of the world by the year 2035 can be correlated with *Madhumeha* in Ayurveda.

KEYWORDS: *Prameha, Madhumeh, Pathya.***INTRODUCTION**

Diabetes mellitus is defined as a heterogeneous disorder characterized by common feature of chronic hyperglycemia with disturbance of carbohydrates, fat and protein metabolism. Type 2 D.M -is a metabolic disorder, a clinical syndrome characterized by hyperglycemia due to absolute or relative deficiency of insulin. Diabetes means polyuria and mellitus means honey. The name D.M was coined by Thomas Wills ,who discovered sweetness of urine from diabetics in 1675. The prevalence of diabetes in increasing over the globe at alarming rate. According to international federation of Diabetes 415 million adults around the word are suffering from diabetes and it is estimated that the number will reach around 642 million by 2040. Almost every 10th adult in India is estimated to be affected by diabetes. It is one among the 10 life style disorder hence proper *Ahara-Vihara* is essential in order to prevent diabetes, so proper following of *Pathya-Apathya* is beneficial in preventing the disease like diabetes. The importance of *Ayurvedic* life style guidelines of adopting a healthy dietary pattern together with physical activity which are valuable tools in the prevention of diabetes. The role of *AHARA-VIHARA* are usually or even more important in preventing a disease and maintenance of life. So it is of utmost importance to stress on life style modification. Health is always been the prime concern for mankind. The primary cause of epidemic type -2 D.M is the rapid epidemiological transition associated with change in dietary pattern and decrease physical activity. These reason make is essential for us to understand analyses about the

importance of Ayurveda life style guideline.

AIMS AND OBJECTIVE

- 1-To compile the available literature on *PATHYA* in *Madhumeha*.
- 2-To evaluate the efficacy of the developed module of *PATHYA* in the management of *Madhumeha* w.s.r. to Type-2 D.M.

MATERIAL AND METHOD

This will be conducted with help of Vedic and other classical literature present in different book of *Ayurvedic Samhita* and other relevant Sanskrit literature of ancient India along with modern medical literature the matter related to the subject will also be collected from the relevant medical journals, magazine and internet.

IMPORTANCE OF PATHYA-APATHYA

The *Ahara-Vihara* which do not adversely affect the body and mind are regarded as *Pathya*, Those which adversely affect them are considered as *Apathya*.

Even if the disease has manifested and is in the initial stage of manifestation with feeble sign and symptoms following *Pathya* will help in quick recovery from the disease. In these condition *Pathya* itself work as *Chikitsa*. In chronic disease *Pathya* become a mandatory prescription to the main line of treatment or medicine. *Madhumeha* is mainly caused due to *Apathya Ahara-Vihara Sevana*, while describing the *Chikitsa* for *Madhumeha*, all *Acharyas* have focused on *Pathya Ahara-Vihara* in the management of *Madhumeha*. It can

be controlled by giving comprehensive attention to 4 aspect.

1-Nidana Parivarjana

2-Ahara

3-Vihara

4-Aushada

RECOMMENDED PATHYA AHARA FOR MADHUMEHA

Shuka Dhanya: *Yava, Godhuma, Shashtikshali, Kodrava.*

Shimbi Dhanya: *Mudga, Kulatha, Chanaka.*

Kratanna Varga: *Yavamantha, Yavaudana, Vaty, Saktu, Apupa, Yusha.*

Shaka Varga: *Tiktha Shakas, Karvellaka.*

Phala Varga: *Jambu, Amalaka, Kapitha.*

Beeja Varga: *Kamala, Utpala, Methik.*

Others: *Madhu, Lasuna, Sandhava.*

PATHYA VIHARA

Exercising 30 min a day reduce the risk of diabetes. Some of the exercise that one can follow are walking, swimming, climbing stairs, practicing yoga, bicycling.

DISCUSSION

Ahara having the properties like *Lekhan, Vatahara, Balya* help in overcoming *Bahu* and *Abadhameha*. *Tikta ras Pradhan shakas* are *Laghu* and *Ruksha* which help in the *Sthirikarana of Deha* and *Shoshana of Dushya* in *Madhumeha*. Physical exercise help in stimulating pancreas for the secretion of insulin and absorption of glucose and maintain blood sugar level.

CONCLUSION

Ayurveda has given wide description about *Ahara* and *Vihara* which are told under the *Prameha* and these *Ahara Vihara* are relevant in day to day life. The prevention of diabetes by life style intervention, is very much essential in present era. This is mainly focus on the increase physical activity and dietary modification. Though *Madhumeha* is a *Yapya Roga*, these method help to lead a healthy and happy life.

REFERENCES

1. Davidsons principles and practice of medicine 22nd edition. Edited by Brain R Walker, et al, chapter 21: p.800-805.
2. Harsh Mohan textbook of pathology, 6th edition chapter 27: 818-821.
3. Golwallas medicine Aspi F Golwalla, Sharukh A Golwalla, 23rd edition, 2011; chapter 6. P.386.
4. Prof. KR. Srikantha Murthy. Ashtanga Hridayam Nidanastana 5th ed. varanasi: Chowkhamba Krishnadas Academy, 2003; Vol-2 chapter 10 verses 21. p.95.
5. Dr. Ram Karan Sharma, Vaidya Bhagwan Dash. Charaka Samhita Sutrastana. Reprint ed. Varanasi: Chowkhamba Sanskrit series Office, 2011; Vol-1 chapter 17 verses 78-80. p.327.

6. Prof. KR. Srikantha murthy. Ashtanga Hridayam Nidanastana 5th ed. Varanasi: Chowkhamba Krishnadas Academy, 2003; Vol-2 chapter 10 verse. 7. p.93.
7. Prof P.V Sharma. Charaka samhita nidanastana reprint ed. Varanasi: Chowkhamba Sanskrit Series Office; vol-1 Chapter 4 verses 44. p.274.
8. Prof K.R. Srikantha Murthy. Ashtanga Hridayam Nidanastana 5th ed. Varanasi: Chowkhamba Krishnadas Academy, 2003; Vol-2 chapter 10 verse 18-21. p.95.
9. Dr Ram Karan Sharma, Vaidya Bhagwan DASH. Charaka Samhita Sutrasthana. Reprint ed. Varanasi: Chowkhamba Sanskrit series Office, 2011; Vol-1 chapter 11 verse 54. p.230.
10. Dr Ram Karan Sharma, Vaidya Bhagwan Dash. Charaka Samhita Sutrasthana reprint ed. Varanasi: Chowkhamba Sanskrit series Office, 2011; Vol-1 chapter 25 verse 45. p.437.
11. Dr. Ram Karan Sharma, Vaidya Bhagwan Dash. Charaka Samhita Sutrasthana Reprint ed Varanasi: Chowkhamba Sanskrit Series Office, 2011; vol-1 chapter 5 verse 12. p.109.
12. Bhavaprakasha of Bhavamishra Madhyamakhand. Dr. Bulusu Sitaram reprint ed Varanasi: Chowkhamba Sanskrit series Office, 2014; vol-2 chapter 38 verse 41, 42. p.426.
13. Prof K.R. Srikantha Murthy. Sushruta Samhita Chikitsastana Reprint ed. Varanasi: Chowkhambha Orientalia, 2012; vol 2 chapter 11. verse 11. p.126.
14. Prof K.R. Srikantha Murthy. Ashtanga Hridayam Sutrastana 5th ed. Varanasi: Chowkhamba krishnadas Academy, 2003; vol-1. Chapter 6. Verses 7, 15, 15, 17, 19. p.74-77.
15. Bhaisajya Ratnavali of Shri Govinda Dasji Reprint ed. Varanasi: Chowkhambha Orientalia, 2009; vol 2 chapter 37. Verse 244-249. p.544.
16. Siddharth N Shah, API Textbook of Medicine. The Association of Physicians of India; 8th ed, 2009; Vol.2. Chapter 18. p.1080.
17. Bhaisajya Ratnavali of Shri Govinda Dasji Reprint ed. Varanasi: Chowkhambha Orientalia, 2009; vol 2 chapter 37. Verse 250, 251. p.545.