



## INTERNATIONAL RESEARCH JOURNAL OF AYURVEDA &amp; YOGA

Impact Factor : 4.68  
 ISSN : 2581-785X  
 Website : <http://irjay.com>  
 Email : [editor.irjay@gmail.com](mailto:editor.irjay@gmail.com)

Volume- 2, Issue- 5

Review Article

## A View Over Diabetes Mellitus And Its Ayurvedic Management

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## Abstract-

Article received on- 25 oct  
 Article send to reviewer- 26 oct.  
 Article send back to author- 29 oct.  
 Article again received after correction- 31 oct.

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Diabetes Mellitus is one of the leading causes of mortality and morbidity. It is the absolute or relative deficiency of insulin secretion or insulin action resulting in disturbance of carbohydrate, protein and fat metabolism leading to hyperglycemia with or without glycosuria.. Recent survey conducted by World Health Organisation has revealed that the Indian diabetic population is 35 million and is estimated to touch 57.2 million by the year 2025 and 79.4 million by the year 2030. In ayurvedic classics diabetes mellitus has been mentioned as *madhumeha* . The word *madumeha* is combination of two terms *madhu* ( means honey) and *meha* (means excessive flow respectively). In this paper an attempt has been made to highlight the clinical

picture of *Madhumeha* and diabetes mellitus along with its management as per *Ayurvedic* classics.

**Key Words:** Diabetes Mellitus, *Madumeha*.

## Introduction

Diabetes mellitus is a syndrome characterised by polyuria, polydipsia, polyphagia and persistent hyperglycemia with or without glycosuria. *Prameha* has been a disease of great concern since vedic period. *Acharya Charak* has called it *Anusanginam*<sup>1</sup> whereas in *Sushruta* and *Astang hridaya* it has been mentioned in *Asta-mahagada*<sup>2</sup> which itself emphasizes its dreadfulness. Basically *Prameha* is one disease associated with increase frequency and quantity of urine and its turbidity. It comprises 20 sub types and is further classified in to three groups i.e. *Kaphaja prameha* (10) , *Pittaj prameha* (6) and *Vataja prameha* (4). *Madumeha* is a sub type of *Prameha* or the terminal stage of *Prameha*, and in course of time, rest of 19 *prameha* are said to convert into *Madhumeha* if not treated timely<sup>3</sup>.

## Aim And Objective

The ancient knowledge of the disease *prameha* is highlighted here and attempt is made to manage the disease through ayurvedic treatment. For this purpose, right from definition, classification, clinical features, premonitory symptoms, complication, treatment all have been taken into the account literature of Ayurveda.

## *Madhumeha (Prameha)*

“*prabhootha  
avila mootrata*”

The word *Prameha* is derived from, *Pra* means excess and *meha- ksharane*, means passing of urine therefore *Prameha* is passive excessive urine and turbid in color.

## ETIOLOGY

Lack of exercise, sedentary habits, sleepiness in day time, laziness, excess consumption of sweet and fatty items, and all food that increase *kapha, medas, and mootra* are the etiology factors for *Prameha*<sup>4</sup>.

## Premonitory Symptoms

In *Ayurveda* we can find the described early symptoms of the disease like a feeling of burning sensation in the palms and soles, increased thirst and sweet taste in the mouth, *mootra madhurayam* (sweetness of urine), accumulation of dirt on the teeth (mouth, eyes, nose, ears), stickiness of the skin all over body etc<sup>5</sup>.

## Clinical Symptoms

### According to *Ayurveda*<sup>6</sup>

1. *Malina danta* (tartar in teeth)
2. *Hasta pada daha* ( burning sensation of hands and feet)
3. *Deha chikkanata* ( oily skin)
4. *Trishna* ( excessive thirst)

5. *Madhuryamasya* ( feeling sweetness in mouth)
6. *Prtabhuta mutrata* ( excessive urination)
7. *Avil mutrata* ( turbid urination)
8. *Madhu samana varna* ( urine having colour of honey)
9. *Sweda* ( excessive perspiration)
10. *Anga gandha* (bad body odour)

### According to modern Science<sup>7</sup>

1. Polyuria (excessive urination)
2. Polyphagia (excessive hunger)
3. Polydypsia ( excessive thirst)
4. Tiredness
5. polyneuritis (numbness / tingling sensation)

### Management approach

#### a) Prevention<sup>8</sup>

1. Follow the *dincharya* (daily regimen) and *ritucharya* (seasonal regimen)
2. Regular exercise.
3. Avoidance of day time sleep and laziness.
4. Avoid to intake sugar product, fried food, and dairy products.
5. Use of various preparation made from old rice, *mudga* (green gram), *yava* (barley), *methi* (fenugreek) etc.

#### b) Medical Management

1. Avoidance of aetiological factor like tubers, sweet fruit, dairy product, etc.

2. If the patient is lean and thin only *shamana chikitsa* (palliative therapy) is recommended but if patient is obese then *samshodhan chikitsa* has to be done.

*Aptarpan* is the first line of treatment affected in *santarpanajana vyadhi*. According to *Ayurveda shodhana* (purification procedure) is method of eliminating the vitiated *doshas* from the body to pacify the disease. *Shodhana* therapies are significant in management of *prameha* as it is a *bahudoshaja vyadhi*. *Vaman karma* ( emetic therapy) is the ideal treatment for *kapha* . *kaphaja prameha* can be curable through *Vaman karma*. *Virechan karma* (purgation therapy) is the line of treatment in *pittaja prameha* . as *Acharya Sushruta* mentioned in text *abhada medas* is difficult to remove out of the body so in elimination of the *uthklistha dosha*, *tikshna virchan* has been advised<sup>9</sup>. *Basti karma* (enema) is the ideal treatment in *Madhumeha* as *Vata* is predominant *dosha*. *Charak* has mentioned *Patol Nimbadi Basti* .*Sushruta* has indicated *Surasadigana dravya Basti in kaphaja Prameha* .In *Astang sangraha* , *Madhutailik basti*, *Rajayapan basti* are indicated in *Prameha*<sup>10</sup>. *Nasya karma* (errhine therapy) *Acharya Sushruta* indicated the *Tuvarak taila nasya* for 50 days as it increases the *Bala* of patient.

### 3. Drugs therapy

1. *Phaltrikadi kwath*<sup>11</sup> - 15-30ml
2. *Guduchi Sattva*<sup>12</sup>- 3-6 gm
3. *Triphala choorna*<sup>13</sup>- 3-6 gm
4. *Chandraprabhavati*<sup>14</sup> - 250-500mg
5. *Suddha shilajit*<sup>15</sup> - 500 mg-1gm

6. *Basant Kusumakar rasa*<sup>16</sup>- 125- 250 mg
7. *Varadi Kwath*<sup>17</sup>- 15-30 ml
8. *Nyogrodhadhi Kwatha*<sup>18</sup>- 15-30 ml

#### 4. Single medicinal plant<sup>19</sup>

1. *Methi* (*trigonella foenum graecum*) powder of seeds
2. *Vijayasara* (*Pterocarpus marsupium*) powder of heart wood
3. *Karela* (*memorandia charantia*) juice
4. *Amlaki* powder of dried seedless fruit
5. *Haridra* (*curcuma longa*) powder
6. *Meshringi/gudmar* (*gymnema sylvestre*)
7. *Saptachakra* (*Salacia chinancis*) decoction of root

#### Discussion

Review on etiopathogenesis of *Prameha* reveals that the role of diet intake of *guru*, *snigdha*, *sheeta*, *kledakarakam*, *abhishyandi*, *ahara* and lifestyle are important contributing factors. Furthermore, all the other factor which vitiate the *kapha dosha* combines with vitiated *Meda* and *Kleda* resides in bladder and result in *Prameha*. *Rasadusthi* along with *medodushti* suggestive of their close relation as *Sushruta* already mentioned *rasadusthi* is the cause for *sthaulaya* and *karshya*. The factor which provoke *Vata* directly cause *apartarpanajanaya Prameha*. The etiological factor increase *Pitta*, *Kapha*, *Mamsa* and *Medas* causing *avarana* (obstruction) of *Vata* which in turn disturb

the homeostasis due to involvement of *ojas*. *Shodhana* is considered as an appropriate treatment which does internal purification of body. *Vaman karma* is effective in pacifying symptoms like *prabhuta mutrata* and *avilmutrata*, because both symptoms are mainly due to *kapha prakopa* and *abhada meda* and for this *Vamana* is an option for management. In symptoms such as *kara paada daaha*, *atisweda*, and *nidra*, *tandra*, *virechan karma* which give relief, because *kara paada daaha* and *atisweda* are included under *pitta* prevalent characteristics and *Virechan* is supreme for *Pitta*, while *nidra* and *tandra* is *kapha* prevalent, but in *Prameha* the scenario is a bit different as the *sthana samshraya* of *kapha* is in *Basti Pradesha* so, *Virechan* will aid in mitigating the *Kapha*. In *Madhumeha* pathogenesis enlodgement of the element occur at *Basti*, hence *Basti chikitsa* is considered as prime line of treatment in *Madhumeha*.

#### Conclusion

Diabetes mellitus is a metabolic disease of multiple aetiology as described as *Madumeha* in *Ayurveda*. Type 1 and type 2 can be presented as clinically *krisha pramehi* and *sthula pramehi*. Modern therapeutics has many limitation but *Ayurvedic* principal of management can help patient to have better sugar control and routine life. In addition life style modification with adopting proper food habits, *Yoga* and exercise have very important role in management of diabetes mellitus.

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