



Importance of Life-Style Modification through Yoga and Ayurvedic Diet in *Parmeha*-A Review Article

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ABSTRACT:

"Diabetes," which is still regarded as a mystery illness, is quickly spreading around the world. *Prameha Roga*, who is referenced in Ayurveda, may be associated to diabetes. *Prameha* is a group of urogenital illnesses characterized by excessively discharging turbid urine. The two main kinds of diabetes mellitus identified by current science are insulin-dependent diabetes (type 1 diabetes) and non-insulin-dependent diabetes (type 2 diabetes). In affluent nations, more than 90% of people with diabetes have type 2 diabetes, and this number is significantly greater in underdeveloped nations. Globally, type 2 diabetes mellitus has emerged as a serious health issue. The WHO estimates that 463 million people worldwide have diabetes in 2019, and that number will rise to 578 million by 2030 and 700 million by 2045. In line with Ayurveda Due to the *Kaphakara Nidanas* that cause *Pameha*, all the *Doshas* become more inflamed, but *Kledaka Kapha* in liquid form specifically affects *Meda*, *Mamsa Dhatus*, and *Kledatva*. *Kleda* builds up excessively in the body, causing both *Dhatvaagni Mandya* and *Jaataragni Mandya* (digestive fire) (tissue fire). Tissues naturally lose their tone, and eventually *Ojus* and *Basti* become vitiated and create *Prameha*. A suitable food plan is required to stop and manage *Prameha*. Ayurveda places a high priority on diet and yoga, particularly in *Prameha Roga*. In order to understand the function that diet, yoga, and lifestyle changes have in the management of *Prameha Roga*, this literary study has been done.

Keywords: *Prameha*, *Yoga*, *Diet*, Diabetes

INTRODUCTION

The ancient medicinal science of Ayurveda describes *Prameha*, which may be connected to diabetes. Various *Prameha* kinds were noted in Ayurveda depending on the

imbalance of the *Vata*, *Pitta*, and *Kapha Doshas*. Incurable *Vata dosha* (air body humour) vitiation is associated with *prameha*. While *Prameha* that involves vitiation of the



Kapha dosha (phlegm body humour) is thought to be curable, *Prameha* connected with vitiation of the *Pitta dosha* (fire body humour) is difficult to treat. In addition to using ayurvedic formulas and herbs, ayurveda describes a number of therapy techniques for the management of *Prameha*, including conducting *pathya*, *yoga*, and *sodhana karma*.

The most effective kind of treatment in this situation is lifestyle modification. Yoga is a practice that includes mental, physical, and spiritual components. It has its roots in ancient India. The all-encompassing yoga method, which includes physical poses (*asanas*), breathing exercises (*pranayamas*), meditation (which affects the *manomayakosa*), purification techniques (*kriyas*), dietary modifications (*satvik diet*), and mental discipline. Diet is a crucial component of diabetes management in addition to yoga. Main aim of paper is to access the importance of life-style modification through yoga and ayurvedic diet in *Prameha*.

MATERIALS AND METHODS

The literary references will be collected and discussed from Ayurveda classics, commentaries, modern parameters, PubMed, Google Scholar, AYUSH research portal and internet.

Review Of Literature

Prameha's literary definition is the passing of more turbid urine, either more frequently or in bigger quantities. The aetiological determinants include sedentary behaviours such comfortable seating postures, long-term enjoyment of restful sleep, excessive dairy and meat consumption, use of recently harvested grains and pulses, and use of sugarcane products¹.

Samprapti (Pathogenesis) –

According to *Acharya charaka Chikitsa Sthana Chapter 6*: The aforementioned etiological variables cause *Tridosha*, particularly *Kapha Dosha*, to become more severe. In conjunction with *Medas*, *Mamsa*, and *Shareeraja Kleda*, this results in *Basti* and the production of *Prameha*.²

Excessive and turbid urination, as well as increased urination, are prominent signs of *Prameha's* clinically evident state. Other symptoms include debility owing to faulty *Dhatu* production, pathological changes in the colour and smell of the urine, skin illnesses, impotence, and cardiac disorders. According to Ayurveda, the primary pathogenic causes of *Prameha* are *Bahudravasleshma* and *Bahuabaddhameda*. Additional clinical manifestations of *Prameha* are *Prabhootha mutrata*, *Avila mutrata*, and

Medo dushti lakshanas. If a condition is not treated well, consequences including obesity, high cholesterol, and cardiac issues quickly appear. Even the kidneys, eyesight, and nerves in the body are affected. *Prameha*, when left unchecked, becomes the main factor in *Vata* problems.³

Samprapti Ghatakas- Table 1

Classification of *Prameha*:

Kaphaj Prameha: 10 i.e. *Shuklameha*, *Sandrimeha*, *Sandrprasadameha*, *Shukrameha*, *Siktameha*, *alalameha*, *Ikshumeha*, *Udakameha*, *Sheetmeha*, *Sanairmeha*,

Pittaj Prameha: 6 i.e. *Ksharmeha*, *neelameha*, *haridrameha*, *manjisthameha*, *Kalameha*, *Lohitameha*

Vataj Prameha: 4 i.e. *Hastimeha*, *Majjameha*, *Madhumeha*, *Vasameha*

Poorvaroopa (Premonitory Symptoms) –

The prodromal symptoms of *Prameha* include sweating, a bad smell in the body, a burning sensation, and slackness in the hands and feet; a preference for lying down and sleeping; smearing in the heart, eyes, ears, and tongue; heaviness in the body; excessive hair and nail growth; and a preference for cold temperatures.⁴

***Roopa* (Clinical Features)** - The general feature of the *Prameha* is-

- Passage of a profuse and/ or turbid urine,
- The urine becomes like honey
- The entire body becomes very sweet.⁵

Sushrutacharya also says that *Sahajameha Rogi* is usually *Krisha* (thin built) while *Apathyanimittaja Rogi* is usually *Sthula* (Obese).⁶

Upadrava (Complications):-

Daha, *Trishna*, *Hrichadaha*, *Kampa*, *Krisha* (emaciation), *Swash* (increased breathing), *Prabhutmootrata* (excessive urination), *Ajeerna* (inadequate digestion), and *Vamana*. Being troubled by the appearance of a deep-seated eruption (*pidika*), and experiencing a physical heaviness (*Gaatraguruta*).⁷

One of the lifestyle conditions, *prameha*, necessitates adequate dietary attention and lifestyle change to prevent complications. Adopting a balanced diet greatly aids *Pathya Ahara* in controlling *Prameha*. A healthy meal plan is required to prevent *Kledata* overload and further vitiation of *Medas* and *Mamsa*.

Modern Review⁸

Based on the signs and symptoms listed, *Prameha* could also be co-related with diabetes mellitus. Chronic hyperglycemia and abnormalities in the metabolism of carbohydrates, fats, and proteins are hallmarks of the diabetes mellitus syndrome, which is also defined by

absolute or relative deficits in insulin secretion and action. In both the schools of the medical system, i.e. in medicine and surgery, the complexity of the disease "diabetes" as an entity and syndrome is being equally acknowledged and accepted. Despite numerous approaches being used in advance today, none of them are most effective or promising to completely eradicate the illness. Even modern science now recognises the value of nutrition, routine, exercise, and yoga in the management of disease entities dating back to its predisposition under concept of "drug and diet" therapy. Diabetes is no longer a fatal condition, and with the right diet, medications, and exercise plans, a diabetic patient can live an almost normal life. Despite the fact that this ailment clearly has a hereditary propensity, its origin is still unknown. A metabolic condition known as diabetes mellitus is characterised by an inadequate production of the hormone produced by the pancreatic islets of Langerhans.

1. The inability of tissues to utilise glucose has caused 8++disturbance in the metabolism of carbohydrates.
2. The inability of the liver and skeletal muscles to retain glycogen

Classification of Diabetes Mellitus:-

Type- 1 Diabetes Mellitus (IDDM) - Type 1 diabetes, formerly called juvenile-onset diabetes, is usually diagnosed in children, teenagers and young adults. Type 1 diabetes may develop in adults. This is an autoimmune disease causing destruction of Beta-cells of pancreas which results in an absolute insulinopaenia.

Type- 2 Diabetes Mellitus (NIDDM) – Type 2 diabetes, formerly called adult onset diabetes, is the most common form and has an insidious onset. It is commonly seen in adults, but can occur even in childhood. Weight loss is uncommon unless hyperglycemia is severe while ketosis is rare. Familial in-heritance is very common. This form of diabetes usually begins with insulin resistance and initially there is a counter regulatory hyperinsulinaemia. With time, the pancreas loses its ability to secrete enough insulin in response to meals and clinical diabetes develops.

Criteria for the diagnosis of DM:-

Fasting:-

- Normal- < 110 mg/dl
- Impaired fasting glucose- > 110 and < 126mg/dl
- Diabetes mellitus- \geq 126 mg/dl

2-hour post load -

- Normal- < 140 mg/dl
- Impaired glucose tolerance- > 140 and <200 mg/dl
- Diabetes mellitus- > 200 mg/dl with symptoms

Investigation:-

- O.G.T.T. (Oral Glucose Tolerance Test)
- Lipid profile Liver Biochemistry
- Glycosylated Haemoglobin (GHb)
- Blood glucose-Random, Fasting, Postprandial
- Urine tests-Urine testing for glucose is still widely used.
- Protein urea is a reflection of the development of renal complication.

Management of Prameha Roga⁹

- ❖ Patients with *Krishna Pramehi*, which is linked to Type 1 Diabetes mellitus, are typically advised to use anabolic steroids and follow a diet that increases *Dhatus* in the body. 13 *Samshodhan* (body cleansing) is encouraged for obese diabetic patients with ideal body strength and a marked increase in doshas in *Apathyanimittaja Rogi*, a condition associated with Type 2 Diabetes.
- ❖ *Snehana*
- ❖ *Shodhana*
- ❖ *Virechana*
- ❖ *Vasti (Asthapana/Niruha)*
- ❖ *Shamana*
- ❖ Exercise and life style modification & following regular regimen of exercise, *yogasana*, *pranayama* and regular food & sleep, following *Ritucharya & Dincharya*.

Diabetes can be controlled by giving attention to three aspects:

Ahara

Vihara

Aushadha

The role of *ahara* and *vihara* are equally or even more important than drugs in order to control blood sugar level as well as to prevent complication of this disease.

Cereals-Yava–Barley (*Chenopodium album*), *godhooma*-Wheat, *Shyamaka*, *kodrava*, *bajara*.

Pulses- Mainly beans- *Mudga (Green-gram)*, *Chanaka (Bengal gram)*.

Vegetables - *Thiktha shakas*, *Methika (Trigonella foenum-gracum)*, *Nimba (Azadirachta indica)*, *Karavella (Momordica charantia)*, *Patola (Trichosanthes anguina)*, *Rasona (Garlic)*, *Udumbar (Ficus racemosa)*.

Fruits- *Jambu (Syzygium cumini)*, *Talaphala (Borassus flabellifer)*, *Bilwa (Aegle marmelos)*.

Pathya and Apathya¹⁰ - *Shyama*, *Kodrava*, *Uddalika*, *Godhooma*, *Chanaka*, *Aadak* and *Kullatha* which are old-are suitable to be used as foods by patients of *Madhumeha* (Diabetes). Vegetables of bitter taste (*Thiktha*), meat of animals and eggs of birds of deserts like regions (*Jangala mamsa*), boiled *Yava* and its preparations, *Mudga*, *Shali*, and *Shastika* are all suitable as foods. *Shauviraka*

(fermented gruel), *Sura* (beer), Buttermilk, oils, milk ghee, *jaggery*, foods processed with sour sugarcane juice, food prepared from flour, meat of animals of marshy regions should be avoided from use.

Acharya Charaka has advised some of the foods like *Mantha*, *Kashaya*, *Yava Churna*, *Lehya* prepared of barley and other eatables, *Yavaudana*, *Vatya*, *Saktu*, *Yava* along with honey to control *Prameha*. *Purana Shali* cooked and mixed with *Mudga Yusha* and preparations of bitter vegetables. *Yava* soaked in *Triphala Kashaya* and kept overnight mixed with honey acts as refreshing diet.

Yoga¹¹

In *Prameha*, yoga poses like *Kriya Yoga*, *Surya Namaskara*, *Ardha-Matsyendrasana*, and *Pawan-muktasana*, as well as *pranayamas* like *Nadisodhan* and *Bhastrika*, and provide comfort. Due to abdominal contractions and relaxation, asanas allow regeneration of the pancreatic cell, promoting insulin manufacture and assisting with diabetes. The breathing exercises help the circulatory system and hence provide relief for diabetes caused by hypertension. *Yoga* practises' accompanying muscular training helps lower blood sugar levels. Practices of *yoga* lower blood and urine glucose levels. *Yoga* exercises also increase glandular production, enhance blood flow, aid in detoxifying, and open up *srotas*, all of which reduce *Prameha* symptoms overall.

Some recommended yoga poses for diabetes

Vakrasana, *Matsyasana*, *Mandukasan*, *Balasana*, *Ushtrasana*, *Sirsasana*, *Paschimotasana*, *Veerasana*, *Mayurasana*, *Uddiyan Bandha*, *Dhanurasana*, *Ardha matsyendrasana*, *Bhastrika Pranayama*.

DISCUSSION

One of the lifestyle conditions, *prameha*, necessitates adequate dietary attention and lifestyle change to prevent complications. Adopting a balanced diet greatly aids *Pathya Ahara* in controlling *Prameha*. A healthy meal plan is required to prevent *Kledata* overload and further vitiation of *Medas* and *Mamsa*. *Shyamaka* (*Japanese barnyard millet*), which purges excess *Kledata* and balances *Kapha Dosha*, possesses *Shoshana* and *Ruksha* properties.¹² *Kodrava* (kodo millet) calms *Kapha* since it is *Grahi* (absorbent).¹³ *Madhura*, *Kashaya*, and *Tikta Rasa's Uddalaka* (*sebestan*) regulates the vitiation of the *Kapha Dosha* and dries out excessive *Kledatva* in the body.¹⁴ *Godhuma* (wheat) promotes instant strength to the body by nourishing the *Dhatu*s without increasing *Kapha Dosha*.¹⁵ *Chanaka* (Bengal gram) is *Ruksha*, *Kashaya Rasa* helps to

reduce *Kledata* and does not increase *Kapha Dosha*, can use *Chanaka Yusha*, *Chanaka Rotika* etc.¹⁶

Kulatta (Horse gram) is having *Kashaya Rasa*, *Teekshna*, *Ushna* property causes *Kaphaja Vikaras* when used as *Kulatta Yusha* preparation.¹⁷ *Tikta Shakas* (bitter taste vegetables) like *Karavellaka* (bitter melon) is bitter in taste controls *Prameha*.¹⁸ *Shobhanjana phala* (drumstick fruits) by its *Kashaya Rasa*, *Kaphahara* property controls *Prameha*.¹⁹

Yava (barley) is having *Kashaya Rasa*, *Lekhana*, *Ruksha*, *Anabhisandhi* action results in maintaining normal level of *Kledata*, *Kapha Dosha* can be brought under control. It gives strength to the body when taken has *Yava Mantha*, *Vaatya Manda* etc.²⁰

Yoga practice includes cleansing processes (*kriya*) by using breathing, postures (*asana*) involves stretching and twisting the body, meditation, chanting mantras, and spirituality. Yoga practices act by releasing insulin from the pancreas. Increased sensitivity of the β -cells of the pancreas to the glucose signal was observed, which appeared to be a sustained change resulting from a progressive long-term effect of the *asanas*.²¹ The effect of *yoga* practice and vegetarian diet has reported significant changes in both fasting blood glucose and post prandial blood glucose as compared to baseline values in patients with type 2 diabetes mellitus. The study as well supports the improvement in quality of life and reduction in stress. Yoga can play an immense role in controlling the stress of day to day life and it helps diabetic patients in reducing morbidity.²²

CONCLUSION

Application of Diet mentioned in Ayurveda classics & Yoga could help for the direct activation of beta cells of pancreas. The abdominal stretching during yogic exercise, which may increase the production of insulin and utilisation of glucose by the muscular tissues. Practicing yoga on a regular basis help to improve overall well-being and manage type II diabetes mellitus. Present study also implies the changes in fasting blood glucose level and reduced the complaints related with diabetes and enhanced their quality of life.

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Table 1 Samprapti Ghatakas

S. No.	Ghatakas	Predominance
1	<i>Dosha</i>	<i>Vata, pitta, kapha</i>
2	<i>Dushya</i>	<i>Meda, mamsa, kleda, rakta, vasa, majja, lasika, rasa and ojas</i>
3	<i>Srotas</i>	<i>Mootravaha</i>
4	<i>Srotodusti</i>	<i>Atipravrutti</i>
5	<i>Agni</i>	<i>Dhatvagni</i>
6	<i>Udhhavasthana</i>	<i>Kostha</i>
7	<i>Vyaktasthana</i>	<i>Mootravaha srotas</i>