



A Short Communication on *Madhumeha* (Diabetes Mellitus) according to Ayurvedic Classics A Brief Review

Dr. Hari Krishna Soni¹, Dr. Sujit Kumar²

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1. Senior Research Fellow (SRF), CCRAS, Lucknow, Uttar Pradesh.
2. Assist. Prof., Department of *Kriya Sharir*, SKS Ayurveda Medical College, Mathura Uttar Pradesh.

Corresponding Author: Dr. Hari Krishna Soni, Senior Research Fellow (SRF), CCRAS, Lucknow, Uttar Pradesh
Email: drkrishnasoni908@gmail.com.

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ABSTRACT

Ayurveda is a natural health care system that has been developed in India since the beginning of civilisation. It is defined by Acharya Charak that Arogya is important to achieve *Purushartha Chatushtaya*. Ayurveda heavily stresses the preventive and pro-active aspects of wellbeing rather than the curative aspects. The principles of *Dinacharya* (daily regimen), *Ratricharya* (night regimen), *Ritucharya* (seasonal routine) and *Sadvritta* (code of good conduct, and *Achara Rasayana*, (code of conduct) along with recommendations for a balanced diet and lifestyle, are well known in Ayurveda, but in the current situation, hardly anyone can adopt them properly. As a result, there is a significant uptick in lifestyle diseases such as pandemics, with diabetes the most threatening of them. Diabetes is the fourth leading cause of global disease mortality. Type 2 DM is responsible for nearly 80% of the events. In Ayurveda, *Madhumeha* (Hyperglycemia) is one of the forms of *Vataja Prameha* compared to Diabetes Mellitus due to disease similarity in etiopathogenesis, clinical features and prognosis. The key causes of *Madhumeha* (Hyperglycemia) are lack of exercise, poor dietary practices, heavy consumption of food containing *Snigdha* (unctuousness) and *Guru* (heavy) *Guna*, and food that causes *Kapha Dosha* vitiation. Modern treatment has its drawbacks, but Ayurvedic management principles can help the patient regulate blood glucose levels and change their schedule.

Keywords – *Madhumeha*, *Achara Rasayana*, Ayurveda etc.



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INTRODUCTION:

The world's worst mute killer is Diabetes mellitus. The country with the most quickly rising population of diabetic patients has been named by WHO in India. In India, diabetic patients are expected to rise by 195% between 1995 and 2025. The diabetes mellitus dilemma is that early diagnosis is very complicated. However, a person who sticks to a preventive Ayurvedic approach can easily escape this disease from the onset. That is a medical disorder where the person's urine and blood

accumulate glucose. Diabetes mellitus is a metabolic condition, i.e. caused by pancreas dysfunction, responsible for hormone insulin output. The beta cells of pancreatic islets of Langerhans are in charge of the hormone insulin secretion. For the correct usage of carbohydrates in our body, Insulin is extremely necessary. If the insulin is lacking or does not serve its functions adequately because of a metabolism deficiency, so those carbs accumulate as glucose in the bloodstream. The blood sugar collects then in the urine, one of the major attributes of diabetes

MATERIALS AND METHODS:

Different newspapers, ayurvedic and modern text books, authoritative pages, reputed journals, literature, manuscripts, Sanskrit *Shabdakosha*, etc. were supplied with materials pertaining to *Madhumeha* or *Prameha*.

Madhumeha (Diabetes Mellitus)

Oldest of all possible treatments for Ayurvedic *Madhumeha* (Diabetes Mellitus) is in group *Prameha*. The major causes of *Prameha* (Diabetes) are lack of exercise and incorrect dietary habits in excess of food consumption that come into *ushna* (hot) category; *Snigdha* (unctuousness) and *Guru* (heavy) are the main cause of this disease - fish, curd

are a good example. *Prameha* (Diabetes) have many irregular characteristics owing to *doshic* imbalances. The etiological factors of *Prameha* (Diabetes) are foods that raise *Kapha*, *medhas*(fat) and *mootra*(urine). The name *Prameha* comes from, *Pra* – excess means, *Meha* – *kscharane* – urine pass. Therefore *Prameha* (Diabetes) has unnecessary urine and turbidity of colour ('Prague').

Main Causes

Sleeping in day time, lack of exercise, Laziness, Sedentary habits, consumes food and drinks which are cold, unctuousness, sweet and fatty items etc³.

Classification

1. *Prameha* (Diabetes) is classified etiologically into *Sahaja* (Hereditary) and *Apathya Nimittaja* (Acquired) *Sahaja* means due to *Matrapita bheejja doshakruita*.
2. According to physical management
 - i. *Apatharpana uthaja prameha* describing the lean diabetic
 - ii. *Santharpana uthaja prameha* relating the obese diabetic
3. According to the *doshic* causes, these *Prameha* are classified as twenty types:
 - i. *Vataja Prameha* – There are totally four *vataja Prameha*.⁴
 - ii. *Pittaja Prameha* – There are totally six *pittaja Prameha*.
 - iii. *Kaphaja Prameha* – There are totally ten *kaphaja Prameha*. Out of these, diabetes mellitus is termed as *Madhumeha*. It is one of the four *Vataja Prameha*.

Samprapti Ghatakas(Pathogenic factor)⁵

- *Dosha* – *vata,pitta,kapha*
- *Dushya* – *meda* (fat), *mamsa* (muscle), *kleda* (Moistened), *Rakta* (blood), *vasa* (muscle fat) *majja*(bone marrow) , *lasika*,(lymph) *rasa*(plasma) and *ojas* (subtle essence of our life energy)
- *Srotas*(channels) – *mootravaha* (urinary system)
- *Srotodusti* – *atipravrutti* (excessive flow)
- *Agni* – *dhatvagni*
- *Udhhavasthan*(origin) – *kostha* (bowel)
- *Vyaktasthan* – *mootravaha srotas* (urinary tract)

Samprapti (Pathogenesis)

Kapha is extended throughout the body by etiological causes, touching many *dushyas* (plasma), *Rakta* (blood). Because there is a

Shaithiylata (looseness) throughout the body, it is flowing, spreads throughout the entire body and becomes vitiated (body fluids). Body fluids have vitiated and lead them into the urinary bladder, similarly *Pitta* affects them and *Vata* also produces *prameha*.⁶

Premonitory Symptoms

Accumulation of soil on your teeth (mouth, eyes, nose, and ears), a burning sensation in your hands, sole, sticking skin in your body, hunger, and a delicious mouth taste, etc. (sweetness of urine).⁷

Clinical Symptoms

Prabhootha mutrata (Polyuria), *Avila mutrata* (Turbid Urine) and *Medo dushti lakshanas* are the main symptoms of *prameha* (Diabetes).

1. *Malina danta* (Tartar in teeth)
2. *Hasta pada daha* (Burning sensation of hands and feet)
3. *Deha chikkanata* (Excess glossy/ oily skin)
4. *Trishna* (Excessive thirst)
5. *Madhuryamasya* (Feeling sweetness in mouth)
6. *Prabhuta mutrata* (Excessive urination)
7. *Avila mutrata* (Turbid urination)
8. *Madhu samana varna* (Urine having colour of honey)
9. *Sweda* (Excess perspiration)
10. *Anga gandha* (Bad body odour)
11. *Shithilangata* (Flaccidity of muscles)
12. *Shayana asana Swapna sukha* (Desire for sedentary life)
13. *Shitapriyatwa* (Desire for cold food & environment)⁸

Main Symptoms

1. Polyuria
2. Polyphagia
3. Polydipsia
4. Exhaustion/Tiredness
5. Bodyache⁹
6. Polyneuritis (Numbness / Tingling)
7. Visual disturbance.
8. Delayed Healing of wound
9. *Alasya*(laziness)
10. Thirstiness

***Madhumeha* (DM) Prognosis¹⁰**

Charaka explains the prediction in three cells-

1. *Sadhya* – Curable: patients who have diagnosed *sthoola* (obese) early on, and the root of *apathyaja* disorder.
2. *Yapya* – palliable: however, *Pittaja prameha* and other forms of *Prameha Kaphaja* assist in care (palliative management).
3. The incurable version of *prameha* and genetic diabetes, *krisha* (lean) patina, is defined by the variety of *Sahaja*.

Treatment

According to Ayurveda, *prameha* is specifically viewed according to the constitution of persons. The patient is therefore encouraged to have a healthy lifestyle and to live an independent living based on a total change of life, in addition to medications and diets.¹¹

There are two types of diabetics:

1. *Sthulya* (Obese)
2. *Krusha* (Asthenic)

1. In *Sthulya*

The treatment must be mainly based on proper utilization of excess fat i.e. he should be give:

1. *Shodhana* (purification process),
2. *Apatarpana* - reduction in body weight by way of diet control or drugs, *Vyayama* (exercise) etc.
3. Fasting
4. Diet control
5. Cleansing therapies – *Vamana* (emesis), *Virechana* (purification), *Basti* (medicated enema)
6. Physical exercise

In *Krusha* (Asthenic)

Treatment of an asthenic form should predominantly be focused on the line of increasing resilience and stamina by tonic (*brumhan*) diet, medicine etc., and the patient should never be given undue *Langhana* or *Apatarpana*, i.e., not be starving. A diabetic person and an obese person normally experience extreme appetite and thirst and should therefore always be given some form of diet –

DIET¹²

The following food which can be given to the diabetes: -

1. Cereals:

The finest, various preparations of food, e.g., from Barley, can be given *Yava* (*Hordeum vulgare* - Barley). *Appopa*, bread, *Mantha*, *Odana* etc. Roti. Wheat may also be administered (*Godooma*). Rice: - The old rice (*purana shali*) is recommended Ayurveda as one of the cereals that diabetics should recommend.

2. Pulses:

Mudga (*Vignaradiata Greengram*), *Chanaka* (*Cicer arietinum* Linn. – Bengal gram), *Kulattha* (*Dolichos biflorus*), etc., can be taken.

3. Vegetables:

All types of bitter vegetables (*Tikta shaka*) e.g., *Karela* (*Momordica charantia* - Bitter gourd), *Methi* (*Trigonella foenum-graecum* - Fenugreek), *Patola* (Vietnamese luffa, Vietnamese gourd, or Chinese okra), *Rasona* (*Allium sativum* Linn. – Garlic) etc. should be given .

4. Phalas:

Jambu (*Syzygium cuini* - Black berry), *Amalaki* (*Phyllanthus emblica* – Indian gooseberry, or *Dhatrik* (in Maithili) or *amla*), *Kapitta* (*Limonia acidissima* - Wood Apple, Elephant Apple, Monkey Fruit or Curd Fruit).

5. Seeds:

Kamala, *Utpala* seeds can be allowed to take. Flesh: *Harina mamsa* (Deer flesh), *Shashaka mamsa* (Rabbit), birds like *Kapotha* (pigeon), *Titira* etc., can be taken.

6. Liquor:

Old Sura can be granted, Oils: The best approach is to use mustard oil. *Ghrita* in *Pitthaja prameha* can be used

However, Ayurveda suggests if one requires light diet, so the volume of food can steadily increase. It is a law that the state of Agni i.e. digestion should be kept completely attentive.

7. Vyayama (exercise)

Diabetics and obese individuals are prescribed intense workouts. It is intended to use fat properly and glucose is absorbed in the body. In the present day, the approaches can be modified by habitat and time. However, the drills are very interesting. Some of Shushruta challenging, effective exercises are as

follows:-

1. *Gomukhasana*
2. *Salbhasam*
3. *Vyayarma*
4. *Niyuddha* (fighting)
5. *Kreeda* (games)
6. *Gajacharya* (riding elephant)
7. *Turagacharya* (riding horse)
8. *Rathacharya* (riding cart)
9. *Padacharya* to ride an elephant, horse, cart riding and walking etc,

Drugs¹³

These types of drugs improve the fat and carbohydrate metabolism. Some of the medicines are given below;

1. *Shilajatu* (*Asphalatum*)
2. *Guggulu* (*Comiphura mukul*)
3. *Haritaki* (*Terminalia chebula*)
4. *Amalaki*. (*Embellica officinalis*)

Single formulations

1. *Guduchi swarasa* (*Tinospora cardifolia*) – 10ml twice a day with honey (A.H.Ci 12/6)
2. *Amalaki Curna* (*Phyllanthus emblica*) – 6 gm twice a day with honey (A.H.Ut. 40/48)

Compound preparations

1. T. Chandraprabha, 500 mg twice a day with water/milk (S.S.Ma.K.)
2. T. Vasant kusumakara Ras, 125 mg twice a day with Honey (R. S. Rasayana Vajikarana Adhikara)

Medicated Ghee

1. *Dhanvantara ghrita* 5 to 10 gm/day - (Bhavapraksh page 496)
2. *Dadimadya ghrita* 5 to 10 gm/day -

(Bhavapraksh page 494)

Avaleha

1. *Saraleha*: (Bhavaprakash): Dose: 3to 5 mg / day.
2. *Gokshuradyavaleha* (Bhavaprakash): Dose: 3to 5 mg / day.

Kwatha(decoction)

1. *Darvi, Surahwa, Triphala, Musta.*
2. *Triphala, Darvi, Vishala, Musta.*^{14,15}

DISCUSSION:

The Diet, on the opposite, is the main cause of the growth and development of the body, poor diet induces different disorders. Acharya Charaka points out that the perfect diet rebuilds the structures broken out, nourishes the Dhatus (tissues) and preserves the balance of the body's constituents. Irrational diet works otherwise, generating disease several experiments have also shown that insulin sensitivity and beta cell activity (insulin secreting pancreatic cells) can be normalized by limiting diet.

The role of *Ahar*(diet) and *Vihara* (life style) in diabetes is equally or even more significant in the regulation of blood sugar levels and in the prevention of complications of this disease. In addition to herbal therapies, Ayurveda suggests dietary remedies that involve avoiding diets that are sugar-intensive and simple carbohydrates but consume smaller amounts of and a range of whole grains foods. Diet is the basis of all category 2 therapeutic regimes.¹⁶

CONCLUSION:

Diabetes mellitus does not look at Ayurveda as a condition which can be managed by basic drugs or a diet system. Though *Yapya* is not absolutely curable, sustained use of the aforesaid therapy not only can not only produce a diabetes-free person but also help secure him/herself for a long life (*deergha jeevanam*), for a stable (*sukhayu*) and a community

that is helpful (*hitayu*). If *Pathya Ahara* and *Vihara* are used in the early stages either before diabetes or stable condition, *Madhumeha* (DM) can be avoided.

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