



Impact Of *Gramya Ahara* On The Pathogenesis Of *Prameha* W.S.R. To Diabetes Mellitus-A Conceptual Study

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ABSTRACT: -

Gramya Ahara Includes all types of food habits, method of preparation and various activities which causes vitiation of all *doshas* in the body. *Charak* in *Rasayan Adhyaya Ayurved-Samuthaniya Pada* has elaborated that *Gramya Ahara* chosen by the society was not successful in making inroads in community health. Sedentary lifestyle was responsible for less physical activity which became the cause of preventable diseases. *Premea patients* (Diabetic patients) are increasing day by day due to wrong diet and lifestyles, so there is a need to understand the significance of *Gramya Ahara* in present scenario.

Keywords- *Gramya Ahara, Premea, Diabetes*



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INTRODUCTION

Ayurveda is such an eternal science which was promulgated by lord *brahma* for the welfare of mankind.¹ *Ayurveda* always gives importance to *Ahara* (food) to maintain health.² Diabetes is a chronic disease that occurs either when the pancreas does not produce enough of the blood sugar-regulating hormone insulin or when the body cannot effectively use the insulin it produces.³ *Prameha* (Diabetes) has been a disease of great concern since *Vedic* period.⁴ *Charaka* has called it **Anusanginam (Hereditary)** whereas in *Sushruta & Astanga Hridaya*, it has been mentioned in **Asta mahagada (8 major diseases)** which itself emphasizes its dreadfulness.⁵ As this is a *Tridoshaja vyadhi* and involve every *dhatu* (body tissues) except *Asthi* (bone) so it is not easy to cure and in long term, if untreated converts to *Madhumeha* (Diabetes mellitus).⁶ *Maharishi Kāśyapa* clearly announced that there is no medicine like the *Āhāra* (food) on the earth. This indicates the medicinal value of diet. *Āhāra* (food), *Nidrā*(sleep), *Brahmacarya* (celibacy) are considered as three sub pillars in all *Āyurvedic* classical texts. Here *Ahara* (food) has been enumerated first, which shows its importance.⁷ All the classics described *Āhāra* (food) in detail as it is the most important factor for all living beings. It supports body and continues well-endowed with strength, complexion and development.⁸ *Gramya Ahara* refers to food comprising of alkaline food, dry vegetables, sourness, saltiness etc. sedentary life style, faulty diet, and *Virudha Ahara* (incompatible food) has resulted in genesis of many life disorders like diabetic mellitus, obesity and metabolic disorders.⁹ A person desirous of wellbeing in this world and the world beyond, should not consume *Gramya Ahara*.¹⁰

AIMS AND OBJECTIVE

1- To study the impact of *Gramya Ahara* on the pathogenesis of *Prameha* (Diabetes mellitus).

2- To establish that disease named *Prameha* (Diabetes mellitus) is same as is known as Diabetes Mellitus in modern text.

MATERIAL AND METHOD

Material related to *Arsha* and hemorrhoids is collected from ayurvedic texts books, modern text books, index medical journals and website.

1. CONCEPTUAL STUDY

1.1 *Gramya Ahara include?*¹¹

Charaka in *Rasayan Adhyaya* has describe *Gramya Ahara* to be consist of –

- *Amla* (sour), *lavana* (salt), *katu* (bitter), *kshar pradhan aahar*(astringent)
- *Shuska shaka* (vegetables), *shuska mansa* (dry meat), *teel-tail & kalka* (paste) and *ruksha* (dry) content
- *Klinna* (Wetting), *guru* (heavy), *pishtanna* (food containing excess of oil), *adhyasana* (food after meal), *avyayam* (lack of exercise) and *abhisyandi aahar* (great obstructor for channels)
- *Virudha* (incompatible food), *asatmya* (unwholesome), *visham aahar*, and *paryushit anna*
- Day sleeping, Indulging in excessive exercise and sex, alcohol intake
- Psychological factors such as *bhaya* (fear), *krodha* (anger), *lobha* (greed), *shoka*(grief), *moha*. Due to intake of *Gramya Ahara* following changes occur in the *Sharir*.

1.2 Pathophysiology due to *Gramya Ahara*¹²

- ***Mansani shithilibhavanti*** – Muscles become flabby Shrinking and weakening of the muscles causes increasing susceptibility to physical injury.
- ***Vimuchyante Sandhaya*** – Joints become vitiated.

- **Vidhyate Raktam** – Formed *Rakta Dhatu* (blood) is unable to carryout proper *jeevan karma*, *poshan karma* (nutrient) and unable to increase *bala* (strength). Proper formation of *dhatu* doesn't take place.
- **Vishyandate cha-analpam meda** – The *meda dhatu* (fat) which is accumulated in excess gets liquefied.
- **Na – Sandhiyate ashtishu – Majja – Majja dhatu** (bone marrow) is unable to reside in *ashtidhatu* (Bone).
- **Shukram na pravartate** – Due to nutritional deficiency *sarvottam dhatu* (superior body tissues) is unable to be formed completely does leading to *shukra apravartan*(formation of semen). In context of *Sthaulya* (Obesity) too *Charak* has explained *Shukra Bahutwat* and due to *aavaran* (covering) by *meda dhatu* (fat) person feels impairment in ejaculation of semen.
- **Oja kshaya** – Essential nutrients are not made available in required quantity does leading to symptoms of *oja kshaya* or depressed immune system.
- Physical fitness is correlated with immune system function, a reduction in physical fitness is generally accompanied by a weakening of the immune system.

1.3 Lakshana (Sign & Symptoms) produced by Gramya Dosha

- *Glayati* (Exhausted)
- *Sidati* (depression)
- *Nidra* (sleep)
- *Tandra* (Drowsiness)
- *Aalasya* (Lassitude)
- *Nirutsaha* (Loss of interest)
- *Swashiti* (Dyspnea on simple exertion)
- *Asamartha chesta sharir manasinam* – Reduced physical & mental activity.
- *Nasta smriti, budhi* – loss of memory & reduced intellect
- *Nasta chaya* – Loss of lusture

- *Roganam adhistanabhutam* – turned into home of diseases
- *Na sarvamayurvapnoti* –fails to enjoy the full span of his life.

On the basis of above information, it is revealed that *Gramya Ahara* is the prime mode for the vitiation of *dosha* and *dhatu*. The *Gramya Ahara* includes almost all kind of irritational and unlogistic food, food habits, method of preparation and various conducts etc. which in turns causes the vitiation of various *dhatu*s in various stages of onward involvements. Hence a huge number of clinical manifestations covering almost all systems of body have been described as the outcome manifestation in *Charaka Samhita*. Not only has that, it also causes the premature ageing of body and act as a major barrier to fulfil the primary aim of *Ayurveda*. The *Gramya Ahara* is described in the context of *Rasayana* (Rejuvenation) under the subheading of *Pranakaamiya*. According to *Ayurvedic* principle *Nidana Parivarjana* (avoiding the cause) is considered as the 1st step of treatment, so to prevent this, dangerous progeria *Nidana* (causative factor) in the form of *Gramya Ahara* should be avoided.¹³ In other words, proper avoidance of the *Gramya Ahara* itself rejuvenates the body. It can also be inferred that the education of *Gramya Ahara*, its bad effects are to be properly given to the common people so that with avoiding the same we can achieve the aim of social health.¹⁴ The main causes of *prameha* (DM) are lack of exercise and improper food habits in excess food intake which falls in the category of *Gramya-Ahar*, *Ushna*(hot), *Snigdha* (unctuousness), *Navanna* (new cereals), *payas* and *guru* (heavy) are the primal cause of this disease¹⁵

SAMPRAPTI (PATHOGENESIS)

Chakrapani opines that *Prameha* (DM) comes to existence only when liquefy *Kapha* is in excess quantity. The special characteristic feature of the *dushyas* is that they are in the *Bahu-abaddha* form. On this part *Chakrapani* comments that here '*abaddha*'(loosely bound) should be considered for *Meda* (fat)-*Mamsa* (muscles), *Vasa*(adipose tissue)

and *Majja* (bone marrow) while '*Bahutva*' (excess in quantity) should be considered for rest of the

dushyas.¹⁶



Samprapti Ghataka (Pathogenic factor) of Prameha (DM)

This is the only disease in which vast nexus/Annexation between various factors i.e. *Dosha*, *Dushya*, *Mala* (waste), *Srotasa* (channels), and *Avayava* (organs) is observed.

Dosha- *Kapha*, *Pitta* & *Vayu*.

Dushya- *Charaka* specially enumerated a group of 10 *dushyas* and named it as *Dushya Vishesha*.¹⁷ *Vagabhatta* first time include *Sweda* (sweat) as *dushya* of *Prameha* (DM)

(A.Hr.Ni.10/4) According to *Sushruta Meda* is the common *dushya* in all *Prameha* (DM). In *Kaphaja Prameha* it is *Meda* (fat), in *Pittaja* it is *Rakta* & *Medo* while in *Vataja Prameha* these are, *Vasa*, *Majja*, and *Meda*.¹⁸

Srotasa: - *Medovaha*, *Mutravaha* and *Udakvaha*.

Strotodhusti:- *Atipravrutti*, *Sanga* (obstruction).

Sanchaya :- *Dosha*, *Swasthana* (place)

Prakopa :- *Sarva Sharira* (whole body)

Prasara :- *Rasayani*

Sthanasamshraya :- *Mutravahastrotas* (channels carrying urine)

Vyakti :- *Mutramarga* (Urine)

Agni :- *Dhatugata* (*Aparipakwa Dhatu*)

Udbhava :- *Amashaya* (stomach)

Swabhava :- *Chirkari* (chronic)

DISCUSSION

Prameha (DM) can be compared to Diabetes Mellitus because of the similarities in both diseases in respect to aetiology, pathogenesis, clinical features, complications and treatment. Classical sign and symptoms of *Prameha* (DM) are *Prabhuta* (polyurea) and *Avila mutrata* (turbid urine) it signifies the metabolic abnormality as well as urinary tract pathology. The *Poorvarupas* (Prodromal signs) of *Prameha* (DM) actually reflect the overt Diabetes, besides a few of them like *Karapada daha* (Burning sensation) and *Suptata* (numbness of foot) are the complications of diabetes. *Kaphaj*, *Pittaj* and *Vataj Prameha lakshanas* (signs & symptoms) are related to different clinical stages and complications of Diabetes Mellitus. Most of the *mutra gata lakshanas* of *vimshati Pramehas* are also observed in diabetic related complications. *Gramya Aahara* can cause of obstruction in *Rasavaha srotas* (channels carrying plasma) can cause metabolic disorders like obesity,¹⁹ diabetes etc. In 2018, 34.2 million Americans, or 10.5% of the population, had **diabetes**. Undiagnosed: Of the 34.2 million adults with **diabetes**, 26.8 million were diagnosed, and 7.3 million were undiagnosed.²¹ *Gramya Aahar* takes longer time for its digestion producing *Apakwa Rasa dhatu* (undigested food) which

produce *Avarodha* (obstruction) in *Rasavaha srotas*. *Gramya Mamsa Rasa is Guru* (heavy) and *Abhyashindh* (sticky) which are main ingredients forming pathogenies of *Prameha* (DM). Milk products are *snigdha* (unctuousness), *sita* (cold) and *madhura* (sweet) property and these property increase *Kapha*, *Meda* (fat) and *Mamsa* (muscles) increasing the risk of *Prameha* (DM). Etiological factors that are responsible for the type of *Prameha* (DM). These etiological factors play important role to pathogenesis of *Prameha* (DM).

CONCLUSION

Gramya Ahara is the root cause of all the diseases. Sedentary life style, indulgence of *Kapha-medavardhaka ahara*, avoidance of regular exercise are such findings of study which indicate *Santarpanjanya* (diseases caused due to over nutrition) origin of disease. avoidance of such dietary factors, sedentary lifestyle & Stress can contribute significantly for prevention of disease as well as promotion of health of diabetic subjects.

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