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. Prameha 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, Prameha, Diabetes
INTRODUCTION

Ayurveda is such an eternal science which was promulgated by lord brahma for the welfare of mankind. Ayurveda always gives importance to Ahara (food) to maintain health. 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. Prameha (Diabetes) has been a disease of great concern since Vedic period. Charaka has called it Anusanginam (Hereditary) whereas in Sushruta & Astanga Hridya, it has been mentioned in Asta mahagada (8 major diseases) which itself emphasizes its dreadfulness. 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). 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), Brahma (celibacy) are considered as three sub pillars in all Āyurvedic classical texts. Here Ahara (food) has been enumerated first, which shows its importance. 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. 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. A person desirous of wellbeing in this world and the world beyond, should not consume Gramya Ahara.

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?

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 obstructer 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

- Mansani shithilibhavanti – Muscles become flabby Shrinking and weakening of the muscles causes increasing susceptibility to physical injury.
- Vimuchyante Sandhaya – Joints become vitiated.
Vidhayate Raktam – Formed Rakta Dhatu (blood) is unable to carry out 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 Bahutvat 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 sarvamayuravapnoti – 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 irrational and unlogistic food, food habits, method of preparation and various conducts etc. which in turns causes the vitiation of various dhatus 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 Kaptha is in excess quantity. The special characteristic feature of the dushyas is that they are in the Bahu-abaddda 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.\textsuperscript{16}

\begin{center}
\begin{tikzcd}
Hetu sevan (Gramya Ahar) \arrow{dr}

Dosha Prokop (Aggravation of Dosha) \arrow{dr}

Kledoutpatti

\arrow{d}

dhatukshayaganya vataprakop \arrow{dr}

\arrow{d}

ojakshaya \arrow{dr}

Prameha (DM)
\end{tikzcd}
\end{center}

\textbf{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,\textsuperscript{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.\textsuperscript{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-meda vardhaka ahara, avoidance of regular exercise are such findings of study which indicate Santarpanajanya (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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REFERENCE
