A Review on Role of Nidana Pariverjana in Metabolic Disorder- Diabetes Mellitus

Mahreen Fatema Ayaz Ahmed¹* and Sunil.G.Topre.²

¹,²Government.Aurved College, Nagpur, Maharashtra, India

ABSTRACT

Today’s lifestyle pattern will leads to several metabolic disorders. Sidhant of ‘Hetu’ and ‘Nidan’ mentioned in our Samhitas exactly matches with whatever is going on in ‘Modern Lifestyle’ pattern. As mentioned by Vagbhata, Nidan of all diseases is imbalanced Doshas, and the reason behind this imbalance in Doshas is ahitkaraahar-vihar. Aacharya Charaka has mentioned that GramyaAahara as a mula of Sharirik Rogas. In modern science, diabetes occurs due to faulty insulin production and uptake. If we go through Ayurvedic texts Prameh Roga is very similar to Diabetes. Prameha Roga comes under Ashtomahagada. Unique feature of Prameha is the involvement of tridoshas and multiple dhatus, ojas etc. While reading to Ayurvedic literature of hetus of Prameh Roga we comes to know that, these hetus can be further divided into Aahariyahetu, Vihariyahetu and Manasikhetu and where these hetus come in day to day life. This paper is designed to show the hetus mentioned in Ayurvedic text and where it comes under today’s lifestyle. By avoiding these hetus one can prevent Diabetes.

KEYWORDS

Metabolic disorder-Diabetes Mellitus, Hetu, Today’s Lifestyle
INTRODUCTION

India has been established with fastest growing population of diabetes. The problem with diabetes is that it is very difficult to diagnose in the early stage. Here Ayurveda can play an important role as in our Samhita Granthas there is concept of Hetus, Purvarup like preventive stages and Pathaya-Apathya like management procedure for each disease.

In our Samhita Granthas Prameha is classified etiologically into Sahaja(Hereditary) and Apathyanimittaja (Unwholesome things like food and exercise). The description of acquired form of Prameha is very well similar to Diabetes Mellitus.

Awareness is required to improve knowledge and attitude about the role of Aharahetu –Viharahetu in concern with prevention of specific disease.

AIM

To study Hetus of Prameha in Ayurvedic Granthas and where these hetu comes in day to day life.

OBJECTIVES

1. To study the Hetu of Prameha from Ayurvedic text.
2. To evaluate the hetus in today’s lifestyle.
3. Prevention by NidanaParivarjana

Materials:

Classical books of Ayurveda, Modern literature, Available research up-dates and scientific information available on internet.

Hetu (Causative factors):

1. Asayasukha(habituation to sitting on soft cushion for a long period) and Swapanasukha (prolonged sleeping) are mentioned as key factor for Prameha.
2. Excessive use of curd, flesh of animals of domestic, aquatic and marshy places, milk and milk products, water of rivers and tanks during rain and floods, new grains, pudding made of jaggery and using factors which increases Kapha Dosha\textsuperscript{1,2}.

Sedentary lifestyle:

Is a type of lifestyle with no or irregular physical activity. Sedentary activity includes sitting, reading, watching TV, playing indoor games and using computer for a long duration with little or no vigorous physical exercise.

Hetu mentioned in Samhita Granthas and their role in Diabetes Mellitus:

- Asayasukha(habituation to sitting on soft cushion for a long period):Sedentary activity like sitting, reading, watching TV,
playing indoor games and using computer for a long duration
The researchers found that as sitting time increased; even if the men exercised regularly they were still at a higher risk for Diabetes mellitus and other chronic diseases\textsuperscript{3}.

- **Swapanasukha** (prolonged sleeping): Because of luxurious life, this *hetu* is seen especially in housewives.
  Research study shows Chinese middle-aged adults with no diabetes but having habit of napping had higher HbA1c and insulin resistance; those with shorter night-time sleep duration had increased HbA1c. Night-time sleep hours that are either less than 6 or more than 8 hours tend to be associated with lower odds for Insulin Resistance\textsuperscript{4,5,6}.

- **Manashetus**-anxiety, anger, worry, grief and similar other stress producing factors.
  *Acharya Charaka* has also emphasized that anxiety, anger, worry, grief and similar other stress producing factors lead to development of *Prameharoga*.
  Loss in business, Anger on co-worker, office work load, fear, targets given by boss, insecurity etc.
  It is supported by study wherein diabetes was induced by stress in albino rates and their blood examination showed increase rate of catalase activity, suggesting the acceleration rate of cell injury and free racial generation, which in turn is a precursor to diabetes\textsuperscript{7,8}.

- **Madyapana** (alcohol consumption) and other *Apathayaaahar*:
  Addiction like Tobacco chewing, smoking and alcohol are considered as risk factors for diabetes. *Madyapana* (alcohol consumption) has a role in *Madhumehasamprapti*. As we know that *gunas* of *Madhya* is opposite to that of *Ojas*. Therefore decease *Ojas* may leads to number of diseases diabetes is one of them.
  Now a day’s there is increase in the use of alcohol, bakery and dairy products.
  It is reported that bakery and dairy products, sugar items, jaggery, alcohol and sugar added foods are predisposing factor for diabetes\textsuperscript{9,10,11}.

**Management of Prameha:**

*Nidanaparivarjana*- is the first and foremost step to avoid Lifestyle related etiological factors.

When we study Ayurvedic text we can easily understand that the treatment is very much depends upon the individual constitution which is entirely based on

1. Changing the lifestyle of the person.
2. Along with medication and diet planning
3. Patient should be advised to live an active life and healthy and stable mental status.

*Prameha* Treatment is basically depends on individuals constitution. Only medication will not give a good result. Lifestyle alteration, reduction in stress along with changes in dietary pattern will gives beneficial results.

The principle treatment depends on patients. There are two categories:

(1) *Sthula Pramehi* (2) *Krush Pramehi*.

(1) *Sthula Pramehi*: In this type of category *Shodhana, aptarpana, vyayama* etc. procedures will help.

(2) *Krush Pramehi*: In such type of patients *Bruhana* is helpful.

**CONCLUSION**

Thus understanding the role of *Hetus* in causing disease and changing the lifestyle according to the *Ayurvedic* principle can prevent metabolic disorder.
REFERENCES

1. Acharya YT. Charaka Samhita, Sutras, ch 17.