

# Ayurveda for Avoiding Life Style Disorders w.s.r. to *Madhumeha* (Diabetes mellitus)

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## ABSTRACT

All the lifestyle disorders are connected mainly with the track the people survives. These include disorders such as hypertension, heart disease, stroke, obesity, and Diabetes mellitus etc. It is evaluated that the total number of people with diabetes will increase from 171 million in 2000 to 366 million by 2030 and number of adults with hypertension will increase by 60% to a total of 1.56 billion people by 2025<sup>1</sup> As per WHO report, 12% of the world's residents are considered obese.<sup>2</sup> *Ayurveda* has vast capacity in avoiding life style disorders. As per *Ayurveda* a healthy person is one who has equilibrium of *Tridosha* (three functional entity in body *i.e.* *Vata*, *Pitta*, *Kapha*) and Cellular metabolites (*Dhatu*s). Lifestyles as well as environmental factors affect the *Tridosha*. Disturbance in homeostasis of *Tridosha* results in disease. This review paper will treat about the role of *Ayurveda* at different stages of avoidance of lifestyle disorders with special reference to *Madhumeha* (DM).

**Key Words** *Madhumeha*, *Diabetes mellitus*, *Avoidance*, *Lifestyle*

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## INTRODUCTION

Lifestyle may be defined as a way of existing of individuals. Lifestyle disorders include type-2 diabetes mellitus, obesity, hypertension, heart disease etc. Life style ailments are emerging as epidemic in the 21st century, if appropriate preventive measures are not taken. It is the need of time to review the ancient systems of medicine in order to apply measures prevalent in these systems in preventing the coming epidemic of lifestyle disorders which are preventable with changes in diet, lifestyle, and environment.

*Madhumeha* (Diabetes mellitus) is attracting global importance. It is becoming more threatening now a day due to changing food habits, life styles and increased stress in the culture. Type-2 Diabetes mellitus (NIDDM) forms 95% of all diabetics. The WHO has expected that the global prevalence of type-2 DM will more than double from 135 million in 1995 to 300 million by 2025. The greatest increase will be in India, from 19.4 to 57.2 millions. Diabetes mellitus (DM) is the leading cause of non-traumatic amputations, responsible for 30% of

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preventable blindness and cardiovascular mortality.<sup>3</sup> A vivid description of *prameha* (a disease characterized by passing of excess, frequent and filthy urine) is available in *Ayurvedic* classics where as *Madhumeha* is considered as a subtype under the *vatika* type of *prameha* and it is characterized by course of urine with sweet taste like honey along with sweetness of whole body.<sup>4</sup>

### Causative factors of *Madhumeha* (DM)

Two factors i.e. hereditary and relating to diet are accountable for causing the disease and the patients are classified respectively as inborn and related to dietary and lifestyle factors.<sup>5</sup>

#### i) *Sahaja Prameha/Madhumeha*

*Prameha* has been mentioned as a familial disorder.<sup>6</sup> The excess in sweet taste by mother during pregnancy is accountable for bringing *diabetes* in the child.<sup>7</sup> *Chakrapani* has also described that the main cause of defect in sperm or ovum is improper diet taking by the parents.<sup>8</sup> The genetic predisposition and dietetic factors both play a cumulative role in the occurrence of diabetes.

#### ii) *Apathya Nimittaja Prameha/ Madumeha*

These common etiological factors are sedentary habits, excessive sleeping, new cereals, different preparations of sugar cane are considered as non-congenial factors.

### Pathogenesis

The pathogenesis of *Madhumeha* has been described at three places in *Charaka Samhita*.<sup>9</sup> *Madhumeha* is advanced stage of other types of *prameha* which arises due to negligence of

management according to *Sushruta*<sup>10</sup>, where as *Vagbhata* has elucidated two types of *Madhumeha* on the basis of pathogenesis i.e. (a) *Dhatu-kshaya janya* and (b) *Avarana janya*<sup>11</sup>

### Lifestyle disorders and *Ayurveda*

The primary plan of *Ayurveda*, the science of life, is the maintenance of health and well being through a inclusive approach that involves body, mind and surroundings. According to *Ayurveda* a healthy person is one who remains in equilibrium of *Tridosha* (*Vata, Pitta, Kapha*), recognized by completeness of body and mind. Lifestyle as well as environmental factors affects the *Tridosha* and results the disease.

### *Madhumeha* (DM) and *Ayurveda*

A disease can be prevented by intervention in its cycle of pathogenesis as early as possible beginning from the avoidance of predisposing factors of the disease. Measures for prevention of *Madhumeha* (DM) can be classified as: 1. General and 2. Specific Measures

1. General measures are: to follow daily regimen and seasonal regimen properly, self control and knowledge of various factors affecting health, good habits, avoiding factors etc. responsible for generating improperly digested/metabolized substances.

2. Specific measures include avoiding specific etiological factors such as diet provoking *Kapha*, heavy food, new cereals, new wine, over eating etc. The responsibility of *Ayurveda* extends at different stages of prevention.

**Role of *Ayurveda* in primary prevention of**  
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### Diabetes mellitus

Primary prevention is action taken prior to the onset of disease which removes possibility that a disease will ever occur. High risk people are identified and they are advised socio-economic, behavioral and lifestyle changes. These include modifying lifestyle as per guidelines of *Ayurvedic* classical texts such as good lifestyle practices, non suppression of natural urges, avoiding causative factors and so on after recognizing premonitory signs of diabetes.

### Role of *Ayurveda* in secondary prevention of Diabetes mellitus

Secondary prevention involves measures which are taken to halt the progress of a disease at its incipient stage and prevent complication. Use of anti diabetic herbs and formulations are advised in this phase. In *diabetes*, drugs having rejuvenating, immuno-modulatory action as well as anti-diabetic properties like *Emblica officinalis*, *Tinospora cordifolia*, *Piper longum*, *Curcuma longa* etc. have been found effective and used as adjuvant.<sup>12</sup> Numerous therapeutics has been mentioned for *diabetes* in different *Ayurvedic* texts.<sup>13,14,15,16,17</sup>

### Role of *Ayurveda* in Tertiary prevention of Diabetes mellitus

*Ayurveda* has narrowed role at this stage but use of assured *Rasayana* drugs *Tinospora cordifolia*, *Emblica officinalis* etc. along with firm control of blood sugar help to reduce complications.

### Conclusion

*Ayurveda* prescribes healthy balanced living in competence with a unique mind- body

constitution. Type 2 Diabetes mellitus is increasingly common, primarily because of increases in the prevalence of a sedentary lifestyle and obesity. With proper use of *Ayurvedic* preventive measures such as daily regimen, seasonal regimen, proper method for taking food and therapeutic measures, Diabetes mellitus can be prevented at all levels and longevity can be increased.

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