ROLE OF AYURVEDA DIETETICS IN THE MANAGEMENT OF MADHUMEHA (DIABETES MELLITUS): A REVIEW

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INTRODUCTION

Madhumeha is one among the polyuric disease described under the prameha rogas which can be correlated with type 2 Diabetes mellitus. In charaka samhita, Madhumeha has been described as a type of vataja prameha which is characterised by passing of honey like urine in excess amount.1 Diabetes mellitus is the most common, chronic endocrine disease having social, medical and economic result in globally.2

Prevalence of diabetes is difficult to determine because various standards, may no longer acceptable, have been used in diagnosis and as per recent reports of the international diabetes federation in 2017, approximately 425 millions adults (20-70 years) were living with diabetes; by 2045 this will rise to 629 million and the proportion of people with type 2- diabetes is increasing in most countries.3 At present, there are number of factors that influences the development of type 2 diabetes. These include consumption of unhealthy food and inactive lifestyle with sedentary behaviour.4

PUBLIC HEALTH ASPECTS OF DIABETES

The cost of diabetes to the community increasing, and recent estimates in the USA indicates that the rate of increase is escalating, now accounting for more than US $100 billion per year.

Overall life expectancy in the diabetic patient is reduced by about 25%. The cause of death differs in type 1 and type 2 diabetes. In type 2 diabetes most deaths are due to cardiovascular disease, including stroke. Diabetes is rapidly growing problem in the developing world, especially in urban populations.5

PATHYA AS CHIKITSA

The main causative factor of madhumeha is due to apathyaaahara(unwholesome food) and viharasevana(poor lifestyle) hence pathya ahara(wholesome food) and vihara(lifestyle) is the main treatment in the management of madhumeha.

The starting point and mainstay of treatment for type 2 diabetes are diet and other modification of lifestyle. Diet is important to reduce weight, to lower blood glucose concentration and increase insulin sensitivity, and to reduce cardiovascular risk factors such as abnormal lipid profile and hypertension. The dietary recommendations are essentially the same for type 2 diabetes and indeed follow a healthy eating pattern suitable for the entire population.6

IMPORTANCE OF PATHYA AHARA IN MADHUMEHA

Pathya ahara (Wholesome food) are equally important as treatment in Madhumeha as it is mainly caused due to apathyaaahara and vihara sevana (Improper food and lifestyle). Pathya ahara is a wholesome food which helps in control of blood sugar level as well as to prevent the complications of disease. It has been mentioned by lolimbaraja in medieval period of his text vaidya jeemanam that - “If a individual follows the dietary rules for particular disease there is very little significance of other interventions. If a individual follows apathy for same disease then other interventions has no value, because without pathyasevana taken drug can’t cure the disease”.7

Table 1: Different Ahara Dravyas for Madhumeha

<table>
<thead>
<tr>
<th>Varga</th>
<th>Pathya</th>
<th>Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuha Dhanya</td>
<td>Purana Shali, Yava (barley), Shashtika Shali (rice variety), Shyamaka (barnyard millet), Kodrava (kodo millet), Nivar (variety of rice)</td>
<td>- Shyamaka and kodrava are kashaya rasa, laghu, ruksha guna, ushna veerya and katu vipaka is kaphahara with lekana property.</td>
</tr>
<tr>
<td>Shama Dhanya</td>
<td>Mudda (Green gram), Adaki (Pigeon pea), Chanaka (Chick pea)</td>
<td>- All are having kashaya rasa, laghu ruksha guna and kaphahara</td>
</tr>
<tr>
<td>Mamsa Varga</td>
<td>Aja Mamsa (Goat meat), Gramya Kuukkuta Mamsa (Domestic)</td>
<td>- Aja mamma is not much shita, guna, abhishandi</td>
</tr>
<tr>
<td>Shaka Varga</td>
<td>Tanduliya (Amaranthus), Shigur (Drum stick), Karavelaka (Bitter gourd), Patola (Pointed gourd), Gajara (Carrot), Koshataki (Ridge gourd), Kakamachi (Black night shade)</td>
<td>- Kapha hara, tikta rasa, laghu guna, ushna virya</td>
</tr>
<tr>
<td>Phala Varga</td>
<td>Tinduka (Indian persimmon), Jambu (Gauva), Amalaki (Indiaceoosbery), Kapitha (elephant apple), Dadima (Pomegranate), Pakva Mochi (Unriipped banana)</td>
<td>- Tinduka – kashaya rasa and laghu guna indicated in prameha.</td>
</tr>
<tr>
<td>Madhya Varga</td>
<td>Puratana Sura (Old wine)</td>
<td>- Laghu, srotoshudhi (clarifies the channels) and digetsive</td>
</tr>
<tr>
<td>Jala Varga</td>
<td>Ushna Jala (Hot water), Shrita Sheeta Jala (Lukewarm water)</td>
<td>- Laghu, Dipana and kaphahara</td>
</tr>
<tr>
<td>Aharayogina Varga</td>
<td>Laja (Marichia (Black pepper), Samdhava (Rock salt), Haridra (Turmeric), Ardaka (Ginger), Purana Madhu (Old honey), Purana Guda (Old jagery), Takra (Buttermilk), Lashuna (Garlic), Jeeraka (Cumum), Ajamoda (Celery seeds), Trikatu (combination of black pepper, long pepper and ginger)</td>
<td>- All are kapha vata nashaka ahara drava with dipana, laghu guna</td>
</tr>
</tbody>
</table>

Table 2: Different Pathya Kalpana for Madhumeha

<table>
<thead>
<tr>
<th>PATHYA KALPANA</th>
<th>METHOD OF PREPARATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>Mudda yusha (Green gram soup)</td>
</tr>
<tr>
<td>2)</td>
<td>Kulathla yusha (Horse gram soup)</td>
</tr>
<tr>
<td>3)</td>
<td>Musoora yusha (Red lentil soup)</td>
</tr>
<tr>
<td>4)</td>
<td>Shyamaka anna (barnyard preparation)</td>
</tr>
<tr>
<td>5)</td>
<td>Yava rottiaka (barley chapatti)</td>
</tr>
</tbody>
</table>

DIETIC MEAL PLAN FOR DIABETIC

The primary focus in diabetes care is glucose control were three main principles of nutritive therapy is applied – Total energy balance, nutrient balance and food distribution balance. Hence food distribution must be planned especially by person using insulin, and adjusted according to each days scheduled activities and blood glucose monitoring to prevent the episodes of hypoglycaemia from insulin reactions. Careful distribution of food and snacks is especially important for children and adolescents with diabetes to balance with insulin during growth and changing hormone pattern of the puberty.

DISCUSSION

Madhumeha can be correlated to type 2 diabetes mellitus that can be treated with pathya ahara and vihara (wholesome food habits and lifestyle) sevana along with other chikitsa as the main causative factor of madhumeha is apathyahara and vihara sevana. Pathya ahara acts in all aspects of healthy life by promotive, preventive and curative which helps in dheergajevevanam (increases lifespan), sukhayu (happy and healthy life) and hitayu (good and productive life) though it is a yapya vyadhi (manageable disease) and also helps in preventing the further complications. Pathya ahara is food as well as medicine for madhumeha person by its different rasa, guna, veerya and vipaka which helps in alleviation of dosha and dhatu.

The main objective for the management of madhumeha is to normalise blood glucose values, to activate normal body weight and to prevent postponed complications associated with diabetes. The importance of pathya in the management of madhumeha varies with types of disease. In insulin dependent patients particularly those on intensive insulin regimens, the composition of diet is root of critical importance, since adjustments of insulin can cover wide variation in food ingestion. In non-insulin dependent patients not treated with exogenous insulin, more rigorous abundance of fixed diet is required, since endogenous insulin reserves limited.

CONCLUSION

Ayurveda classics has elaborately mention about the proper food and lifestyle to be followed in all diseased condition. As irregular
food habits plays an important role in the development of type 2 diabetes mellitus. Along with the drug intervention an equal importance to be given to promote healthier food habits especially for high risk individuals. Though diabetes is difficult to cure but proper food habits helps in preventing the onset and complication.

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