



“Role of *Pathya-Apathya* in the management of *Apathyanimittaja Prameha*

w. s. r. to Type-2 Diabetes Mellitus ”

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ABSTRACT :

Diabetes Mellitus being a metabolic disorder of multiple etiology, shared the phenotype of hyperglycemia along with the disturbance of carbohydrate, protein and fat metabolism resulting from the defects in insulin secretion, action or both. It is one among the lifestyle disorders. Lifestyle disorders are the diseases which are associated with the way a person or group of people live. The incidence of Type 2 Diabetes Mellitus is not only confined to the developed countries but the developing countries are also at high risk due to the increased westernization and also with the rapid economic development. In India, as the disease profile is changing rapidly, the situation is quite alarming. Modern medical science has achieved a tremendous development in anti-diabetics. In spite of this, there is an increasing need for improving the overall

health of an individual. Cost effective Ayurvedic lifestyle modifications can contribute towards preventing the burden of this disease. Ayurveda may prove to be effective in the management of *Apathyanimittaja Prameha* as it is very difficult to prescribe strict calculated calorie diet, so, it is better option to suggest among the traditional foods with possible modifications and this can contribute a lot in prevention.

Keywords: Type 2 Diabetes Mellitus, *Apathyanimittaja Prameha*, lifestyle modifications, *Pathya-Apathya*.

INTRODUCTION :

Though Modern Medical Science has undergone a miraculous achievement, still humanity is going through drug phobia and a horror of disease, particularly in developing countries like India. Improper, imbalanced diet and sedentary lifestyle are

showing upward trends; this has led to emergence of several health problems, among those Diabetes Mellitus is a giant disease considered as one of the arch enemy of mankind. WHO estimates that atleast 171 million people suffer from Diabetes and this number is expected to rise to 366 million by the year 2030. According to DMRC (Diabetes Mellitus Research Center, New Delhi), in coming days, 1 out of every 500 person will suffer from Diabetes. In India, it has turned out to be the biggest “Silent Killer”. The ‘Western behavioural patterns’ like luxurious life style, stress regarding jobs, less physical activity, irregular timings of food, junk-frozen-fried foods, less awareness towards exercise and outdoor games, all these factors together make a fatal package called Type 2 Diabetes Mellitus, which is similar to disease ‘Apathyanimittaja Prameha’ mentioned in Ayurvedic Classics. In Ayurvedic texts, the given characteristic features of Apathyanimittaja Prameha shows marked similarity with Diabetes Mellitus. Etiological factors of Prameha are Madhura, Amla, Lavana rasa dominant diet mentioned as ‘Dadhini Gramya udaka anupa rasa payasi’ and life style such as ‘Aasya sukham swapna sukham [1] are similar to the causes stated as Over eating, eating of large amount of carbohydrates mainly sugar rich substances, dairy

products, practicing sedentary life style, over weight in Modern Medical Literature. Type 2 Diabetes Mellitus is a syndrome characterized by variable degrees of impaired insulin secretion and increased glucose production. Distinct genetic and metabolic defects in insulin action and or secretion give rise to common phenotype of hyperglycemia in Diabetes Mellitus. Unfavorable dietary habits and lifestyle modifications, associated with urbanization are the most important factors for the development of the disease. According to the Modern System of Medicine, Type 2 Diabetes Mellitus is known as “Richman’s Disease” because a person who is able to enjoy the pleasure of life without any perceptible exercise is usually affected with this disease and this can be compared with *Sthula Pramehi*. The importance of over nutrition can be stated by the fact that above 40years, 80% of population who are developing diabetes are over-weight. So, Obesity is risk factor for Type 2 Diabetes Mellitus.[2] Ayurveda, the science since time immemorial has mentioned some remarkable tips for the management as well as prevention of Diabetes Mellitus and its complications along with the unique lifestyle modifications for cure and care. In India, the situation is quite alarming. The disease profile is changing rapidly. The WHO has identified India as

one of the nations that is going to have most of the lifestyle disorders in the near future.[3] The extensive knowledge of Ayurveda is based on preventive care, derives from the concepts of Dinacharya(daily regimen), Ritucharya(seasonal regimen) and through the adoptions of Swasthavritta and Sadvrittapalana(good conduct)[4] to maintain healthy life.

MATERIALS AND METHODS :

- The concept of Lifestyle modifications was studied in detail.
- The references of Pathya-Apathya of Ahara and Vihar were studied and compiled from various Ayurvedic classics and its correlation was done using the logical inference.
- The disease Prameha and Diabetes Mellitus was studied from the Ayurvedic classics and modern science respectively.

REVIEW OF PATHYA- APATHYA :

Ayurveda mentioned the significance of lifestyle and also stated that the error in maintaining this will be responsible for the causation of disease. Prameha is a Chirakari Vyadhi and the Yapana of the vyadhi must be carried out with the help of Aushadha, Ahara and Vihara. Among them; Ahara and Vihara are the

causative factors (Hetu) for the occurrence of the disease (vyadhi), so, are of much importance than that of the aushadha (drugs). Pathya Ahara - Vihara means that those Ahara, vihara which are suitable for Pramehi rugna and Apathya means the factors which induce the disease. The wholesome food and a positive lifestyle contributes to the healthy living.

The Pathya Ahara Dravyas for Pramehi rugna includes :

- Shookha dhanya [Grains]: Shashtikashali, Yava, Godhuma, Kodrava, Jeera shali, Uddalaka. These must not be newly harvested.
- Shami dhanya [Pulses]: Chanaka, Adhaki, Kulattha, Mudga.
- Shaka [Vegetables]: Fresh herbs described under Tikta-varga and Kashaya-varga[5].
- Mamsa [Non-veg]: Jangala mamsa which is fatless e.g. Mriga, Dvija Mamsa which is Jangala in origin, Vishkira and Pratuda Mamsa[6]. These Mamsa must be Shulya i.e. roasted with the help of Shulya [Tandoor].
- Taila [Oils]: Nikumbha, Danti, Ingudi, Sarshapa, Atasi – to prepare different food preparations.
- Pana [Drinks]: Mantha, Kashaya, Sarodaka, Kushodaka, Madhudaka, Triphala Rasa, Sidhu, properly

prepared Madhvika which is having premium quality and has fermented since long time.[7]

The Apathya Ahara Dravyas for Pramehi rugna includes :

- Shooka dhanya [Grains]: Hayanaka, Chinaka, Yavaka, Uddalaka, Naishadha, Itkata, Mukunda, Pramodaka, Sugandhaka. Freshly harvested grains.
- Shami dhanya [pulses]: Harenu, Masha - must not be freshly harvested and must not be taken with ghee.
- Mamsa [Non-veg]: Gramya Mamsa, Anupa Mamsa, Audaka Mamsa
- Milk preparations: Payasa, Ksheera, Mandaka Dadhi.
- Alcoholic preparations: Recently prepared Madya and other drinks which are sweet.
- Others: Pishtanna, Tushodaka, Shukta, Panak, Sauviraka, Krishara, Vilepi, Maireya, Ikshuvikara, Shaka, Vishama ahara, Amla Yavagu, Tila, Palala,
- Avoid junk food, fermented food, fast food, excessive intake of sweets, meat and milk products.

The Pathya Viharas for Pramehi rugna includes :

- Acharya Charaka has mentioned different forms of Vihara as a preventive measure for Prameha.
- Different types of stressful exercises-
 - Udvartana
 - Snana
 - Avasechana by jala
 - Vilepana by Ushira, Twak, Ela, Agaru, Chandana.
 - Regular physical exercises enhances the insulin sensitivity and in turn helps in glycemic control.
- Apatarpana with the help of Vihara in the treatment of Prameha is mentioned by all Acharyas.
- Asanas like :-Vajrasana, Mandukasana, Pacchimotasana, Ardha Matsyendrasana, Halasana. This Asanas helps to increase the efficacy and function of the organ and also of the endocrine function.
- Pranayamas like :- Kapalbhathi, Bhramari , Bhastrika.
- Meditation also plays a important role as it helps in reducing stress which in turn lowers the blood sugar level.
- Suryanamaskar should be performed daily as it increases the blood supply to various body parts and in turn helps to burn the excessive fat.[8]
- Various lifestyle modifications like getting up early in the morning(Brahma muhurta), brisk

walking (Chankraman), Adequate sleep for 6 to 8 hours at night.

All these maneuver help to reduce Meda and Kapha which are the main culprits in Prameha.

The Apathya Viharas for Pramehi rugna includes:

- Asyasukha (sitting in a comfortable position on chair with back support, movable chair)
- Swapnasukha (day sleeping)
- Avoidance of Udvartana
- Avoidance of Exercise(Avyayama)
- Ekasthana-asana
- Excessive Shodhana therapy

DISCUSSION:

Ayurveda provides various methods for the better management of the disease in the form of Pathya-Apathya (dietary management), Shodhana and shaman therapy, Lifestyle modifications in the form of Yoga, Exercises and various rejuvenation therapy. Diabetes is one among the lifestyle disorders and this diseases are associated with the way a person or group of people live. The incidence of diabetes is not only confined to the developed countries but the developing countries are also at high risk due to the increased westernization and also with the rapid economic development. In India, as the disease profile is changing rapidly, the situation

is quite alarming. Modern medical science has achieved a tremendous development in anti-diabetics. Inspite of this, there is an increasing need for improving the overall health of an individual. Cost effective Ayurvedic lifestyle modifications can contribute towards preventing the burden of this disease as they helps in reducing the blood sugar level, also helps in reducing stress, helps in improving the metabolism, regulates the autonomic nervous system, also alters the hypothalamopituitary adrenal glands which acts as neural mediators of hyperglycemia. Ayurveda may prove to be effective in the management of Prameha as it is very difficult to prescribe strict calculated calorie diet, so, it is better option to suggest among the traditional foods with possible modifications and this can contribute alot in prevention. The rich knowledge of Ayurveda for the prevention of the disease can be revealed through the study of Ahara, Vihara which means through the lifestyle modifications.

CONCLUSION :

Diabetes Mellitus is a metabolic disorder affecting the health and well being of masses. It is a chronic condition affecting the blood sugar levels and can last for a lifetime and also cause long term complications like kidney failure,

blindness, atherosclerosis leading to stroke, coronary artery disease. Unfavorable dietary habits and lifestyle modifications, associated with urbanization are the most important factors for the development of the disease. According to Ayurveda, it is included in Yasya disease(difficult to cure). So, in order to prevent the onset of this disease, lifestyle modifications as well as Yoga, Asanas plays an important role as it ensures a good glycemic control and also helps in increasing the quality of life .

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