



Review Article

PREVENTING APATHYANIMITTAJA MADHUMEHA - AN AYURVEDIC APPROACH

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ABSTRACT

Prevention is always better than cure especially in diseases such as Type 2 DM which is fast gaining the status of a potential epidemic in India with more than 62 million diabetic individuals currently diagnosed with the disease. The disease *Madhumeha* can be correlated with Type 2 DM. The disease is characterized by metabolic abnormalities and long term complications involving the eyes, kidneys, nerves and blood vessels. *Madhumeha* being an *Anushangi vyadhi* will make the person suffer for life time. Complications are further more difficult to treat. Hence it is always recommended in Ayurvedic classics to prevent the manifestation of diseases as much as possible and also to prevent the *Upadravas* if *Madhumeha* is already manifested.

A good and proper diet in disease is worth a hundred medicines and no amount of medication can do well to a patient who does not follow a strict regimen of diet. *Pathya ahara* is the first and foremost step while considering the prevention of *Madhumeha*. Another factor which has important role in the disease manifestation is improper *Vihara* which can be considered for increased urbanisation, high prevalence of obesity, sedentary lifestyles and stress. Healthy life style has a key role in preventing *Madhumeha* and also to ease the life with *Madhumeha* by delaying the complications.

Hence the present study is aimed at collecting and compiling various preventive measures which are explained by our Ayurvedic *Acharyas* to prevent *Madhumeha* and its complications.

**KEYWORDS:** *Madhumeha*, Type 2 DM, *Pathya*, *Shodhana*, *Shamana*.

INTRODUCTION

“*Swasthasya Swaasthya Rakshanam, Athurasya Vikara Prashamanam* |”<sup>[1]</sup>

The very famous quotation emphasizes the importance of preventing the diseases to maintain *Swaasthyata* which is explained before the treatment of diseases.

There are two types of people- *Parikshaka* and *Loukika*.<sup>[2]</sup>

*Parikshaka* who is a wise observer who are endowed with knowledge, intelligence, memory, skill, tranquility, patience etc., good qualities always accustom himself to wholesome regimen after proper examination where as ignorant people deprived of the above said qualities, whose minds are covered with *Rajas* and *Tamas* run after apparently pleasing regimen i.e., *Tadaatve Sukhakaram Aayaati Viruddham* and succumbed to various types of diseases.

Observance of certain regimen may cause temporary unhappiness but in a long run it leads to happiness and the wise adopt one or the other of them. Ignorant people follow such of the regimen as

bring them temporary happiness but in the long run they lead to misery.

This is key hint told by Acharya *Charaka* for maintenance of health.

*Madhumeha* is one among the eight *Maharogas* and is described as *Anushangi vyadhi*<sup>[3]</sup> which means it is *Punarbhavi* or chronic in nature. Therefore one should make all efforts to prevent and control the progression of the disease.

**Nidana**

The etiological factors are many but Acharya *Charaka* states that all those *Nidanas* that produce excessive aggravation of *Kapha*, *Meda*, *Mutra* are to be considered such as *Guru*, *Snigdha*, *Amla*, *Lavana Rasa Ahara* taken in excessive quantity, *Navanna* or *Nava Madyapana*, habituated to excessive sleep, sedentary life style, those who are devoid of *Vyayama*, *Chinta* and *Samshodhana Karma*.<sup>[4]</sup>

**Samprapti**

Due to the *Santarpana Karanas*, vitiated *Kapha* and *Pitta Doshas* along with *Mamsa* and *medas* obstructs the normal pathway of *Vata* leading to *Vata*

*prakopa* which draws out *Oja* from all over the body and carries towards *Basti*. *Ojas* is excreted through *Basti* manifesting *Madhumeha*.<sup>[5]</sup>

There are various references about how to prevent the onset of diseases vividly explained in our *Bruhatrayis*. It is very clearly said in Charaka Samhita that in order to prevent *Anutpatti roga* and who is *Sukharti*- who is desirous of happiness should follow the regimens such as *Dinacharya*, *Ritucharya*, *Sadvrutta* etc.<sup>[6]</sup>

Acharya Vagbhata in *Ashtanga Sangraha* has mentioned about how a *Bheshaja dweshi* succumbs to illness. The three *Doshas* ie., *Vata*, *Pitta* and *Kapha* are constantly undergoing changes by the effect of seasons, food and activities even in healthy individual and hence there is *Sanchaya* of the *Doshas* in milder form which is not capable enough to manifest any disease. Hence timely purificatory therapies are recommended to remove such aggravated *Doshas* and check the further aggravation. If a person is *Bheshaja Dweshi* and neglect taking purificatory therapies can lead to further accumulation of the *Doshas* and the channels of nutrition to the tissues become blocked resulting in diseases such as *Atisthoulya*, *Agnisada*, *Meha*, *Kushta* etc.<sup>[7]</sup> Hence in order to prevent *Prameha* it is necessary to undergo *Shodhana* therapies accordingly.

Acharya Charaka has given more importance to *Yava* not only in the treatment of *Atisthoulya* and *Prameha* but also emphasises its importance in the prevention of *Meha*, *Kushta*, *Shwitra*. One who makes the habit of consuming fried *Yava* can get rid of the above said diseases.<sup>[8]</sup>

*Mudga* and *Amalaka Prayoga* also help in preventing these diseases.<sup>[9]</sup>

In *Meha* which is correlated with Type 2 DM, Sedentary Lifestyle is said to be one of the causative factors. Our classics give us a strong base for the utilization of *Vyayama*, and other physical activities such as *Udwartana*, *Snana*, *Jalavaseka* etc., to prevent and also treat *Meha*.<sup>[10]</sup>

*Meha* being caused due to *Santarpana Karanas*, *Virookshana* should be adopted as early as possible to prevent the progression of the disease. *Kashaya* prepared with *Triphala*, *Patha*, *Saptaparna*, *Vatsaka*, *Musta*, *Madana*, *Nimba* should be taken regularly to prevent *Santarpana Janya Vikaras* including *Meha*.<sup>[11]</sup>

Since *Medas* is the prime culprit in *Prameha*, *Nidan*as such as day sleep, *Avyayama*, excessive consumption of fatty foods, excessive consumption of water etc., should be avoided which does the *Pradooshana* of *Medovaha Srotas*.<sup>[12]</sup>

Acharya Sushruta has explained about how the *Santarpana Nidan*as manifest *Sthoulya* and if the pathogenesis of *Sthoulya* is not inhibited by *Virookshana* and *Chedhana Dravyas*, *Vyayama*, and *Lekhana basti* can progress further to manifest as *Prameha*. It is very clear indication to prevent *Prameha* to further avoid the complications such as *Prameha pidakas*.<sup>[13]</sup>

Due to the grave complications of *Prameha*, Acharya Sushruta has emphasised to prevent *Prameha* at each level right from the *Poorvaroopavastha*. One should be administered with *Vanaspathi kashaya* like *Kashaya* of *Vata*, *Khadira*, *Kramuka* etc., and also *Chaga Mootra Prayoga* can be done.<sup>[14]</sup>

Acharya Sushruta has also hinted about the precious formulations such as *Navayasa* which contains *Triphala*, *Chitraka*, *Trikatu*, *Vidanga*, *Musta*, and *Krishnayas Choorna* which helps in preventing *Sthoulya*, *Prameha* etc.<sup>[15]</sup>

## DISCUSSION

*Prameha* is a disease where *Prabhoota Avila Mutra* is excreted. *Svabhava* of *Prameha* such as *Chirakaleena* (Chronic), *Anushangitva* (relapsing), *Mahagada* (grave disease) makes it a complicated disease to treat. Hence the chance of attaining *Prameha Mukta Lakshana* is very difficult. Hence in such diseases prevention is always the best remedy. In most of the patients *Madhumeha* is caused due to following improper *Ahara Vihara* etc., (*Apathya nimittaja*) which can be correlated with Type 2 DM, it can be prevented by avoiding the causative factors and also adopting certain easy measures which are explained in our classics. These measures not only prevent the manifestation of disease but will also help in people who are already suffering from the disease to prevent the grave complications.

## CONCLUSION

*Madhumeha* is a *Mahagada* whose incidence is rising rapidly in India. *Madhumeha* is often equated with Type 2 DM, which is said to be a life style disease.

Prevention in *Madhumeha* is important at two levels-

- Preventing the onset by following, *Dinacharya*, *Ritucharya*, *Sadvrutta*, maintaining normal body weight, avoiding *Apathya Ahara Vihara* and resorting to proper *Pathya*.
- Preventing complications due to which the morbidity and mortality levels have increased enormously and pose burdens on both families and society.

It is also very important to make all efforts to prevent Diabetes to achieve the Global Sustainable Development goal 3 target of reducing premature mortality from non communicable diseases by 2030.

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