

ROLE OF LIFE-STYLE INTERVENTION AND YOGA IN PREVENTION AND MANAGEMENT OF MADHUMEHA

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ABSTRACT

Ayurveda describes the importance of preventive aspects of health rather than curative. Centuries ago: Ayurveda laid the concept of *Dinacharya* (Daily regimen) *Ritucharya* (Seasonal regimen) *Sadvritta* (Social conduct) as well as established guidelines for healthy lifestyle and yoga. But in current era: Hardly anyone aptly follow it. As a result there is dreadful rise in lifestyle disorder as Pandemic Diabetes being the most threatening among them. In *Madhumeha* certain risk factor are included: 1. Unsatisfactory diet, 2. Overweight, 3. Sedentary Life style. Acharayas have widely described the role of Life style and Yoga to control *Madhumeha* and reduced it.

Keywords: *Madhumeha*, *Yoga*, Life style, *Ayurveda*, *Asana*, *Pranayama*, Stress.

INTRODUCTION

Life style intervention and yoga have the anti-diabetic potential without inducing perverse effects. *Prameha* is a metabolic disorder and the important etiological factors are Sedentary Life style (due to *Prajnaparadha*) e.g., Day time sleeping, Avoid exercise, Injurious intake of food (due to lack of self-control). Excessive intake of fermented food, sweets, meat and oily food items, curd, milk.¹ Long standing Stress (due to unsatisfied desire) leads to sleeplessness,

irritation, depression, frustration (Violent negative emotions) and genetically.

It is diagnosed mainly with the help of sign and symptoms. Non Insulin Dependent Diabetes Mellitus (NIDDM): Can be considered as "*Madhumeha*" in Ayurveda. It is a *Tridoshaj Vyadhi* and it is also a Life style disorder.

Ayurveda offers a different way to understand Type 2 Diabetes Mellitus (T2DM) and its management. Charaka the father of

Indian medicine describes *Madhumeha* as a disease (In *Ashta Mahagada* also included)² characterised by covering (*Avaran*) of excess *Kapha* over *Vata* and these obstructed *dosha* create the problems in the form of many diseases e.g., D.M.

Tridosha (VATA:-Wind, PITTA:-Bile, KAPHA: Phlegm) are basic pillars of life. Balance functioning of these “*Tridosha*” is Health and imbalance stage causes the Disease.³

Disturbance in *doshas* causes 20 types of *Prameha* and one of them is *Madhumeha* /D.M. It is a chronic type of *Prameha* /Diabetes.⁴Diabetes Mellitus is a chronic metabolic disorder due to absolute or relative deficiency of insulin secretion with and without varying degree of insulin resistance.

Madhumeha mainly manifested with “*Prabhuta AvilMutram*” (increases frequency and turbidity of Urine). *Mutravahastrotas* is mainly affected that leads to *Madhumeha*.

AIM AND OBJECTIVE:-

To assess the effect of Ayurvedic Yoga and Lifestyle guidelines for prevention and management of T2DM /NIDDM.

The article discuss the role of Yoga (Several postures,, Breathing technique, Meditation) and life style intervention which are helpful to control stress and provide relaxation and as a new approach towards healing D.M.

SIGN AND SYMPTOMS:-

1. Polyuria :- *PrabhutaMutrata*
2. Polydipsia :- *Trasadhikyata*
3. Polyphagia :- *Ksudhadhikyata*
4. Weakness :- *Daurbalya*
5. Turbidity Inurine :- *AvilMutrata*

6. Numbness: *Kara-pada dah Suptata*.⁵

BURNING OF HANDS AND FEETS

Yoga is not only exercise, it has significant role in body changes: (Physically, Physiologically, Emotionally, Mentally, Spiritually).Yoga should be practiced in early morning under the supervision of an expert. Yoga includes various health promoting tools such as *Asana* (Postural Exercise), *Pranayama* (Breathing Exercise) and *SuddhiKriyas* (Purification Process) by *ShatKarma*. All these works are for human health in all aspects.

MATERIALS AND METHODS

Life style intervention and Yoga Schedule was prepared on the basis of Ayurvedic principles. Ayurvedic recommendations for prevention of Diabetes were rotationally viewed in light of published information from several articles. Publication in Pub Med, Sushruta Samhita, Charak Samhita, and other online allied databases.

The highly disturbed and stressful life in present has led to many Life style disorders like Diabetes Mellitus that affects almost whole body system of human.

SOME IMPORTANT LIFE STYLE MODIFICATION POINTS:-

- 1) Get-up early in morning(*BrahamaMuhurta*)
- 2) Brisk Walking (*Chakramana*)
- 3) Light Massage (*Abyanga*)
- 4) Light Exercise or Yoga (*Asana, Pranayama*)
- 5) After lunch walking for 15 minutes.
- 6) After dinner slow walking for 15 minutes.

- 7) Sleep only 6-7 Hr. during night time.
- 8) Avoid sleep in day time.
- 9) Avoid excess intake of sweet, meat, chocolate, milk products.
- 10) Avoid *Urada*, fried items, fast foods, pickles, fermented items.
- 11) Avoid cold drinks, alcohol substance.

We should follow proper daily schedule⁶

Table 1: Daily Schedule

TIME	DURATION	SCHEDULE
5:00 – 5:30	30 Minutes.	Om Meditation
5:30 - 6:30	60 Minutes.	Yoga (Asana and Shatkriya
6:30 - 7:30	60 Minutes.	Routine work (Bath etc.)
7:30 - 8:00	30 Minutes.	Prayer
8:00 - 8:30	30 Minutes.	Breakfast
8:30 - 12:30	4 Hr.	Daily Job
12:30 -1:30	60 Minutes.	Lunch
1:30 - 2:00	30 Minutes.	DRT(Dep Relaxation Technique)
2:00 - 6:00	4 Hr.	Daily Job
6:00 - 6:30	30 Minutes.	Light Exercise or Evening Walk
6:30 - 7:30	60 Minutes.	Prayer (Bhajan)
7:30 - 8:00	30 Minutes.	Mind Sound Resonance Technique
8:00 - 8:30	30 Minutes.	Dinner
8:30 - 9:30	60 Minutes.	Cleansing of Eye and Mind(Trataka)
9:30 - 10:00	30 Minutes.	Self-study
10:00		Light off

Yoga is an effective health restorer, stress reducer and effective in maintaining blood sugar level with the help of Meditation. Stress induces blood glucose level and through Meditation stress reduces, thus blood glucose

level also decreases. Fatty acid also decreases after continuous practice of Yoga. Free fatty acids are insulin antagonist and their reduced level improves the Diabetic status.⁷

Table 2: Yogic Schedule

Yoga	Duration	Posture
Warming Up/ Rotation/Stretches	5 Minutes.	
<i>Suryanamaskar</i>	5 Minutes.	12 Steps
<i>Asanas</i>		
<i>Trikonasana</i>	3 Minutes.	Standing
<i>Siddhasana</i>	3 Minutes.	Sitting
<i>Pavanamuktasana</i>	3 Minutes.	Supine
<i>Bhujangasana</i>	3 Minutes.	Prone
<i>Savasana</i>	3 Minutes.	Supine
<i>Pranayama</i>	Breathing Practice	
<i>Anuloma-Viloma</i>	5 Minutes.	Nostril Breathing

<i>Bhramari</i>	5 Minutes.	Bee Like Breathing
<i>Suddhikriya</i>	Cleansing Process	
<i>Kapala Bhati</i>	3 Minutes.	Abdominal Breathing
<i>Trataka</i>	5 Mint.	Concentrate On An Object

ASANAS:- “*Sthir Sukhama Asanam*” means stable and comfortable posture of body.

Many other Yoga are beneficial in *Madhumeha* e.g., *Vajrasan:-* Diamond Posture (Single one Asana that can be practised after meal), *Bhastrika Pranayama* (bellow Breathing): Best way for gaining enlightenment and tranquillity, brings the proper balance of *Tridosha*. *Ardhamatsya Asana:-* Half spinal twist posture (Most useful Asana in Diabetes).⁸ Asana and *Pranayama* reduce the over activity of central and autonomic nervous system. Internal organs and Endocrine glands are stretched and undergo strain due to Yogic Asana that increases the blood and oxygen supply in whole body, mainly affected parts, thus increases the efficiency and functioning of the affected parts and endocrine system of body. Yoga (*Ujjayi Pranayama*) also activate the Thyroid gland which stimulate nerve impulsion and the activity of Pancreas that regulate the metabolism of whole body which is beneficial in treatment of D.M.⁹⁻¹⁰

DISCUSSION

The holistic module of management of *Madhumeha* is based on genetic personality (*Prakriti*), imbalance state of *dosha (Vikarti)* and status of *dushya, srotas, agni, aama* etc. Avoiding of etiological factors (*NidanParivarjana*) through change in Life style and by practice of Yoga we can prevent and manage the *Madhumeha*.

SUGGESTION FOR FUTURE WORK

In present, Physical activities are reduced due to sedentary lifestyle, thus influences the Life style disorders like D.M. Ayurveda laid the concept of Life style (*Dinacharya, Ratricharya, Ritucharya* and *Sadvritta*) and Yoga for prevention and control of diseases, but hardly any one is aptly following it. Disappointingly, to manage Diabetes without any side effects is still a challenge without Healthy Life style and Yoga.

CONCLUSION

Ayurvedic guidelines of Life style for adopting a healthy dietary pattern along with physical activity that are valuable tools in the prevention of D.M. Though Yoga and Life style intervention may counter the complex pathology of NIDDM and it not only ensures good glycaemic control but also help in delay of diabetic complications.

KEY MESSAGE

D.M. is an important global health concern of the present era and needs immediate attention. The various treatment options available in Ayurveda such as Yoga and Life style intervention act on different aspects of disease thus providing an overall effective management of condition.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Pooja Sharma Et Al: Role Of Life-Style Intervention And Yoga In Prevention And Management Of Madhumeha. International Ayurvedic Medical Journal {online} 2017 {cited April, 2017}

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http://www.iamj.in/posts/images/upload/1039_1043.pdf