



## ROLE OF PATHYA-APATHYA AAHARA IN MADHUMEHA

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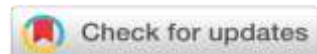
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**ABSTRACT**

In the present era, a part of society is unable to follow dietary rules regularly. Due to it, they are suffering from many types of lifestyle disorders like Heart disease, Hypertension, Obesity, Diabetes mellitus, etc. Diabetes mellitus is the most common among them. In Ayurvedic classics, *Prameha* and *Madhumeha* are described as similar to diabetes mellitus. Untreated all types of *Prameha* are converted into *Madhumeha*. *Acharya charaka* has described many *Nidanas* for *Madhumeha* i.e., *Guru*, *Snigdha*, *Amla* and *lavana rasa* substances, *Navanna pana*, excessive sleep, etc. At present time *Apathya Aahara* is the major risk factor for *Madhumeha* (diabetes mellitus). So it is necessary to understand the Ayurvedic dietary and life style guidelines for the prevention of *Madhumeha*.

**Keywords:** *Madhumeha*, *Pathya Aahara*, *Apathya Aahara*

**INTRODUCTION**

Ayurveda has two aims and objectives; the first aim is to maintain the healthy states of individuals and the second is to prevent diseases. In Ayurveda, *Prameha* is a urinary disorder characterized by profuse urination with several abnormal qualities due to

imbalance. On the basis of *Doshas*, there are 20 types of *Prameha*. Untreated *Prameha* is converted into *Madhumeha*. *Madhumeha* is a subtype of *Vatika Prameha*. which is very similar to diabetes mellitus. Diabetes mellitus is a chronic metabolic disorder

that prevents the body from utilised glucose completely or partially. It is characterised by raised glucose concentration in the blood and alterations in carbohydrate, protein, and fat metabolism. This can be due to failure in the formation of insulin or liberation or action<sup>1</sup>. Diabetes is a major public health challenge of the 21<sup>st</sup> century. Increasing urbanization, industrialization, and economic advancements affect the biological and environmental risk factors for diabetes and other communicable diseases. Diabetes affects both men and women and now children are also found to be affected by it. If it is not treated in proper time, it can progressively cause many complications and affect the feet, eyes, heart, and kidneys. Therefore, it is essential to prevent *Madhumeha* from following the guidelines of *Pathya* and *Apathya Ahara* described in Ayurveda classics.

**AIMS & OBJECTIVES:** To know the role of *Pathya-Apathya Aahara* on Diabetes mellitus.

#### **NEED OF STUDY:**

Diabetes mellitus is one of the most common life-style disorders in the present era. The global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014. At present time due to unhealthy lifestyles often every person mistakes regarding the food they eat, the time they sleep, and the endless hours of work in daily life, etc. So, in the present era, it is necessary to know the role of *Pathya-Apathya Aahara* in Diabetes mellitus. We hope that this study is very useful for physicians, students, and research scholars in the field of Ayurveda.

#### **REVIEW OF LITERATURE:**

##### **CAUSES OF PRAMEHA:**

There are many predisposing factors for *Madhumeha* i.e., excessive food intake (like *Guru*, *Snigdha*, *Amla* and *lavana Rasa* substances, *Navanna pāna*, etc.), excessive sleep, sitting in one place for a long duration, avoiding exercise (lack of exercise) and thinking, improper *Shodhanakarma*. Improper food habits that increase *Kapha*, *Medas*, and *Mootra* that all are etiological factors for *Prameha*

or *Madhumeha*<sup>2</sup>. At present time, people are using flour (like Maida) preparations, sweetened drinks, and refrigerated, preserved, and reheated food due to their busy schedules. So, the food is low in fiber, high in glycemic loads, and is associated with an increased risk of *Madhumeha*. Ayurveda said that if one takes *Pathya Aahara* which is suitable for all *Dhatus*, he can never suffer from *Madhumeha*. It is also said that, like a bird reaches its nest on the tree, in the same way, *Prameha* or *Madhumeha* reaches the person who eats excessively, is unhygienic, and lazy<sup>3</sup>.

##### **CLASSIFICATION OF PRAMEHA:**<sup>4,5,6</sup>

In Ayurveda

According to etiologically, there are two types of *Prameha*-

1. *Sahaja* (hereditary)
2. *Apathya Nimittaja* (unwholesome diet)

According to the physical management, there are two types of *Prameha*-

1. *Aptarpanothaja*
2. *Santarpanothaja*

According to *Doshas*, there are 20 types of *Prameha*-

1. *Vataja Prameha* - four *Vataja Prameha*
2. *Pittaja Prameha* - six *Pittaja Prameha*
3. *Kaphaja Prameha* - ten *Kaphaja Prameha*

In modern science-The American diabetes association (2011) has classified diabetes into four clinical classes:

1. Type 1 diabetes - Absolute deficiency of insulin hormone due to auto immune destruction of pancreatic beta cells.
2. Type 2 diabetes - Progressive defect in the production of insulin and insulin resistance.
3. Gestational diabetes mellitus - Diabetes diagnosed during pregnancy that is not overt diabetes.
4. Other specific types of diabetes - occurs due to other causes, such as genetic defects, pancreatic diseases, secondary to other diseases, medical condition, or due to medication.

## DISCUSSION

In India, there are so many cultural variations, so it is very difficult to prescribe strict dietary rules. So, in Ayurveda, the first guideline is *Nidana Parivarjana* (to avoid an unwholesome diet). Ayurveda has a strong emphasis on the maintenance of *Pathya Ahaar*. Regular *Pathya Sevena* is very important. According to *Acharya Charaka Pathya* means the wholesome *Ahara*, which does not adversely affect the body and mind. And those adversely affect the body and mind, are known as *Apathya*. According to *Acharya Lolimbraj* If a person follows the proper dietary rules for a particular disease there is very little required of drug treatment and while a person is exposed to *Apathya* the drug treatment has no valuable. According to *Acharya Gangadhara* a drug or diet not causing harmful effects on the body and is comfortable to *Mana*, is considered *Pathya*. Although pungent and bitter cause discomfort at a time to mind it is ultimately comfortable for the body. So, it is taken as *Pathya*. Thus, anything producing discomfort to mind initially or later on is granted as *Apathya* otherwise taken under *Pathya*.

### **PATHYA AHAARA IN MADHUMEHA:**

Ayurveda suggests taking fiber-rich diet like-

- Grain i.e., *Yava, Godhuma, Shali-Shashtika, Uddalaka, Shyamaka* etc.
  - All types of green vegetables (*Tikta Shaka*)-*Karela, Patol, Rason, Shigru*, etc. can be used as a *Pathya*.
  - Fruits like-*Jambu, Dadima, Amalki, Udumbara, Kapitha*, etc.
- Jamuna* fruit helps to enhance insulin activity.  
*Amalki* fruit helps to decrease blood glucose in diabetes.
- Pulses like-*Chanaka, Adhaki, Kulatha, Mudga*, etc.
  - *Sarodaka, Kushodaka, Madhudaka*, and the other is *Madhu, Hingu, Saindhava*, and *Maricha* are also useful in *Madhumeha*.

### **APATYHA AAHARA:**

- *Navannapana, Ikshurasa, Masha*, milk and milk products, *Anoopa, Gramya, Audakamansa, Pishtanna*, a variety of rice preparations, etc.

It is necessary to understand not only the selection of a proper diet, it is important but the processing of food, the quantity of food, and the frequency of intake are also very important.

**Table No.01: According to Bhavaprakasha & Dravya Guna Vigyana By P.V.Sharma—**

DRAVYA	GUNA	RASA	VIRYA	VIPAKA	KARMA
Yava	Ruksha, Mridu, Guru	Kashaya, Madhur	Sheeta	Katu	Medha, Ag-nivardhaka
Godhuma	Guru, Snigdha	Madhur	Sheeta	Madhur	Vata, Pittahara, Sandhanakrita
Shaali	Snigdha	Madhur	Sheeta	Madhur	Balya
Shashtika	Snigdha	Madhur	Sheeta	Madhur	Tridosha Shamaka
Shyamaka	Ruksha				Kapha-Pittahara
Karela	Laghu, Ruksha	Tikta, Katu	Ushna	Katu	Kapha-Pittahara
Patol	Laghu, Ruksha	Tikta	Ushna	Katu	Tridosha Shamaka
Rasona	Tikshna, Sara	Pancharasa Am-larahita	Ushna	Katu	Vatashamaka
Jambu	Laghu, Ruksha	Kashaya, Madhur, Amla	Sheeta	Katu	Kapha-Pittahara
Amalaki	Guru, Ruksha, Sheeta	Pancharasa Lavanarahita	Sheeta	Madhur	Tridosha Shamaka
Chanaka	Laghu, Ruksha	Kashaya	-	-	Pitta, Rakta, Kaphahara
Arhara	Ruksha, Laghu	Kashaya, Madhur	Sheeta	Madhur	Pitta, Rakta, Kaphahara

Kulattha	Laghu	Kashaya	Ushna	Katu	Medojwara, Kramihara
Moonga	Ruksha, Laghu	Madhur, Kashaya	Sheeta	Katu	Kapha-Pittahara
Urada	Guru, Snigdha	-	-	Madhur	Vatahara
Madhu	Laghu, Ruksha	Madhur, Kashaya	Sheeta	-	Pramehahara
Marich	Laghu, Tikshna	Katu	Ushna	Katu	Vata, kaphahara
Hingu	Laghu, Tikshna	Katu	Ushna	Katu	Kapha, Vatahara
Saindhava	-	Ishata Madhur	-	-	Tridosha Shamaka

## CONCLUSION

In conclusion, Pathya Apathya Aahara plays a crucial role in managing Madhumeha, commonly known as diabetes. Following a healthy and balanced diet, which includes nutritious foods that are low in sugar and high in fiber, can help manage blood sugar levels and reduce the risk of complications associated with diabetes. On the other hand, consuming unhealthy or inappropriate foods, such as those that are high in sugar or refined carbohydrates, can worsen the condition and lead to complications. Moreover, Pathya Apathya Aahara is not only limited to dietary habits, but it also includes lifestyle changes, such as regular exercise, adequate sleep, and stress management. These changes can help reduce insulin resistance, improve glycemic control, and enhance overall well-being in people with diabetes. Therefore, it is essential to follow a balanced diet and healthy lifestyle practices as recommended by a qualified healthcare professional to manage Madhumeha effectively. Adopting these practices can improve the quality of life and reduce the risk of complications associated with diabetes.

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