

**DIABETES MELLITUS (MADHUMEHA): AN AYURVEDIC REVIEW**¹Minakshi Shamariya, ²Pramod Kumar Mishra, ³Brahmanand Sharma, ⁴Indumati Sharma¹MD Scholar P.G. Department of Kayachikitsa, PGIA, Jodhpur²Professor & HOD, P.G. Department of Kayachikitsa, PGIA, Jodhpur³Associate Professor, P.G. Department of Kayachikitsa, PGIA, Jodhpur⁴Associate Professor, PG Department of Kayachikitsa, MMM, Udaipur**Corresponding Author:** drminakshishamariya@gmail.com<https://doi.org/10.46607/iamj1512082024>**(Published Online: August 2024)****Open Access**

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Article Received: 08/07/2024 - **Peer Reviewed:** 29/07/2024 - **Accepted for Publication:** 14/08/2024.**ABSTRACT**

One of the significant long-term health issues of the modern period is diabetes mellitus, which can lead to fatalities as well as severe long-term sequelae such as retinopathy, neuropathy, nephropathy, and heart disease. One of the major illnesses in which the amount and frequency of urination increase is called Madhumeha in Ayurveda. Diabetes is a metabolic disease that causes insufficient or improper synthesis of insulin. Twenty different forms of *Prameha* are documented in *Ayurveda*, all of which share a similar symptomatology. It turns into Madhumeha if left untreated. One variety of *Vataja Prameha* is Madhumeha. Understanding Madhumeha's causes, risk factors, prevention, and treatment found in Ayurvedic literature helps treat Diabetic Mellitus.

Keywords: Diabetes mellitus, Madhumeha, Prameha**INTRODUCTION**

Diabetes mellitus, which is characterised by increased blood glucose levels and can cause catastrophic damage to the heart, blood vessels, eyes, kidneys, and nerves over time, has rapidly acquired

worldwide recognition as the most common chronic metabolic disease. Type 2 diabetes mellitus is the most prevalent. According to the WHO, India is the nation where the number of diabetic patients is in-

creasing the quickest. Globally, 422 million people have diabetes. There are twenty different forms of Prameha in Ayurveda, all characterised by increased frequency of micturition (*Baram - Baram Mehati*) and excessive urine production (*Prabhotavila Mutrata*). Suppose the twenty Prameha become Madhumeha if they are not treated. One variety of Vataja Prameha is Madhumeha.

MATERIAL AND METHODS-

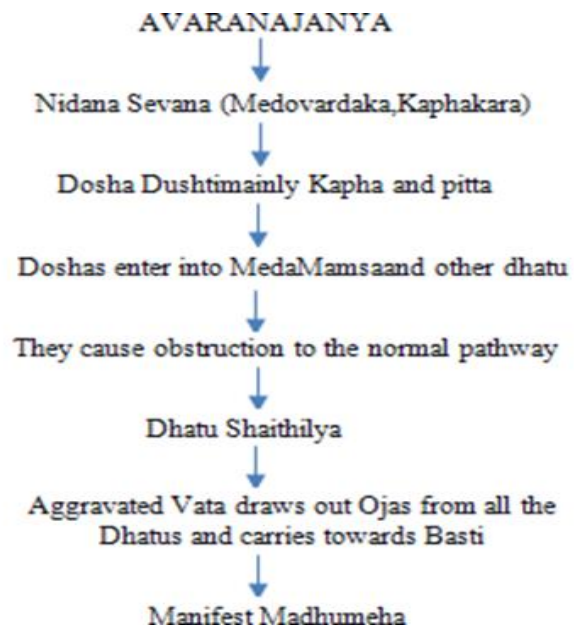
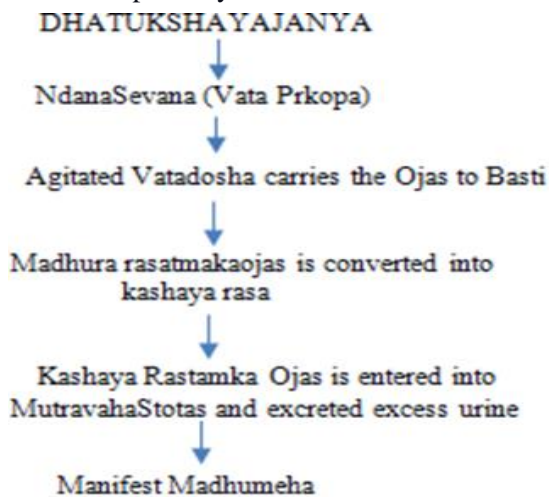
The foundational and theoretical information was gathered from the classic Ayurvedic texts and any available research articles, journals, and commentary. Hetu Madhumeha: Aharas Avam Viharaj Karana: a sedentary way of life, sleeping too much, curd, meat soup made from domestic, aquatic, or animal sources, milk products, newly harvested food, the manufacturing of jaggery, and any other material that promotes Kapha; also, lethargy and the consumption of cutaneous, sweet, fatty, and liquid foods. Santarpanatha Karana: Every etiological factor is mentioned for Santarpanatha Vikar's manifestation. Adibalapravrutta: Owing to the illness of Shonita and Shukra. (Hereditary illness; a parent-inherited condition). Activities

that aggravate Mutra, Kapha, and Meda are the primary causes of Prameha. There are two main etiological factors: 1) Aphyia Nimittaja - due to incompatible dietetics and activities, and 2) Sahaj - hereditary or congenital. Purvaroop, or premonitory symptoms, is used in Ayurveda to describe Prameha's early illness symptoms. The sensation of burning in the palms and soles (*Hastapada Daha*), luscious and slimy skin on the body (*Kleda*), the feeling of being heavy, thirsty, and sweet taste in the mouth, etc., and MoothraMadhuryam (sweet urine), a foul odour, white colour, stupor, debility, dyspnea, and accumulation of dirt on the teeth (mouth, eyes, nose, ears as well)—more excellent nail and hair growth.

Madhumeha Samanya Lakshana (Signs and Symptoms):

- Patient of Madhumeha passes urine, which is astringent, sweet, pale and unctuous (c. s. ni 4/44). Madhumeha patient passes urine having sweet in taste and smell of body resembling honey (S. S CI 6/57)

Madhumeha Samprapti - All the above etiological factors aggravate Kapha, Pitta, Medha, and Mamsa and obstruct normal pathway



Classification (Bheda): - Pramehas – There are a total of 20 types of *Prameha* according to *doshas*

Vataja Pramehas. – 4

Pittaja Pramehas – 6

Kaphaja Pramehas –10

Out of these, diabetes mellitus is termed as Madhumeha. It is one of the four Vataja Prameha.

Types	Charak	Sushrut	Vagbhat
Kaphaj	1. Udakameha	1. Udakameha	1. Udakameha
	2. Iksuvalikarasameha	2. Iksuvalikarasameha	2. Iksuvalikarasameha
	3. Sandrameha	3 Sandr Meha	3. Sandrameha
	4. Sandra Prasada	-	4. Sandra Prasada
	5. SuklaMeha	4. Pistameha	5. Pistameha
	6. Shukrameha	5. Shukrameha	6. Shukrameha
	7. Sitameha_	-	7. Sitameha
	8. Sikatameha	6. Sikatameha	8. Sikatameha
	9. Sanairmeha	7. Sanairmeha	9. Sanairmeha
	10. Alalameha	-	10. Lalameha
-	8. Surameha	-	
-	9. Lavanameha	-	
-	10. Phenameha	-	
Pittaj	1. Ksaudrameha	1. Ksaudrameha	.1 Ksaudrameha
	2. Kalameha_	-	2. Kalameha
	3. Nilameha	2. Nilameha	3. Nilameha
	4. Lohitameha	3. Sonitameha	4. Raktameha
	5. Manjisthameha	4. Manjisthameha	5. Manjisthameha
	6. Haridrameha	5. Haridrameha	6. Haridrameha
-	6. Amlameha	-	
Vataj	1. Vasameha	Vasameha	Vasameha
	2. Majjameha Sarpimeha	2. Sarpimeha	2. Majjameha
	3. Hastimeha	3. Hastimeha	3. Hastimeha
	4. Madhumeha or Ojameha	4. Madhumeha	4. Madhumeha

Upadrava (complications): *Prabhuta Mootrata* (excessive urine elimination), *Ajeerna* (inadequate digestion), *Vamana*, *Daha* (burning sensation), *Trishna* (thirst), *Hridayaha* (sour belching), *Moorcha*, *Anidra*, *Kampa*, *Krishha* (emaciation), *Swash* (increased breathing). The feeling of being heavy in the body and the appearance of deep-seated *Prameha* *Pidikas* (Eruption) is troubling me. **Chikitsa (Madhumeha Management):** Chikitsa Siddhant: 1) Treatment for severe and obese diabetes to lessen the patient's obesity (*Apatarpana Chikitsa*).2) *Krusha* (emaciated) and weak diabetic patients can undergo cleansing procedures and then receive specialised management-based treatment to nourish their bodies. (*Santarpana Chikitsa*).3) Differential therapy and diet

plans were used to treat each type of diabetic patient in turn.

Avanirpana Madhumeha's Apatarpana Chikitsa:

- It has been said that Madhumeha is both *Apatarpanantha Vyadhi* and *Santarpanantha Vyadhi*. *Apathya Nimittaja Madhumeha* is the former, and *Sahaja Madhumeha*, also known as *Madhumeha* because of *Dhatu Karshana* because of long-standing *Prameha*, is the latter. As a result, there are two types of *Madumehis*: *Sthoola* and *Balavan*, for whom *Apatarpana* is the best, and *Krusha* and *Paridurbala*, for whom *Santarpana* is the best.

I. Apatarpana Chikitsa: - Done as *Pachana & Doshavaseehana - Langana*. *Langana* is carried out in *Alpadashavastha*, and the only people who can assist are *Kaphamedo Hara*, such as *Upavasa Pipasa*,

Maruta Atapasevana, Rooksha Udvartana, Pragada Vyayama, Nishi Jagarana, and so forth. b) Langana Pachana: This is performed in Madhyama Doshavastha, where Tikshna Ushna Dravyas is used to perform *Ama Pachana* and *Langana*. c) The Doshavasechana is completed.

Santarpanotha Vyadhi has been described as Madhumeha's Santarpana-Apatarpana Chikitsa.

II. Santarpana Chikitsa: The following can be given in Madhu mehi by Laghusantarpana Chikitsa, Prashastha for Krusha and Durbala Rogis. Manthas (a), *Kashaya* (b), *Yava* (c), *Churna* (d), *Lehya* (e), and *Laghu Bhakshya* (f). Preparing these formulations to induce Santarpana without triggering the Vridhi of *Kapha* and *Medas* is essential. *Yava* is considered the best among all of these for Madhumehi. which Pathya Apathya talked about.

III. Shresta-Aushadha Yoga in Madhumahe: - *Guggulu*, *Loharaja*, and *Shilajathu*: These three Dravyas are the best medicines in Madhumeha, whether in Krusha or Sthoola because they are suitable for *Kapha* (*Virukshana* & *Chedaneeya*) and *Dhatukshaya* & *Vatavrudhi* (*Rasayana*).

Shodhan Chikitsa: Patients with Type II D.M. who are Sthaulya or Balvan should be administered *Shodhan Chikitsa*, which is *Vaman* or *Virechan* based on the predominance of Doshas, and *Asthapan Basti* if the patient is predominantly *Vata* Dosh-related. *Panchtikta* is one of the *Madhumeha Nashak Asthapan Basti*. *Panthakrati* Patients with DM madhumeha can benefit from *Niruha Basti* (Ch. Si. - 8/8), *Somvalkak Niruha Basti* (Ch. Si. - 10/43), *Mustadi Yapana Basti* (Ch. Si. - 12/15, 16), and *Pramehhar Asthapan Basti* (Su. Chi. - 38/76).

Shamana Chikitsa:

Haridra Churna and *Madhu* (Su. Chi. - 11/18) can be used with single herbal drugs such as *Vijaysara*, *Palandu*, *Karvallaka*, *Amrita*, *Jambu*, *Nimba*, *Methika*, *Amalaki*, *Meshasringi*, *Karavellaka*, *Methika*, *Shilajit*, *Vijaysar*, *Jambu*, *Tejpatta*, *Tvak Guduci*, *Bimbi*, *Khadirasara*, *Katphala*, *Kakamachi*, *Devadaru Amalki Saras*. A single Tula of *Salsaradi Gana Kwath Bhawit Shilajatu*, prepared as *Anupanam*, can be consumed by the Madhumeha patient.

Additional Madhumeha Ras Bhasma Formulations: - *Swarnavanga Bhasma*, *Trivanga Bhasma*, *Vanga Bhasma*, *Apurvamalini Vasant Rasa Vangabhasma*

Rasa Kalpa: - *Vasant Kusumakar Rasa*, *Brihadvangeswar Rasa*, *Tarkeswar Rasa*, *TuvarakRasayana Kalpa*

Vati: - *MammajakGhan Vati*, *Shivagutika*, *Chandraprabha Vati*, *Shilajatvadi Vati*, *Mehari Vati*, *Saptacakra Ghana Vati*

Churna: - *Triphala Churna*, *Yaya Churna*, *NyagrodhadhChurna*, *Nisamalaki Churna*

Kwath: - *TriphalaKwath*, *DarvyadiKwath*, *SalsaradiKwath*, *PhalatrikadiKwatha*, *KathakakhadiradiKwatha*

Asav - Arista: - *LodhraAsava*, *Madhvasav*, *Dantyarista Ghrita (Medicated Ghee): - *Trikathakadya Sneha* (Tailor Ghrita)*

Avaleha: 1. *Saraleha*, 2. *Gokshuradyavaleha*

Ausadha Siddha Paniya / Udak: *Sarodak*, *Kushodak*, *Madhodak*, *Triphala Rasa* Prevention of Complications Once diabetes mellitus has developed, the blood sugar level should be controlled by using Madhumehahar drugs, and its complications should be prevented by using specific drugs and *Rasayana*—to prevent nephropathy—*Silajatu Rasayan* and *Chandraprabha Vati*; to prevent retinopathy—*Amalaki*, *Triphala*.

Ashwagandha, *Atibala*, is used to prevent neuropathy and promote general health. *Puran Guggulu*, *Rasona*, is used to control hyperlipidaemia and hypercholesterolemia and prevent atherosclerosis.

Apathya Vivechana - Pathya

A. *Pathya Vichara* in Madhumeha: *Santarpanotha* is the disease that afflicts a *Sthoola Madhumehi*, who typically presents with *Kaphaja Laxanas*. He is *Balavan* as a result. There is the *Avarana* of *Vayu* performed by *Kapha* and *Medo vridhi*, which results in the *Anubandhatva* of *Dusta Vayu*. *Apatarpana* is the recommended course of treatment in this case, including *Oushadha*, *Ahara Vihara*, and *Vichara*. Therefore, these modalities should be modified in a *Kaphamedohara* manner. Put differently, *Ahara* ought to be *Virukshana*, *Chedaneeya*, and *Lekhana*. The *Rajo Guna* of *Manas* should be activated

through Chinta, and Vihara should be Pragadha Udvartana, Vyayama. Thus, Manas should be permitted to function normally rather than abnormally to prevent Alasya, resulting in the Dushti of Vata and Rajas. In principle, inertia in the form of Tamoguna Pradhana Ahara Vihara or Vichara is the cause of Kaphamedo Dushti. Hence, all efforts should be aimed at nullifying this effect by initiating dynamism in all aspects of the patient's personality. Tridoshas is achieved. The Pathya Apathya Vichara should be worked out carefully depending on the extent of Dosha Dushti, Dhatu Dusti & and Ojo-Dushti. Ojas is the primary indicator of the Bala Kshaya due to Dhatu Kshaya. This can be assessed based on Dourbalyadi Laxanas in the Rogi. Accordingly, Apatarpana Pathya should be adopted in Balavan Rogi & Sartarpana Pathya in Durbala Rogi. The plan should be individualised depending on the Prakruti, Vikruti, Sara, Samhanana, Pramana, Satva Satmya, Abhyavaharana Shakti, Jarana Shakti, Vyayama Shakti, Vaya, Desha, Kala, Bala, & so on of the Rogi.

Ahara: In general, all Aharas, which are Kaphamedokara, are Apathya in Madhumeha. In other words, Madhumehi should be cautious about taking Ahara, Madhura Rasa Pradhana, Guru and Abhishyandi.

It is advised to follow the general principles of food intake in Asta Vidha Ahara Vidhi Visheshha Ayatanas, with particular emphasis on Matra. One should always avoid Adhyashana Vishamashana and Atimatra Bhojana. In other words, the bottom line is to fill only half of your stomach, i.e. Ardha Souhitya while taking guru Ahara & do not take stomach complete while eating Laghu Ahara, i.e. Natitriptata. In the case of Sthoola Madhumehi, *Ushna Tikshna Lekhana Virukshana & Chedaneeya* Aharas can be used liberally, whereas in *Krusha Pramehi Laghu & Santarpana Ahara*, which is not *Kapha Medokara*, should be given which means food like Yava are best.

Yava: *Ruksha, Sheeta, Guru, Madhura, Rasa Pradhana*, and *Kashaya* are examples of *Yava*. It is ideal for *Krusha* and *Soola Madhumeha* because it is *Kaphahara*, *Sthairyakara*, and *Balya*. For this reason,

many *Yava* preparations have been suggested. *Madhu* is composed of the following elements: *Pitta, Rakta, Kaphahara, Ruksha, Sheeta Veerya*, and *Guru*. It is also *Yogavahi*, meaning that it contains *Samananukari Dravyaprabhohita Shakti*. Put another way, *Madhu* assumes and magnifies the *Gunas* of whatever *Dravya* is used with it because of its *Prabhava*. Therefore, *Madhu* is used with most of the *Aharas & Aushadhas*, including *Kaphamedo* and *Mehahara*; however, *Madhu* should only be used sparingly to avoid causing *Vata-vrudhi*. **Tikta Rasa:** Because it comprises *Ruksha, Laghu*, and *Pitta Kapha Shoshaka*, it is advised to be used primarily as *Tikta Shaka*. However, the aforementioned can be used as *Pathya* in both *Sthoola* and *Krusha Madumehis*.

Pathya (favourable diet): *Yava, Godhoom, Shyamaka, Kodrava, Bajara, Mudga, Chanaka, Tikta Shaka, Methika, Nimba, Karavellaka, Patola, Rasona, Udumbar, Jambu, Tala Phala, Kharjura, Kamala, Utpala, Jangal Mansa, Purana Sura, Sarsapa, Ingudi, Goghritadi Ahara*.

1) Foods with low glycemic index should be used, and they should predominantly contain *Tikta rasa*.

2) Small but frequent meals should be taken. Frequently, green vegetables, leafy vegetables, and high-fibrinity foods should be consumed.

3) **Vihara:** *Chankramana, Snana & Asana*, four *Kaya Viharas* viz., *Vyayama, Mruja, Nishi Gamana, Jagarana* and *Udvartana* are potent *Kapha-medo-hara Viharas* which can be performed in increased magnitude by a *Sthoola Madhumehi* as he is *Balavan*. In a *Krusha Madhumehi*, these should be advised depending on his *Bala*. If a *Krusha Rogi* cannot perform *Vyayama*, only *Mruja & Chankramana* can be recommended by some *Vishama Vishama Shareera Nyasa*. *Vyayama:* Any bodily action or karma that results in *Shareera Ayasa* is harmful if it is not done by a man's *Ardhashakti*. *Yamada* Therefore, *Madhumeha*, particularly *Sthoola* and *Balavan*, is the best. In addition to causing *Sthiratva Laghuta* and *Agnideepti*, *Vyayama* is *Alasya Hara*, *Sthoulya Apakarshana*, and *Sheeta, Klesha, Pipasa*, and *Klama*.

Vihar (lifestyle): *Apathya Vihar (unfavorable life-*

style) - Sukha - Asana, Sukha - Sayana, Diva - Sayana, Ati - Maithuna, Vegadharanadi.

Pathya Vihar (Upashaya) (favourable lifestyle) - Chankramana, mild to moderate Vyayama, Snana, Udvartana, Krina, Pranayama, Yogasana etc. Exercise daily for 30 - 45 minutes or walk 3 - 5 km.

Yogasanas: - Pranayama & Mediation: Breathing exercises & meditation techniques are also proving to be an effective panacea in stress management. Thus acting synergistically in diabetic management. Meditative techniques like the transcendental meditation of Maharshi Mahesh Yogi and Sudarshana Kriya of Pandit Sri Sri Ravishankar are popular innovations in this field. Yoga asana – The following yoga asana can be practised • Pashchimotanasana • Kurmaasana • Halasana • Mayurasana • Suryananaskara • Pranayama (Bhastrika).

DISCUSSION & CONCLUSION

Madhumeha, a condition linked to Type 2 diabetes mellitus, is becoming more widespread worldwide. It is not curable with medication alone; appropriate Pathya Aahar and Vihar, or daily lifestyle modifications and diet plans, must also be adhered to in order to control Madhumeha, or diabetes mellitus, which is Yapya.

CONCLUSION

The above study can conclude that *guda* plays a vital part in the excretory process of the human body. It helps in the excretion of *mala* and *apan vayu* or excretory products of our body. Along with these functions, it has significant surgical importance in the human body. Its structural relevance should be kept in mind while performing any surgical or para-surgical procedures. Otherwise, it can be a life-threatening condition.

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