

ROLE OF AHAR WITH SPECIAL REFERENCE TO MADHUMEHA (DIABETES MELLITUS)

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ABSTRACT

In this current era, people suffer from many metabolic and Hormonal diseases. The burden of diabetes is high and increasing globally and in developing countries like India, mainly fuelled by the increasing prevalence of overweight and unhealthy lifestyles. Some conditions like Dyslipidemia, Hypertension, and Obesity are risk factors for *Madhumeha* (diabetes Type 2). The estimates in 2019 showed that 77 million individuals had diabetes in India, which is expected to rise to over 134 million by 2045. **Material and Methods:** The review will be done from various Ayurvedic classical texts, modern textbooks, international journals, and online databases like Google Scholar for relevant literature. **Discussion:** Poor dietary pattern, *Ahara* having *Snigdha* and *Guru guna*, lifestyle, and stressful conditions vitiated *Kapha* predominant *Tridosha*→*Saptadhatu* along with *Dhatukshaya*, which ultimately diminished digestive fire led to *Ama* formation. *Madhumeha* is one such disease that is described in almost all classical *Ayurvedic texts*. The cure for pre-diabetic conditions and preventive strategies of diabetes *Kapha-Medahara* and *Vatanulomaka Anna pana* uses, *Mudga Yush*, *Yava churan*, *Tikta rasa*, and *Ruksh guna* are also used. traditional medicine *Haridra*, *Amalki*, and *Triphala*. **Conclusion:** Diabetes is controlled by curing the pre-diabetic

condition. Explore the ancient *Ahar kapha-Medahara* and *Vatanulomaka Anna pana, yoga*, and traditional medicine.

Keywords: Ahara, Diabetes, Madhumeha,

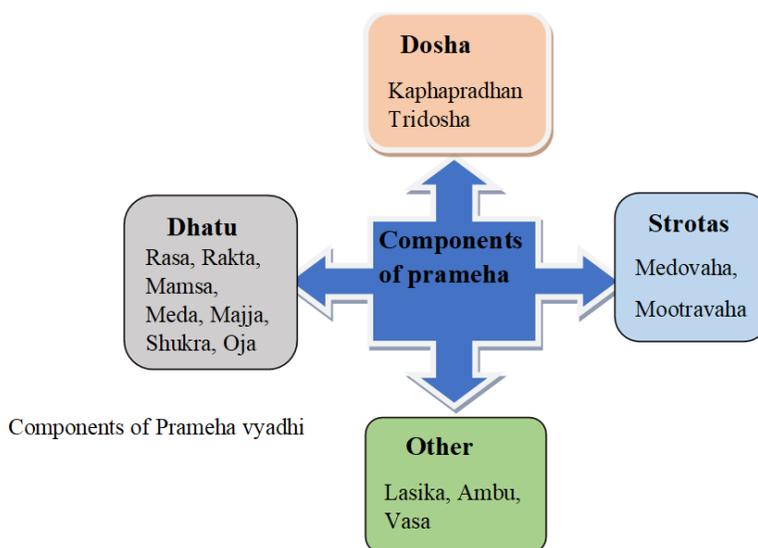
INTRODUCTION

Healthy lifestyles are best treated through prevention, which is why early preventive measures should be taken. Now day Diabetes mellitus is a major issue for people. According to the WHO, 300 million people will have diabetes mellitus by 2025, up from 135 million patients in 1995. In India, 2.1% of the population had diabetes in 1970; this number has since increased due to improper *Ahara* and *Vihar*, which are not taken seriously enough from a preventative standpoint.

AHARA: *Ahara* is the energy source of the body. This bioenergy is supplied by sufficient nutritional value in the form of protein, carbs, lipids, minerals, micro-nutrient, and water. In *Ayurveda*, *Ahara* (food) is called 'Mahabhaisajya,' which means 'the superior medicine. The physical as well as mental health depends upon the type of *Ahara* taken and the metabolic transformation of *Ahara*. In *Ayurveda*, *Ahara* has the greatest importance among three *Upasthambha- Ahara, Nidra*, and *Brahmacharya*.¹ *Shabda Kalpa Druma* explains that *Ahara* is swallowed through the throat after eating². *Acharya Dalhana* opines that the substance

which is swallowed through *Annalika* is called *Ahara*. *Ahara* is the basic need of living organisms, which is rendered to life, complexion, clarity, good voice, longevity, geniuses, happiness, satisfaction, nourishment, strength, and intellect. All are provided with food. Professional activities leading to happiness in this world, Vedic rituals leading to abode in heaven and observance of truth, and *brahmacharya* leading to salvation are all based on food.³

PRAMEHA: The same description of the *Prameha* hetu, which also includes *Aasyasukham Swapnasukham*, etc., is found in the *Ayurvedic text. Madhumeha*, a kind of *Prameha*, is frequently referred to as diabetes mellitus. Two varieties of *Prameha Sahaja* (Hereditary) and *Apathyanimittaja* are described by *Ayurveda*. Inappropriate *Aahar* and lifestyle (*Vihar*) are the root causes of *Apathyanimittaja*, which also correlates with the *Kapha-Medovardhak Aahar* as the root cause of diabetes.



CAUSES OF PRAMEHA: Over-indulgence in the pleasure of sedentary habits, sleep, curds, soup of the meat of domesticated animals and animals inhabiting marshy land, dairy products, freshly harvested food particles, freshly prepared drinks, preparations of jaggery and all *Kapha*- aggravating factors are responsible for the causation of *Prameha*.⁴

SAMPRAPTI (PATHOGENESIS): *Acharya Charaka* narrated that due to the overindulgence of etiological factors, *Kapha* and *Medas*, *Mamsa*, and *Kleda* get vitiated and form metabolic waste, which is carried towards *Basti* resulting in *Prameha*. In the same manner, *Pitta* gets vitiated, resulting in *Pittaja Prameha*. Where in the provoked *Vata*, in turn, causes depletion of *Dhatu* due to the depletion of the other two *Doshas* by which the excretion of sweet urine occurs, resulting in *Vataja Prameha*.⁵

PURVARUPA OF PRAMEHA: Premonitory signs and symptoms in *Prameha* include accumulating stains on the teeth (despite brushing), a burning sensation in the palms and soles, mouth sweetness, mouth, palate, and throat dryness, heightened thirst, or a strong need for water, Laziness, rising osmolarity in bodily fluids, Ants' attraction to urine and bodies, a rise in urine turbidity foul odor and Excessive sleep.⁶

INSULIN HORMONE: Insulin hormone is secreted by beta cells of the pancreatic gland (endocrine part). This is essential for the uptake and utilization of carbohydrates (glucose) for cells and tissue. Due to the insulin resistance condition, it is not properly functioning. Then the bloodstream glucose level is raised. The glucose collects in the urine, which is in fact, one of the primary characteristics diabetes mellitus is identified with. Hence, A dysfunction of the insulin produced by the pancreas. The equilibrium between peripheral glucose absorption and utilization and hepatic glucose production is known as glucose homeostasis.⁷

DISCUSSION

Ahara having the properties like *Lekhana*, *Vatahara*, and *Agnivardhana*, helps in overcoming *bahu* & *Abadhmeha*. *Tikta rasa* Pradhana shakas are *Laghu* & *Ruksha*, which help in the *Sthirakarana* of *Deha* & *Shoshana* of *Dushya* in *Madhumeha*. Food containing

high fiber helps in delaying digestion & thus lowering calories. Physical exercise helps stimulate the pancreas to produce insulin & utilization and uptake glucose & maintain blood sugar levels.

Ahara for *Madhumeha* in all the classics, *Ahara Dravyas* are described in detail, and they cover all the food groups as follows.

1) *Shuka dhanya-Yava, Godhuma, Shashtika shali, kodrava, shyamaka.*

2) *Shimbi dhanya-Mudga, Kulatha.*

3) *Krutannavarga-Yavamantha, Saktu, Yusha*

Some of the *Dravyas* are commonly used in diabetes mellitus type 2.

Shashtika Shali: It is *Snigdha, Grahi, Laghu, Tridoshaghna, Svadu, hima*.⁸ Naturally occurring oils, high in manganese. Rich in high fibers. Slow-release sugar helps in stabilizing blood sugar levels.

Yava (Barley): *Yava* is *ruksha, shita, guru, svadu, sara, vittavatakrut, vrushya, sthairyakara*.⁹ It contains fibers, particularly beta-glucan soluble fibers. It is highly recommended in the diabetic diet in different forms.

Godhuma (Wheat): *Godhuma* is *Vrushya, Shita, Guru, Snigdha, Jivana, Vatapittahara, Sandhanakara*¹⁰, *Madhua, Sthairyakrut*. Source of insoluble fibers, whole wheat flour protects from the risk of diabetes mellites. *Mudga* (green gram): *Mudga* is *Kshaya, Svadu, Grahi, Shita, Laghu, Medahara, Shleshmahara, Vatahara, Pittahara*.¹¹ *Shaka* and *phala varga:*

Delay sugar digestion and absorption. Improve insulin sensitivity and glucose utilization. Rich fiber content & phytates- modulates glycemia. Rich in chromium. *Madhu* (honey): *Madhu* is *Madhura, Kshaya Anurasa, Ruksha, Shita, Agnideepana, Laghu, Lekhniya, Hrudya, Medo hara*.¹² Alone or with antidiabetic drugs reduce hyperglycemia, the suggested role of fructose, mineral ions, phenolic acids, and flavonoids. *Kulatha* (horse gram): *Kulatha* is *Laugh, Ushna, Amla Vipaka, kaphamedohara*¹³. The raw form has the ability to reduce hyperglycemia by slowing down carbohydrate digestion and reducing insulin resistance, and preventing diabetes Mellitus. *Amalaki* (gooseberry): *Amalaki* is *Pancha rasa Yukta* (except *Lavana*) *Ruksha, Shita, Tridoshahara, Vyasthapaka*.¹⁴ *Amalaki* contains

chromium stimulates the beta-cell to secrete insulin. Haridra (turmeric): *Haridra* is *katu, tikta, ruksha, laghu, ushna, kaphapittahara, varnya, pramehara*.¹⁵ Curcumin extract contains Antidiabetic properties. Improve beta cell functions of the pancreas and reduce insulin resistance. Swertia Chirayata: also known as *Swertia Chirayita*, is a potent anti-diabetic herb. It contains Swechirin, a xanthone found in the Swertia species of plants. Xanthones are a unique class of biologically active compounds with antioxidant properties.¹⁶ *Tinospora cardifolia*: Aqueous and alcoholic extracts of *Guduchi* (*Tinospora cardifolia*) reduced glucose levels in rats with alloxan-induced diabetes. The antihyperglycemic effect may be due to pancreatic islet free-radical-scavenging activity.^{17,18} *Gymnema Sylvestre*: *Meshashringi* (*Gymnema Sylvestre* (Retz.) R.Br.; Gurmar) targets several of the etiological factors associated with diabetes, including chronic inflammation, obesity and pancreatic B-cell function¹⁹. Asanas & pranayama: Asanas help stimulate of pancreas gland thereby increasing insulin secretion. Helps lessen depressive symptoms in adults. Sarvangasana, Matsendryasana, Dhanurasana, Halasana, Vajrasana, Ardhamatsendryasana, Pavanamuktasana Pranayams all are helpful in controlling blood sugar and lipid profiles level as well as improving quality of life and enhance of lung function in diabetic patients. Yogic practices are also effective in the prevention of Diabetes Mellitus type 2.²⁰

CONCLUSION

Diabetes prevention and control by *Ahara* (dietary pattern) and physical activity increase. Explore the ancient *Ahar Kapha-Medahara* and *Vatanulomaka Anna pana, yoga*, and traditional medicine, which lead to a healthy, wealthy & enthusiastic life. This paper intends to explore the basic concepts of *Ahara* for the prevention and control of diabetes.

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