

Title: A comparative study of *Apathyanimittaj Madhumeha* as per *Ayurveda* and NIDDM in modern science.

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Abstract:

Background: As per Ayurveda if all types of *Prameha* left untreated lead to *Madhumeha*, which is a type of *Vataj Prameha*. The ancient Indian knowledge of this disease is analysed here and attempt is made to compare sub. Type of *Madhumeha* i.e. *Apathyanimittaj Mdhumeha* with NIDDM. According to Modern science NIDDM is also a result of lack of physical activity, excessive eating, a large proportion of Diabetes cases are preventable by only simple lifestyle measures.

Objectives: To study review literature of *Madhumeha* through

Ayurvedic & Modern text.

Methods: The ancient knowledge of *Madhumeha* through *samhitas*, modern literature and various journal, internet are gathered and data is collected for this study.

Results and Conclusion: After the study of literature, it is clear that *Prameha* as a whole comparable with the disease known as DM and *Apathyanimittaj*

Madhumeha which is also comparable with NIDDM.

Keywords: NIDDM, *Madhumeha*, *Apathyanimittaj Madhumeha*.

Introduction:

Ayurveda is a science of healthy life, treasure of wisdom and edge of experience and experimentation. It is universal science in nature and stands on its excellence as a time. It has overcome the problems of class and mass since the origin of human beings.

India is amidst a demographic transition with a trend towards an ageing population with increasing life expectancy and better protective and preventive healthcare facilities. Today's major health care problems are increasingly the result of chronic and acute conditions related to individual. Diabetes Mellitus has emerged as a global health hazard having tremendous socio-economic impact to the individual as well as society as a whole.

Besides this, the incidence and prevalence of Diabetes Mellitus is on the rise. Diabetes Mellitus is the disease spreading in civilization; it existed in those people who are greedy, fond of eating heavy food and running away from physical exercise. Hence it is the disease of greedy and lazy people.

A large proportion of diabetes cases are preventable. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of Diabetes Mellitus. Maintaining normal body weight, engaging in regular physical activity, eating a healthy diet can reduce the risk of Diabetes Mellitus.

India had 69.2 million people living with diabetes (8.7%) as per the WHO 2015 data, it remained undiagnosed in more than 36 million people.

Prameha is a disease, in which increased frequency and quantity of urine and its turbidity which is due to various physical and chemical changes of body tissue. Madhumeha is a sub type of Prameha or the terminal stage of Prameha and Aacharya Sushrut described Madhumeha in two types –

1. Sahaj- (Hereditary).
2. Apathyanimittaj- (Due to insalubrious activities).

Aims and Objectives:

The ancient Indian knowledge of the disease Madhumeha and its sub type are highlighted here and attempt is made to compare this knowledge of Ayurveda

in aspect of this disease with the modern science.

For this purpose, right from definition, types, signs and symptoms all have been taken into account both from the literature of Ayurveda and Modern medicine.

Material and Methods:

COMPARISON OF APATHYANIMITTAJ MADHUMEHA WITH NIDDM:-

DIABETES MELLITUS:-

Definition-

DM is a metabolic group of disorders characterized by persistent hyperglycemia due to deficiency and/or diminished effectiveness of insulin. There are derangement of carbohydrate, protein, and fat metabolism due to failure of insulin action on target cells.

Types of DM-

According to American Diabetes Association (1997), DM is classified in to following types-

1. **Type I** (Absolute deficiency of insulin due to destruction of beta cells of pancreas)
Previously called as IDDM i.e. insulin dependent diabetes mellitus.
2. **Type II** (Insulin resistance along with relative deficiency of insulin secretion)

Previously called as NIDDM i.e. non-insulin dependent diabetes mellitus.

This is the most common form of DM comprising about 90-95% of all patients of DM, it is also called as maturity-onset

DM (because onset usually occurs during adult life), stable DM or ketosis resistant DM. It occurs more frequently in individuals with positive family history (parents or siblings with DM), obesity (BMI > 25kg/m²), dyslipidemia, lack of physical activity, pre-diabetes (impaired fasting glucose or impaired glucose tolerance), and prior gestational DM. Rising trend of type2 DM is due to increasing tendency towards obesity in urban populations coupled with high-calorie diet and lack of physical activity.

Causes of type 2 DM /NIDDM:-

Over nutrition, sedentary habits, lack of physical activity, excessive eating are also responsible for Type 2 DM (NIDDM).

Signs and symptoms of type 2 DM / NIDDM:-

1. Polyuria.
2. Polydipsia.
3. Polyphagia.
4. Burning sensation of palm and sole.

In urine examination there is-
Glycosuria.

Pre-monitory symptoms:-

1. Diabetic neuropathy or vitamin deficiency (B₁, B₆, B₁₂).
2. Hyperglycaemia leading to glycosuria and infection.
3. Osmotic diuresis leading to electrolyte imbalance.
4. Obesity induced symptoms.
5. Improper hygiene due to chronic illness or excess secretion of growth promoting hormone.

Treatment:-

Line of treatment for Type 2 DM are as follows-

1. Oral hypoglycaemic agents
2. Bio-purification therapy
3. Dietetic
4. Exercise and yoga

PRAMEHA:-

Definition:-

“Prakarshen prabhutam prachuram varamvaram va mehati mutratyagam karoti Yasmin roge sa prameha ||” (ma.ni. 33\1).

“kalen upekshita sarve yaddyanti madhumeham/

Madhuram yachh sarveshu prayomadhuivamehati||” (as.hru.ni.10/2).

“madhuram yachha meheshu prayo madhviva mehati/

Sarveapy madhumeaakhyaa madhuryaachh tanoratah||” (ma.ni.).

From above given shlokas we concluded that, the patient usually passes honey like or sweetish urine and sweetness present in body of the patients is called Madhumeha.

Types:-

In Charak samhita Prameha comprises 20 sub varieties of disease with various physical and chemical changes in urine and is further classified in to three groups i. e. kaphaj prameha (10), pittaj prameha (6), vataj prameha (4). Madhumeha is a sub type of prameha or the terminal stage of prameha.

In Sushrut samhita Prameha is of two types:

“dou prameha bhavatah-sahajo apatyanimittaj|”

tatra sahajo matrupitrubij doshkrutah, ahitaaharjoapathyanimittajah/

tayoh purvenopdrutah krusho rukshoalpashi pipasurbhrusham

*parisaranshilashchya bhavati, uttaren
sthulo bavhashi snigdha
shayyasan svapnshilah prayeneti||”
(su.chi.11/3).*

1. Sahaj - hereditary, juvenile onset, have been noted to be genetically determined.
2. Apathyanimittaj – acquired, due to apathyaker aahar vihar i. e. due to over nutrition, sedentary habits, lack of physical activity, excessive eating.

Causes of apathyanimittaj madhumeha:-

Apathyaker aahar vihar that means the hetus which are responsible for Prameha are also responsible for Apathyanimittaj. This is verified with the help of shloka given below-

*“aasyasukham swapnsukham dadhini
gramyoudakaanuparasaha payamsi/
Nawaannapanam gudvaikrutam ch
prameha hetuh kaphkruchh sarwam||”
(ch.chi.6/4)*

All sedentary habits that includes lack of physical activity, excessive eating of curd, milk, new grains & water, recipes with jaggery and also those things which are Kaphvardhak.

Signs and symptoms of apathyanimittaj madhumeha:-

1. Prabhut mutrata
2. Trishnadhikya
3. Kshudha
4. Hasta-pada Daha
5. Murcha

In mutra pariksha there is-

Attraction of ants towards the urine for its sweetness.

Purvarupa i.e. pre-monitory symptoms:-

1. Karpadao suptadaho.
2. Madhuraasyata.
3. Pippilica sarira mutra saranam.
4. Mukha, talu, kanth shosha.
5. Pipasa, tandra.
6. Shithilaanga.
7. Aalasya.
8. Malang kaye.
9. Jatilta kesheshu.
10. Kesh nakha ati vridhi.

Treatment:-

- Samshodhan chikitsa.
- Dietetic.
- Exercise and yoga.

Result and Discussion:

All Pramehas if not treated properly or remain untreated leads to Madhumeha, while studying the Ayurvedic literature it is clear that all Pramehas have same Dosha and Dushya, causative factors are also same. As per Aacharya Sushrut Prameha is of two types Sahaj and Apathyanimittaj, these types can also be the types of Madhumeha, so Apathyanimittaj madhumeha is a result of apathyakar aahar vihar and Sahaj madhumeha is a result of genetic disorder. With the help of all these discussion we can correlate Sahaj Madhumeha with type I DM i.e. IDDM and Apathyanimittaj can also be correlate with type 2 DM i.e. NIDDM.

From the above study we may conclude as- the word Prameha and Diabetes Mellitus are same. Two types of Prameha namely Sahaj and

Apathyanimittaj can be compared with insulin dependent (Herediaery) and non-insulin dependant (Acquired) diabetes respectively. If all Pramehas are left untreated, leads to Madhumeha and this Madhumeha is also divided into above mentioned two types. So it can be concluded that description of deffination,

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