

“Critical Analysis of Ayurvedokta Principles of Lifestyle Management In Madhumeha”

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ABSTRACT

In the whole world, nearly about 24% of the population is suffering from diabetes which is referred as Madhumeha in Ayurveda. Its percentage may go as high as 40-45% in 2020. Worldwide in every 10 seconds, one person gets affected with DM, every 5 seconds, one person dies of DM and every 6 seconds one person gets blindness due to DM. WHO emphasize that there is intense need to know the graveness of the disease and to understand the possible ways of preventive aspects of this disorder. Unhealthy Lifestyle is a major risk factor in the development of Madhumeha (DM). As per Ayurveda, day Sleeping, lack of exercise, laziness are the major risk factors for Madhumeha (S.Ni. 6/3) Apart from this, as per Acharya Sushruta, the comfortable seat and luxurious sleeping bed can also predispose to diabetes as far as lifestyle factors are concerned. Lifestyle management principles to control Madhumeha are given by Acharya Charaka in C.Chi.6/50 which includes

use of different types of exercise, Udwartan and Udgharshan (deep Massage and rubbing with applicants), Cream application of Sandle etc, Water Bath and Heat/Sun Bath This is very innovative idea given by the Acharya Charaka to control diabetes in terms of lifestyle management apart from dietary and drug management. Exercise had been said as the best for reducing weight and most beneficial to those who take high carbohydrate and fatty diet (S.Chi.24/38-44). Different modalities of exercise have been stated for different economic classes of DM patients by Acharya Sushruta (S.Chi. 11/11). Udwartan and Udgharshan (massaging and rubbing) is said to be Kapha Meda lytic (S.Su. 24/51-56). Avoiding the risk Factors (Nidan Pariwarjan) is the mainstay of treatment as per Ayurveda. Thus avoiding the risk factors such as physical inactivity, day sleeping, comfort sleeping, sitting in conjunction with other lifestyle related measures such as massaging, rubbing and cream

application are very much important in controlling the Madhumeha (DM).

KEY WORDS – Madhumeha, lifestyle, Vyayam, Udwartan, Udgharshan

Introduction & Need of The Study

In the whole world, nearly about 24% of the population is suffering from diabetes which is referred as Madhumeha in Ayurveda. Its percentage may go as high as 40-45% in 2020. Worldwide in every 10 seconds, one person gets affected with DM, every 5 seconds, one person dies of DM and every 6 seconds one person gets blindness due to DM. WHO emphasize that there is intense need to know the graveness of the disease and to understand the possible ways of preventive aspects of this disorder.

Defining -Madhumeh & Diabetes

Diabetes mellitus is derived from the Greek word diabetes meaning siphon - to pass through and the Latin word mellitus meaning honeyed or sweet.

All the Pramehas when gets sweet taste and odour to urine, sweat, blood etc are called as Madhumeha (Honey like frequent Urine) [S.Chi.12/6]. The sweetness of urine and blood of patients in diabetes first noticed by the ancient Indians.

Literary Review Of Risk Factors Related To Faulty Lifestyle

Physical Inactivity – A Risk Factor For DM

- Day Sleeping (Diwa Swapna)

- Lack of exercise (Avyayam)

- Laziness (Aalasya)

- Leads to Diabetes (Prameha Bhawishyati)

Ref. - [S.Ni. 6/3].

Other Lifestyle Related Risk

Factors :

Apart from lack of exercise, the comfort sitting (Aasyasukham) and sound Sleep (Swapnasukham) can lead to diabetes. [C.Chi.6/4].

- Comfort sitting leads to accumulation of Kapha and Obesity. [S.Chi. 24/78]

- Comfort sleeping bed (Sukha Shayyasan) gives sound sleep, removes fatigue, offers power. [S.Chi. 24/81]

Tendency For Physically inactivity

In DM Patients :

These patients tends to stand when asked to walk. Tends to sit when asked to stand and tends to sleep when asked to sit. [S.Ni. 6/25]

Observations of Lifestyle management

Principles In DM :

1. Different types of exercise (Vyayam YogaiHi VividhaiHi)

2. Deep Massage with applications (*Pragadh UdwartanaiHi*)

3. Water Bath (*Jala Snana*)

4. Cream application of Sandle etc (*ChandanadaiHi VilepanaiHi*)

5. Heat/Sun Bath (*AwasekaHi*)

Those who follow it, doesn't get DM easily (*Aashu Na Santi Meha*)

Ref. - [S.Chi.6/50].

Importance of Exercise - Ayurvedic View [

- Exercise boosts the appetite (*Dipta Agnitwam*) and increases the metabolizing power.
- Exercise removes the laziness and offers health (*Analasya Aarogyam*).
- It is the best for reducing weight (*Sthaulya Apakarshan*).
- It is most beneficial to those who take high carbohydrate diet (*Snigdh Bhojinam*).

Ref. - [S.Chi.24/38-44].

Modalities of Exercise for DM Patients As per Ayurveda

- Those (with high income group) and having increased diabetes should exercise in the form Wrestling, Playing, Elephant Riding, Horse Riding, Pedal Walking. [S.Chi.11/11]

- Walking reduces cough and obesity [S.Chi.24/79].

- Those (with low income group) should walk as much or more than 100 Yojan in

division. [1 Yojan = 9.09 miles or 14.62894 kilometers] [S. Chi. 11/12]

- Rest other should dig well in one year by themselves [S.Chi.11/12].

2.Udwartan & Udgharshan (Massaging & Rubbing)

- Massage alleviates Vata and liquifies Kapha and Meda (Glycolysis and Lypolysis- Kapha Medo Vilapanam)
- Rubbing opens the skin pores, brightens the skin (*Siramukh Viviktwam*).
- Rubbing with brick piece removes the itching, black patch and dirt.

Ref. - [S.Chi.24/51-56].

3.Snanasya Labhani (Bath Benefits)

- Bathing removes the sleepiness, sweat, itch,
- It takes off fatigability, burning and thirstiness,
- Pleasing,
- It removes the body dirt,
- Alerts all sensory motor organs,
- Purifies the blood,
- Intensifies the appetite and metabolism.

Ref. - [S.Chi.24/51-56].

4. Anulepanam (Cream Application)

- It adds to the fortune,
- It brightens the complexion,
- It increases the affection,
- It offers the glow,
- It suppress the sweat,
- It suppress the bad smell,
- It suppress the discoloration,
- It removes the feeling of fatigability.

Ref. - [S.Chi.24/63].

5. Avasek (Heat/Sun Bath)

- Heat alleviates Vata and Kapha.
- It removes stiffness.
- It removes cold.
- It removes shivering.

Ref. - [S.Chi.24/63].

** It promotes Vitamin D Synthesis.

Discussion

- All the Acharyas, invariably mentioned the lifestyle factors such as lack of exercise, excessive sleeping, comfortable seat and bed as the risk factors for diabetes.
- Acharya Sushruta had explained the different exercise models for different classes of diabetes patients.

- Acharya Charaka, had put the innovative idea of alleviating and preventing diabetes by *Udwartan*, *Udghrshan*, *Snana*, *Seka* apart from the regular exercise. And the Acharya Sushruta, explained their action as *Kapha Meda Vilayankarak*.

Conclusion

- Unhealthy Lifestyle is a major risk factor in the development of *Madhumeha* (DM) as per Ayurvedic science.
- Avoiding the risk Factor (*Nidan Pariwarjan*) is a mainstay of treatment as per Ayurveda. And avoiding risk factors such as physical inactivity, day sleeping, comfort sleeping, comfort sitting is important in controlling the *Madhumeha* (DM).
- Exercise remains the main part as far as prevention and controlling of *Madhumeha* is concerned as per Ayurveda.
- The role of lifestyle modalities such as *Udwartan* and *Udgharshan* (cream application massage), *Snana* (Bath) And *Seka* (Sun or hot bath) suggested by Acharyas in the management of diabetes mellitus should be

explored with research at various institutes.

Abbreviations :

S.Chi. – Sushrut Chikitsasthan

S. Su. – Sushrut Sutrasthan

S.Ni. – Sushrut Nidansthan

C.Chi.- Charak Chikitsasthan

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