



Role of Food and Lifestyle In Management of Madhumeha

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Abstract –

Madhumeha is the most common lifestyle & stress induced disorder witnessed by the population. When a walking person prefers to stand, standing person prefers to sit, sitting person prefers to lie down & falls asleep starts dreaming, such preference of lifestyle is the typical feature of a person with Madhumeha as mentioned by Acharya Sushruta. It is a type of vimshati pramehas- mainly caused due to aasyasukham, swapnasukham, avyayama, alasya – improper regimen Swasthyarakshana being primitive aim in ayurveda, “dinacharya”, “sadvritta” - daily regimen is discussed in detail to maintain physical, mental, social, emotional & spiritual wellbeing. Right from waking up in kapha pradhana kala, leading to improper bowel evacuation, further accumulation of mala in koshta, danta & romakupa. Dosha accumulation leads to an unpleasant state of mind - constant thinking- stress. Kapha and medas are main dosha and dushya in prameha. Often neglected aspects like Danta dhavana with tikta rasa dravya, applying Rasanjana, Navana, Gandusha, Dhumapana, Tambulasevana – main effect is urdhwakaya and indriya shodhana , hence sleshma doesn't attain dravtva. Abhyanga or Udwartana, Vyayama & Snana does agni deepana, medovilapana. Dinacharya results in vikaravighata bhava .The most important thing for a person with madhumeha is nidana parivarjana; regulating body and mind thus affecting the dosha dushya sammurchana. Vyayama is essential to combat madhumeha. Oushadhayukta ahara easily reaches target site with increased efficacy.

Introduction

Madhumeha is a lifestyle disorder mainly caused due to improper food habits, sedentary lifestyle, genetic changes within the body. Ayurveda says continuous intake of sweet, sour & salty substances at high rate, along with lack of exercise, food and regimen increasing kapha dosha in the body is the primitive cause for prameha.

Few food substances are mentioned particularly such as curd, meat of land & aquatic animals, milk, new rice grains, jaggery & its products, sweet, sour, salty, cold, heavy, unctuous which increase urine formation when taken in high quantity leads to prameha.

In daily regimen, more inactivity, daysleeping, lethargy, lack of exercise, stress, continuous thinking ultimately cause madhumeha. It is a condition which is an outcome of improper or non-utilisation of energy consumed. Due to imbalance between energy input and output, changes in metabolism takes place resulting in madhumeha.

Role of Food

A Proper diet along with exercise has to be maintained depending on patient's strength.

Time of Food Intake – Regular time & restricted number of meals have to be taken. Eating inbetween meals should be avoided. Sufficient breakfast, moderate lunch & light dinner have to be made as a part of life. Snacks or juice may be taken once or twice a day. Delayed intake or total skipping of food should be avoided.

Quantity of Food – As mentioned by Acharya Charaka, stomach has to be filled half with food, quarter with water & remaining is left for air. Hence quantity of food that fits in one’s Anjali (i.e. both hands joined together to hold water) is ideal quantity of intake.

Type of Food – Foods that are prominently bitter in taste along with pungent & astringent foods. Beginning the day with bitter substances is a good start for metabolism. Most commonly advised substances are – neem leaves, coriander seeds, bitter guard, triphala, jamun etc.

Foods To Be Limited

Substances that increase kapha and medas in the body are to be avoided or consciously taken as follows -

Solids	Liquids
Sweets	Milk
New rice grains	Curd
Jaggery & Sugarcane	Too much of water
Aquatic meat	Alcohol
Black gram	Sugarcane juice
Bengal gram	Fruit juices
Ground nuts	Milkshakes
Milk products – Cheese, yogurt, paneer, shrikhand, cream, butter.	Sugar & starchy beverages
Vegetables – Potato, sweet potato, colocasia, yam	Adulterated honey
Fruits – banana	
Eggs, Bread & Pasta	
Oily & preserved foods	
Fried and stale foods	
Sweetened breakfast cereals	

The quantity of intake of above mentioned foods may be regulated, reduced or even completely avoided based on severity of madhumeha.

Foods to Be Taken

Regular diet including substances that maintain balance of doshas, lowering kapha and medas are preferred. Planning diet using following substances –

Preferred Cereals	Preferred Seeds & Pulses
Barley (cooked)	Sesame seeds
Wheat & Broken wheat	Chia seeds
Unpolished old rice	Horse gram
Red & black rice	Green gram
Quinoa	Fenugreek
Corn / maize	Lentils – green, red
Occasionally millets - ragi, bajra.	Soyabeans, green peas
	Pumpkin seeds
	Flax seeds
	Sunflower seeds
	Mustard seeds

Spices	Vegetables	Fruits
Ginger	Bitter gourd	Guava
Garlic	Bottle gourd	Plum

Clove	Snake gourd	Haritaki
Bayleaf	Ivy gourd	Vibhitaki
Asafoetida	Green leafy vegetables	Amalaki
Pepper	Capsicum	Kapittha
Carom	Cucumber	Apple
Cumin	Drumstick	Grapes
Nutmeg	Onion	Kiwi
Dry ginger	Chilli(limited) Capsicum	Berries
Fenugreek	Lady's finger Tomato	Orange
Curry leaves	Raddish, carrot, beet.	

Above mentioned range of foods may be taken in different combinations in order to avoid monotonous diet. Consumption of a particular food in excessive quantity is not advisable for a madhumeha rogi. Hence rotation of different cereals, pulses, spices, fruits & vegetables to make a wholesome diet maintaining metabolism is highly essential.

In regular diet, foods which are heavy, unctuous in nature, foods that increase kapha and medas in the body are to be identified and restricted or avoided. Even on intake of pathya ahara for madhumeha, if improper vihara continues, then it is of no use. Hence the energy consumed should be regulated & used in proper manner by maintaining a lifestyle.

From this point of view, dinacharya, ratricharya, sadvritta are mentioned in Ayurveda to avoid lifestyle disorders.

Role of Lifestyle

Ayurveda – the way of life gives proper method of daily regimen called dinacharya. Especially patients suffering from madhumeha should make a note of it & bring changes in lifestyle.

Immobility To Mobility

Lack of activity, sedentary lifestyle should be avoided once for all. Human body needs extra energy in the form of glucose to perform any activity. Thus activity is the basic key to reduce levels of blood glucose.

Daily Regimen

Good beginning of a day depends on sound sleep

Nidra – Nidra occurs when sense organs are tired & masked by tamas hence a madhumehi should

- Avoid daysleep.
- At night time sleep minimum 5 maximum 8 hours.
- Avoid sleep immediately after food intake.
- Walk 100 steps compulsorily after every meal.

Waking up – Waking up at early hours before 6 AM – avoids kapha and medovridhi. Shoucha vidhi – Most vital aspect is malashodhana. A definite biological clock set within takes care of this. Early morning bowel evacuation avoids chikkanata in deha & malasanchaya in koshta, danta & romakupa

Dantadhavana – Maintaining oral hygiene by chewing neem twigs followed by brushing.

Collyrium – Applying rasanjana to the lower lid of eye once a week exudes kapha out of the eyes. This avoids further complications like diabetic retinopathy.

Nasya – Instilling anutaila or ksheerabala taila nasal drops regularly.

Dhumapana – Inhaling herbal smoke – a cloth smeared with ghee turmeric, triphala powder sprinkled over it, rolled into a stick, should be lit & smoke is inhaled.

Gandusha – Holding oil in oral cavity till tears secrete in eyes. Digestion begins in oral cavity with salivary amylase.

Tambulasevana – Taking beetel leaf with kaphahara churna.

Above mentioned are for urdhwakaya & indriya shodhana as it is kapha sthana.

Abhyanga or Udwartana – Doing abhyanga in madhumehi brings compaction (sthiratwa) & firmness in the body. Plays a major role in avoiding neuropathy and atherosclerosis. Udwartana does medovilapana.

Snana – Taking bath stimulates digestion, enhances circulation & maintains hygiene. Doing it twice a day avoids occurrence of prameha pidaka in unfavourable conditions.

Vyayama – Life Support For Madhumehi

That which brings lightness in the body is called vyayama. In madhumeha samprapti bahudrava sleshma & bahu abaddha medas combine and play a vital role. When vyayama is done regularly – sleshma doesn't attain dravatwa and medas attains baddhata further reduces in quantity.

Following vyayama are suggested according to age, strength & capacity of madhumehi atleast 30-45 minutes a day.

- Brisk walking –atleast 500 meters
- Jogging / Running – till person gets tired
- Swimming
- Sit ups & warm ups
- Jumping & skipping
- Cycling
- Outdoor games – Shuttle/ tennis/ volley ball/basket ball
- Involving in household activity
- Exposure to morning sun

Pranayama & Yoga

Breath has the capacity to control mind. Yoga brings harmony in body & mind. Hence regular yogasanas and pranayama are to be done. Beneficial yoga in madhumeha –

- Surya namaskaras
- Yogasanas
- Sudarshana kriya yoga
- Meditation atleast 15-20 minutes per day)
- Ashtanga yoga – following principles of yama and niyama also keeps body and mind healthy.
- Achara rasayana.

Pranayama increases oxygen supply to the cells. It acts on peripheral insulin resistance by the cells. It helps in better utilisation of energy by using more glucose. Stress being the common cause, the best way to be handled is pranayama. Hence making these, a part of daily regimen makes life easier & better.

Conclusion –

Madhumeha, the wellknown lifestyle metabolic disorder is an outcome of ahita ahara, vihara and avyayama, chinta. Timely food & sleep regular activity keeps kapha dosha in balance. As it is a progressive disorder, first measures have to be taken to avoid further pathology. An awareness of what to eat and avoid; what to do & avoid is essential to handle it easily. A regular exercise and yoga both simultaneously improves glucose metabolism produces stress. Pranayama helps in increase of hepatic glucose uptake.

Nidana, dosha and dushya - their combination & continuity of the bond depends on daily food intake and activities performed. Hence measures to be taken are mentioned in this article to arrest further progression of

samprapti and promote easy management of madhumeha. Medication, food, regimen & meditation play an equal role in madhumeha chikitsa. This article gives an outlook of scope of lifestyle likely to be adapted in madhumeha for a pain free living.

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