



## Review Article

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### STUDY OF ATYAMBUPANA AS A PRAMEHAHETU

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#### ABSTRACT

*Prameha* (diabetes) is a metabolic disorder with ever increasing prevalence on global level. It is considered to be one of the important causes of global deaths due to non-communicable diseases (NCDs). No complete cure for *Prameha* (diabetes) is available in today's era. Prevention is the only key for its control. Avoiding the etiological factors plays the most important role for disease prevention. *Ayurveda* has considered *Atidravapana* (excess liquid intake) as an etiological factor for *Prameha* (diabetes). Out of the day to day consumed liquids, only *Atyambupana* (excess water intake) is taken into consideration during this study. This study aims to understand the probable pathophysiology of *Prameha* (diabetes) due to *Atyambupana* with the help of *Ayurveda Samhitas* and modern medical science. To prove its practicalities, this study gives an opportunity for further research with the help of survey studies.

**Key words:** *Prameha* (diabetes), *Atyambupana* (excess water intake), Prevention.

#### INTRODUCTION

For the interpretation of various concepts, some basic principles have been accepted in *Ayurveda*. The cause – effect relationship in all respects is also one of them. So, in Ayurvedic *Samhitas*, description of *Vyadhihetu* (aetiological factors for any disease) with respect to materialistic, mental or physical activity can be seen. *Prameha* (diabetes) is a disease; originating from metabolic disturbances in the body with increasing prevalence globally. In the list of *Pramehahetu*, there is one *Hetu* (aetiological factor) called '*Atidravapana*'<sup>1</sup> meaning excess liquid intake. *Atidravapana* includes variety of liquid intakes like water, milk, tea, coffee, buttermilk, liquor, carbonated/aerated beverages, juices, soups etc. Out of all these, drinking of water is inevitable part of our life. Now-a-days, *Atyambupana* (excess water intake) is advocated by many health professionals through different social media & personal counselling. People follow these advices & practice *Atyambupana* in different ways. For example, excess water intake at empty stomach in the morning, before/during/immediately after the meals etc. This can give rise to many pathological effects in the body. But, the present study has been restricted to *Atyambupana* (excess water intake) only.

World health statistics published by WHO states that the percentage of global deaths due to non-communicable disease [NCD] like diabetes, cardiovascular diseases, cancers, chronic respiratory diseases is 57.9% in males and 61.4% in females. Diabetes is directly responsible for 3.5% of total deaths due to NCDs. Even it has been predicted that the number of patients of diabetes will be doubled by the year 2030. The causes of such deaths are unhealthy food habits, physical inactivity, addiction and stress. Prevention is the only key to control this<sup>2</sup>. The aim of *Ayurveda* is also *Swasthyarakshan* (prevention of diseases).<sup>3</sup>

#### DISCUSSION

Body is composed of *Rasa Dhatu* and *Rasa Dhatu* is made up of water<sup>4</sup>. Modern medical science also states that water is the most

abundant constituent in the body, accounting for 50% of body weight in women and 60% in men<sup>5</sup>. For the sustenance of life, water is a basic requirement, that doesn't mean more water you consume the better health you will have. Hence optimum water intake according to the need of body should be taken. This has been already mentioned by Ayurvedic *Samhitas* that regular excess water intake can lead to various pathological conditions like *Chhardi*<sup>6</sup>, *Pratishyay*<sup>7</sup>, *Udar*<sup>8</sup>, *Prameha*<sup>9</sup>, *Sthaulya*<sup>10</sup>, *Agnisada*<sup>11</sup>, *Grahani*<sup>12</sup>, *Atisar*<sup>13</sup>, *Klaibya*<sup>14</sup>, *Shwas*<sup>15</sup>, *Shirorog*<sup>16</sup> etc. *Ayurveda* has clearly mentioned the relationship of excess water intake as an etiological factor of *Prameha* long before. *Prameha* can be correlated with diabetes.

If water is taken in excess quantity, it leads to increase in *Kapha Dosha* and *Jatharaagnimandya*, which ultimately gives rise to *Dhatvagnimandya*<sup>17</sup>. This excess water intake causes *Anivishatva* / *Shaithilya* / *Abaddhatva* (flaccidity) in all *Dhatu* and *Mala* of body except *Asthi*. It then leads to abnormal increase in *Dhatu*<sup>18</sup>. This *Agnivikruti* leads to disturbance in the production, nourishment and functioning of *Dhatu*; which creates metabolic disturbances in the body. An imbalance is created in normal catabolism and anabolism of body cells leading to excess formation of *Kleda*. This excess *Kleda* is excreted out of the body by *Mutra*<sup>19</sup>, giving rise to *Prabhutamutrata* (increased frequency and quantity of urine). *Prabhutamutrata* is an important symptom of *Prameha* (diabetes).<sup>20</sup> *Apana Vayu* is responsible for the expulsion of *Shukra*, *Aartav*, *Purish*, *Mutra* & *Garbha* out of the body at proper time.<sup>21</sup> *Vyana Vayu* is responsible for the transportation of *Rasa* from *Hruday* (heart) to the each & every minute cell of the body, by which body cells get nourishment.<sup>22</sup> If *Atyambupana* is done habitually, *Vyana Vayu* has to circulate this excess water all over the body through *Rasa*.<sup>23</sup> As explained above, the excess amount of *Kleda* is taken to *Basti* (urinary bladder); giving rise to increase in the quantity & frequency of micturition. In this way, vitiation of *Vyana* & *Apana Vayu* due to *Atyambupana* gives rise to *Prameha* (diabetes).<sup>24</sup>

Everything in this world is composed of *Pancha Mahabhoota*.<sup>25</sup> Besides its *Panchabhautikatva*; water has predominance of *Jala Mahabhoota*. Hence, out of the twenty *Gurvadi (Shareer) Gunas*,<sup>26</sup> water has *Drava, Snigdha, Sheeta, Manda, Mrudu, and Pichchhil Gunas*<sup>27</sup> by which, water does its functions. If taken in excess quantity, ultimately these *Gunas* are also abnormally increased unnecessarily in the body. This gives rise to increase in *Kapha*.<sup>28</sup> This leads to increase in *Meda* and *Mutra* also; which is the main *Dooshya* in *Prameha*.<sup>29</sup>

*Atyambupana* is a *Srotodushtihetu* for *Udakvaha & Mutravaha Srotas*.<sup>30</sup> *Ayurveda* believes that *Udeerana* and *Dharana* of *Adharaneeya Vega* are two important aetiological factors of all diseases.<sup>31</sup> *Trushna* (thirst) is included in *Adharaneeya Vega*.<sup>32</sup> *Udeerana* of *Trushna Vega* means drinking of water in excess quantity even though not feeling thirsty. *Dhaaran* of *Trushna Vega* means not drinking the water even after feeling thirsty. So one should drink water when felt thirsty only according to the requirement. Intake of water is highly variable among different people and even within the same person on different days depending on climate, habits and level of physical activity<sup>33</sup> and also on season<sup>34</sup> and *Prakruti*<sup>35</sup>. If *Ushna Guna* is increased in the body, it causes loss of water from body through metabolic processes & excess perspiration. Hence, *Pitta Prakruti* people with congenital predominance of *Ushna Guna*; have more desire for water intake. In *Greeshma* and *Sharad Ritu* also, there is predominance of *Ushna Guna* in the environment; leading to excess desire for water intake to compensate the loss of water from body. Hence, it has been advised to have optimum water intake according to the requirement.<sup>36</sup> If anyone violates these rules about water intake frequently for a longer duration of time, it may lead to metabolic disorders like *Prameha* (diabetes) as stated above.

## CONCLUSION

Prevention is always better than cure. There is no proved complete cure available for diabetes in today's era. Diabetes is getting converted into a lifestyle disorder rather than a disease. This metabolic disorder has more threatening complications as well. Diabetic nephropathy, neuropathy, retinopathy etc. are very common. *Ayurveda* has also emphasized *Nidana Parivarjan* (avoiding the consumption aetiological factors of any disease in all the ways) as the first line of treatment. Here, only one etiological factor has been discussed; which plays an important role in the pathogenesis of *Prameha* (diabetes). Hence it is beneficial to avoid excess water intake and follow the regimen advised in *Ayurveda* regarding water intake. Though, no previous work done has been found regarding *Atyambupana* as a *Pramehahetu*, survey studies can be done to know about its practicality in different geographical areas. This work would be a contribution to both Ayurvedic and health professionals from other streams of medical practices in managing *Prameha* (diabetes) in a better way to avoid its complications.

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