



Review Article

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PREVENTION OF DIABETES: A HOLISTIC APPROACH WITH SPECIAL REFERENCE TO AHARA AND VIHARA

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ABSTRACT

Diabetes mellitus is the most common disease which is prevalent in every part of the world and a major public challenge of 21st century. The estimation by the International Diabetes Federation (IDF) shows that 387 million adults (20 to 79 years) are affected by the disorder in 2014. The epidemiological trends indicate that without proper control and prevention its prevalence will increase further to 438 million in 2030. The largest numbers are in the Indian subcontinent and China. Diabetes one among 10 lifestyle disorder hence proper Ahara, Vihara is essential in order to prevent the Diabetes. In Ayurvedic classics food is mentioned as one among the tree Upasthamba (Pillar) which supports the body. So proper consumption of the food by following proper pathya and apathya is beneficial in preventing the disease like Diabetes. Along with this improper Ahara improper Vihara (lack of physical activity) also play a major role in the occurrence of Diabetes. The current levels of physical inactivity are partly due to insufficient participation in physical activity during leisure time and an increase in sedentary behaviour during occupational and domestic activities leading to metabolic and lifestyle disease like Diabetes. So it is of utmost importance to stress on lifestyle modification. Present paper highlights on role of Ayurvedic dietetics and lifestyle modification in Diabetes.

Keywords: Diabetes, Diet, Lifestyle, Ahara, Vihara, Ayurveda

INTRODUCTION

Ayurveda the science of life is an ancient system of medicine which guided the mankind with various principles to be healthy and stay away from any physical, mental and spiritual illness throughout the life. The main aim of life will be attaining Dharma, Artha, Kama and Moksha. Health is the root cause for attaining this purushartha's¹. Health can be achieved by following Ayurvedic principles. So Ayurveda has stressed more upon preventive aspect than curative to maintain the health of an individual.

Swasthavritta the health science which mainly emphasised on Dinacharya, Ratricharya and Rutucharya will keep the person in healthy condition² and also by following other principles like Sadvritta, Trayopasthamba, Navegandharaneeya, Ahara and Vihara one can maintain the health and longevity without having disease.

Concept of Ahara and Vihara is very old, which is essential factor for the maintenance of life. It is described in the text that the intake of hita Ahara and Vihara will cause niroga whereas intake of ahita Ahara and Vihara causes disease³. The ancient seers gave much important to intake of proper Ahara and proper Vihara for leading a disease free life.

Diabetes mellitus is a metabolic disorder characterized by hyperglycaemia resulting from defects in insulin secretion, insulin action or both⁴. Once regarded as single disease entity diabetes is now seen as heterogeneous group of diseases, characterized by a state of chronic hyperglycaemia resulting from a diversity of aetiologies, environmental and genetic, acting jointly. The underlying cause of diabetes is the defective production or action of insulin, a hormone that controls glucose,

fat and amino acid metabolism. Characteristically, diabetes is a long progression. Chronic hyperglycaemia, from whatever cause, leads to a number of complications, cardiovascular, renal neurological, ocular and other infections.

Unfavorable modification of lifestyle and dietary habits that are associated with urbanization are believed to be the most important factors for the development of diabetes. The prevalence of diabetes is approximately twice in urban areas is projected to increase from 54% in 1995 to 73% by the year 2025.

In Ayurveda diabetes mellitus can be taken as Prameha (Diabetes). Prameha as disease entity has been recognised since long in Indian medicine. Acharya Charaka has mentioned "It is one of the disease which started by the time of historical disruption of yajna organised by Daksha Prajapati in an ancient time. It is related to the eating of Havisha⁵. The word prameha consist of two words i.e. Pra+Meha. Meha is derived from the root word "Miha Sinchane" meaning profuse, excessive quantity and frequency is indicated by the prefix (pra-prakarshena). That is why the main characteristic features of prameha said to be Prabhuta Mutrata and Avila Mutrata⁶.

Prameha (Diabetes) can be classified into 20 types based on the involvement of dosha. With different manifestation depending upon concentration of dosha's and dhushya prameha are identified and assigned to be different than one another. Along with this bheda (type) and lakshana (symptoms) acharyas concentrated on treatment aspect also and mentioned prameha can be controlled by giving comprehensive attention to 3 aspects i.e Ahara, Vihara and Aushada. Among which Ahara and Vihara are considered to be easiest and important way to control prameha. Acharya's has mentioned so many Ahara and Vihara

that can be applicable in case of prameha in order to get desirable benefits. Among which some of the Ahara and Vihara are highlighted in this paper and its modes of action has been mentioned for better understanding.

Nidana of Prameha

The etiopathogenesis of prameha (Diabetes) is mentioned in Ayurveda by our different Acharya as follows - according to Acharya Charaka mention as by sitting for long hours without any physical activity, always sleeping for long hours, excessive intake of excessive curds, excessive intake of aanupa mamsa (meat of marshy) like fish etc intake of excessive milk, intake of newly harvested grains, intake of jaggery sugar and sweets and kaphakara Ahara Vihara causing the prameha⁷.

According to Acharya Vagbata explains due improper Ahara and Vihara producing prameha. Aharaja Nidana like intake of Sweet, sour, salt taste Ahara, intake of food which is heavy to digest, intake of newly harvested grains, jaggery, excessive milk, aanupa mamsa(meat of marshy) and Vihara like sitting for long hour, sleeping for long hour⁸.

Properties of ahAraja Pathya

Yava	It is categorised under Shooka dhanya varga, having kashaya and madhura rasa katu vipaka, mrudu rooksha lekhanana guna, medhonashaka properties. Krutanna -Yava peya, Yava saktu, Yavamand, Yavarotika
Mudga	Shimbi Dhanya varga, rooksha laghu guna sheeta veerya, kapha pitta hara. Krutanna- Mudga yoosha.
Kulattha	Kashaya rasa, katu vipaka, laghu, ushna veerya, medhohara property. Krutanna – kulattha yoosha.
Thikta Shaaka	Patola, nimba, karavellaka, parpata, haridhra, kiratatikta, musta, jeevanthi etc.
Madhu	It is widely indicated in the chikitsa of madhumeha. It has kashaya pradhana madhura anurasa, ruksha guna, lekhanana ushna veerya. It is having medohara property.

Viharaja Pathya

Different varieties of physical activities & exercise have been mentioned in terms of Viharaja pathya- Vyayama, Udwarthana, ratri jagarana, hasti ashva vahana yaana¹¹.

DISCUSSION

Analysis and Modes of Action on Aharaja Pathya

- They have the properties like lekhanana (scraping), vatahar, medhagni vardana, balya etc. In madhumeha bahu & abaddha medas is one of the major factor contributing for samprapti. Hence the dravya which cause medhagni vridhi will surely help in overcoming bahu & abaddha medas.
- High fiber diet_ Delay of gastric emptying, Delay absorption due to increase viscosity, relieves constipation.
- Thikta Shaaka- Patola, nimba, karavellaka, parpata, haridhra, kiratatikta, musta, jeevanthi etc.
- Since in madhumeha it is the shithilatha of the deha which provokes the samprapthi, thikta shaka does the sthirikarana of deha and also does the shoshana of dushya in Prameha.

Analysis and Modes of Action on Viharaja Pathya

- Udvartana- Dosha vishesha- Kapha shaman, Dushya vishesha Pravilaayana medas (liquification), Shareerasthreekarana. The process of Udvartana enhances circulation to skeletal muscles, does lysis of adipose tissue
- **Vyayama_** – Redistribution of blood to active muscles. Lipolysis of adipose tissue profound reduction of Local vascular resistance increase in capillary bed.

CONCLUSION

Non communicable diseases are the leading killer disease of today's era. Diabetes is also one among such non communicable and lifestyle disorder. So the potential to prevent diabetes by

Samprapthi of Prameha

Samprapti of prameha goes like due to intake of both Aharaja and Viharaja nidana (Causitive factor) kapha get aggravated and increase in its quality. Later this kapha mixes with medha this in turn vitiates the shareera kleda (moisture) reaches the basti (bladder) and vankshana through mootravaha strotas producing lakshanas of the prameha⁹.

Pathya in Prameha

Proper Ahara and Vihara which is mentioned in our text play a major role in prevention of prameha whose mode of action is explained further.

Aharaja Pathya

Vishkira mamsa, pratooda, jangala pashu pakshi mamsa, masoorayava, nivara, yava, mudga, godhuma, karavellaka, madhu¹⁰.

lifestyle intervention is consider being of best and easy method. Lifestyle intervention mainly focused on the increased physical activity and dietary modification. It is consider as the comprehensive approach to prevent and treat Diabetes. Ayurveda consider nidana parivarjana is the main line of treatment and it is even applicable in case of Prameha. Swasthavritta also states like if person daily indulge in Hita Ahara and Hita Vihara sevana one can avoid disease and can be swastha. So lifestyle modification seems to have a long lasting carry over effect diabetes disease. Ayurveda given wide description about Ahara and Vihara which are told under the prameha and these Ahara and Vihara are relevant in day to day life

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