



Review Article

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A CLINICAL APPROACH OF PATHYA KALPANA IN PRAMEHA: A REVIEW

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ABSTRACT

Background: Diabetes mellitus is becoming the fastest considerable disease in the world. According to WHO, in 2014, 8.5% of adults have Diabetes. In 2020, according to the international diabetes federation (IDF), India has an estimated 77 million people with Diabetes, making it the 2nd most affected globally. Diabetes is a metabolic disorder where food, drinks and sedentary habits play a significant role. In Ayurvedic classics, it is mentioned that Prameha is caused by apathya ahara and vihara. Though many anti-diabetic drugs are administered along with this medication, diet plays a vital role in controlling and managing the disease. Acharyas have mentioned many Ahara dravya as pathya and explain pathya kalpanas like kulattha yusha, masura yusha, mudgamlaka yusha, yava pupalika etc. The pathya kalpanas described have a glycemic index of below 50 and acts as Kaphavatahara, medohara, and anti-diabetic property.

Keywords: Prameha, Diabetes mellitus, Pathya kalpana

INTRODUCTION

Instead of treating sickness, Ayurveda has insisted on emphasizing disease prevention and maintaining wellness. Ahara is the initial sub-pillar of life and the result of Ahara among the trayopasthamba. Sharira is the result of ahara. Ahara can efficiently handle any abnormality by making the necessary alterations. Prameha is a santarpanajanya vyadhi ¹, brought on by the vitiation of doshas and dhatus due to apathy's effects on both ahara and vihara ².

To reach the entryway of basthi ³, Kapha and medo dathu primarily descend the mutravaha srotas. Praboota mutrata, pipasa adhikya, kshuda adhikya, and dourbalya are characteristics. Prameha is regarded as yapya vyadhi, necessitating pathya ahara kalpana shamanistic therapy in order to manage, control, and avoid the condition while enhancing quality of life.

Chakrapani Classification of Ahara kalpana

The dietetic preparations are again classified into two groups.

- Kritanna kalpana – prescribed for healthy beings.
- Pathya kalpana – prescribed for patients.

Ayurveda classics mentioned pathya ahara kalpana to manage the disease and prevent complications. ³

Types of Pathya kalpana mentioned in Ayurvedic classics are:

- Yavagu / manda/ odana (the main ingredient is rice)
- Yusha (the main ingredient is pulses)
- Mamsa rasa (the main ingredient is the flesh of various animals)

Hence, to manage the disease and to prevent the disease in its early stage, one should follow pathya ahara vihara viz. pathya kalpana, which are mentioned in our Ayurvedic classics. ⁴

Table 1: Pathya kalpanas mentioned in various Ayurvedic classics for Diabetes

Charaka Samhita	Kaiyadeva nighantu	Sahasra yoga
Yava Sakthu ⁵	Kulattha yusha	Mudgadi peya
Vyoshadi Sakthu ⁶	Masura yusha	Paranthimuladi kashaya peya ⁹
Mudgamlaka yusha ⁷	Shali manda	
	Sheetodana	
	Yava Pupalika ⁸	

Thus, we can explore the benefits of this pathya kalpana preparation in the control of Diabetes.

Pathya Kalpana Preparations

Table 2: Kulattha yusha

Ingredients	Quantity
Kulattha	50 gm
Shunti churna	3 gm
Pippali churna	3 gm
Jala	16 parts ¹⁰

Method of preparation: yusha should be prepared with 50 gm of Kulattha mixed with Shunti and Pippali churna 3 gm each and boiled with 16 times of water until it attains semi-solid consistency.

Properties: Agni vardaka, Kapha-Vata hara, vatanulomaka

Indication: Mehagna, medohara, swasa, kasa etc.

Table 3: Masura yusha

Ingredients	Quantity
Masura	50 gm
Shunti churna	3 gm
Pippali churna	3 gm
Jala	16 parts ¹¹

Method of preparation: Yusha should be prepared with 50 gm of masura mixed with Shunti and Pippali churna 3 gm each and boiled with 16 times of water until it attains semi-solid consistency.

Properties: Dhatu vardaka

Indication: Prameha hara

Table 4: Mudgamalaka yusha

Ingredients	Quantity
Mudga	50 gm
Amalaka	50 gm
Shunti churna	3 gm
Pippali churna	3 gm
Jala	16 parts ¹²

Method of preparation: Yusha should be prepared with 50 gm each of Mudga and Amalaka mixed with Shunti and Pippali churna 3 gm each and boiled with 16 times of water until it attains semi-solid consistency.

Table 5: Yava Pupalika

Ingredients	Quantity
Yava	1 part
Jala	Q. S ¹³

Method of preparation: Yava (barley flour) dough should be taken and made into a flattened round shape; it should be cooked under steam until it puffs up.

Properties: Anushna sheeta, madhura rasa, laghu

Indications: Prameha, medoroga, kantaroga, kasa, peenasa, medoroga.

Table 6: Yava saktu

Ingredients	Quantity
Yava	2 parts
Jeeraka	As prakshepaka dravya
Ela	As prakshepaka dravya ¹⁴

Method of preparation: Roast all the ingredients in a mild flame and make a coarse powder.

Method of intake

1 tablespoon powder + ghrita + water and drink

1 tablespoon powder + saindava + maricha powder + little quantity of water = Semi solid consistency.

Table 7: Vyoshadi saktu

Ingredients	Quantity
Shunti	1 part
Maricha	1 part
Pippali	1 part
Amalaki	1 part
Vibhitaki	1 part
Haritaki	1 part
Vaya vidanga	1 part
Katuki	1 part
Haridra	1 part
Daru Haridra	1 part

Patha	1 part
Shigru	1 part
Kantakari	1 part
Brihati	1 part
Shalaparni	1 part
Shudda hingu	1 part
Kembukamoola	1 part
Dhanyaka	1 part
Ajamoda	1 part
Chitraka	1 part
Shweta jeeraka	1 part
Hapusa	1 part
Atasi	1 part
Sauvarchala lavana	1 part
Madhu	24 parts
Tila taila	24 parts
Go-ghrita	24 parts
Yava Saktu	16 parts ¹⁵

Method of preparation: All the ingredients should be taken in equal quantity and dry form, except yava saktu, madhu, go-ghrita and tila taila.

Grind the ingredients and make them into fine powder.

Add Tila taila, madhu, and go-ghrita individually equal to the total quantity of fine powder.

After that, adding 16 times of Yava saktu dry it correctly, known as vyoshadi saktu.

Dose: 60 gm BD morning and evening on an empty stomach with water to make mantha.

Indication: Santharpana janya vyadhi.

DISCUSSION

Kulattha yusha: Kulattha: Medohara, mehagna, laghu, rooksha, kashaya rasa, and amla vipaka. It can, therefore, be used to Sthula Prameha. Horse gram seeds can lower blood sugar levels and assist in reducing insulin resistance, according to research.

Masura yusha: Masura: It contains madura katu rasa, madura vipaka, laghu, rooksha, balya, sheeta, and kapha pitta shamaka; as a result, it can be employed in Sthula Pramehi. Masura has a glycemic index of 25, which means it can support healthy glucose regulation and reduce blood sugar levels.

Mudgamalaka Yusha: Mudga: possessing prameha hara karma, kashaya rasa, and laghu ruksha guna. Madhura vipaka, sheeta veerya, and amalaka-lavana varjita pancharasa balance the tridoshas. Mudgamalaka can, therefore, be utilized in Sthula Pramehi. According to Charaka, Nithya sevana of Mudga and Amalaka can aid in the disease's prevention. Mudga is an excellent source of antioxidants and has a 38 glycemic index. Amla has few calories and a lot of vitamin C, which is crucial for weight loss and the regeneration of pancreatic tissue. Amla is a fruit that can aid weight loss by regulating the metabolism and preventing fat buildup.

Yava Pupalika: One of Prameha's top pathyas is Yava. Yava pupalika can be employed in Sthula Pramehi since it possesses the qualities of ruksha, sara, lekhana, and medohara. Yava is the best fruit for type 2 diabetes because it has a high amount of fibre and beta-glucan, which slows the absorption of sugar by forming a bond with it in the digestive system. Thus, it might aid in lowering insulin and blood sugar levels.

Yava Saktu: Yava has land in medohara. Yava saktu can be utilized for anubanda veda (related symptoms), such as daha, murcha, etc., and Sthula Pramehi.

Vyoshadi Sakthu: Trikatu-katu rasa, laghu rukha guna, and Kapha-Vata-medo hara Property The qualities of Triphala include brimhana, laghu ruksha guna, and tridoshagna. The bioavailability enhancer trikatu-piperine is strong, Prameha, and has a noticeable protective impact while lowering insulin resistance. Triphala: Due to the presence of glycosides, carotenoids, and other compounds, it can restore the activities of the pancreatic tissues by boosting insulin secretion or decreasing the absorption of glucose through the intestinal tract.

CONCLUSION

Prameha requires ahara as a tool to sustain the quality of life because she is a Yappa vyadhi. Properties that fall under the categories of Kaphavata hara, laghu ruksha guna, and lekhaana make up the majority of ahara dravyas like Yava, Godhuma, Shali, Mudga, and others.

We should, therefore, include pathya kalpana in our daily food plan to stop and treat the sickness.

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