



“MADHUMEHA (DIABETES MELLITUS) AN AYURVEDIC REVIEW”

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ABSTRACT

Diabetes mellitus is one of the global health problem of present era resulting in serious long term complications such as heart disease, neuropathy, nephropathy, retinopathy and even death. In Ayurveda, *Madhumeha* is mentioned one of the important diseases in which quantity and frequency of urination increase. Diabetes is a metabolic disorder result in deficiency or dysfunction of the insulin production. in Ayurveda there are 20 types of *Prameha* are described which are in generally described by production of excess amount of urine and increased frequency of micturition the twenty *Prameha* when if not treated is converted into *Madhumeha*. *Madhumeha* is a type of *Vataja prameha*. In Ayurvedic literature have the knowledge about causes, risk factors, prevention and treatment of *Madhumeha*.

KEYWORDS : Diabetes mellitus, *Madhumeha*, *prameha*

INTRODUCTION:

Diabetes mellitus has gained enormously fast becoming the world's largest chronic, metabolic disease characterized by elevated levels of blood glucose level, which leads to serious damage to the heart, blood vessels, eyes, kidneys and nerves over a period of time. The most common is type 2 diabetes mellitus disease India has become by WHO as the country with the fastest growing population of Diabetic patients. About 422 million people worldwide have diabetes.

in Ayurveda there are 20 types of *Prameha* are described which are in generally described by production of excess amount of urine *Prabhotavila mutrata* and increased frequency of micturition *Baram-baram mehati*. if the twenty *Prameha* if not treated is converted into *Madhumeha*. *Madhumeha* is a type of *Vataja prameha*

MATERIAL AND METHODS

The basic and conceptual materials were collected from the Ayurvedic classics viz. with their available commentaries, research papers and journals.

MADHUMEHA HETU :

AHARAJ AVAM VIHARAJ KARAN :

Sedentary lifestyle, excessive sleep, curd, meat soup of domestic, aquatic, animal ,milk products, freshly harvested food ,jaggery preparation and all other *kapha* promoting substance, laziness, intake of food which is cutaneous, sweet, fatty and liquid.

SANTARPANATHA KARANA :

All etiological factor mention for the manifestation of *santarpanatha vikar*.

ADIBALAPRAVRUTTA : Due to morbidity of *shukra* and *shonita*. (Hereditary disease -inherited from the parents) Activities that aggravate *meda*, *mutra* , and *kapha* , are main etiological factor for *prameha* Two main etiological factor are- *Sahaj* - hereditary or congenital and *Apthya nimittaja* -- Due to Incompatible dietetics and activities.

PURVAROOPA(Premonitory symptoms):

In Ayurveda *prameha* described by early symptoms of the disease. feeling of burning sensation in the palms and soles(*hastapada daha*), unctuous and slimy (*kleda*) skin all over the body, feel heavy, thirst and a sweet taste in the mouth etc., and *moothra madhuryam* (sweetness of urine), bad smell and white in color, stupor, debility *dyspnoea*, They are

accumulation of dirt on the teeth (mouth, eyes, nose, and ears).

More growth of hairs and nails.

MADHUMEHA SAMANYA LAKSHANA(SIGN AND SYMPTOMS):

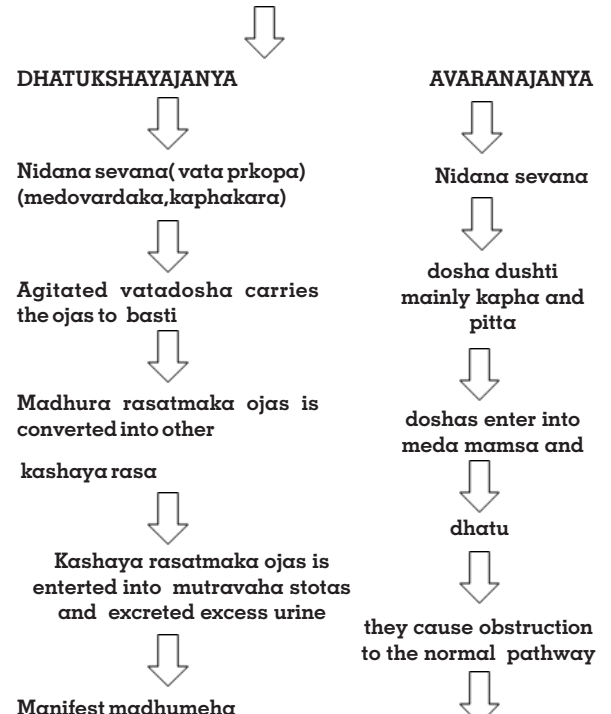
Patient of *madhumeha* passes urine which is astringent, sweet, pale and unctuous, (c.s.ni 4/44)

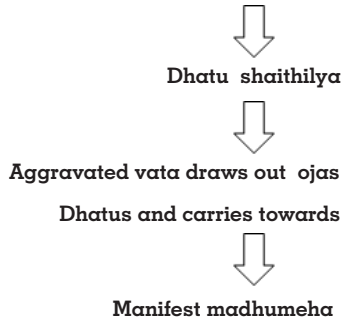
Madhumeha patient passes urine having sweet in taste and smell of body resembling like honey (S.S CI 6/57)

MADHUMEHA SAMPRAPTI -

All above etiological factor aggrevate *kapha* ,*pitta*, *medha* , *mamsa* and obstruct normal pathway

AHARAJ VIHARAJ KARAN SANTARPANATHA KARANA ADIBALAPRAVRUTTA APATHYA NIMITAJ





Negligence to management of these disease leads to development of seven *Pramepidika* over muscle.

CLASSIFICATION (BHEDA):

Vataja *pramehas* – There are totally 20 types of *prameha* according to *doshas*
vataja pramehas. – 4
Pittaja pramehas – 6
aphaja pramehas – 10

Out of these, diabetes mellitus is termed as madhumeha. It is one of the four Vataja *prameha*

Types	Charak	sushrut	vagbhat
<i>Kaphaj</i>	1. <i>Udakameha</i>	1. <i>Udakameha</i>	1. <i>Udakameha</i>
	2. <i>Iksuvalikarasameha</i>	2. <i>Iksuvalikarasameha</i>	2. <i>Iksuvalikarasameha</i>
	3. <i>Sandrameha</i>	3. <i>sandr meha</i>	3. <i>Sandrameha</i>
	4. <i>Sandra prasada</i>		
	5. <i>Sukla meha</i>	5. <i>Pistameha</i>	5. <i>Pistaameha</i>
	6. <i>Sukra meha</i>	6. <i>Sukra meha</i>	6. <i>Sukra meha</i>
	7. <i>Sitamaha</i> _		7. <i>Sitamaha</i> _ S
	8. <i>Sikatameha</i>	8. <i>Sikatameha</i>	8. <i>Sikatameha</i>
	9. <i>Sanairmeha</i>	9. <i>Sanairmeha</i>	9. <i>Sanairmeha</i>
	10. <i>Alalameha</i> _		10. <i>lalameha</i> _
		_ <i>Surameha</i>	_ <i>Surameha</i>
		_ <i>Lavanameha</i>	_
		_ <i>Phenameha</i>	
<i>pittaj</i>	1. <i>Ksudrameha</i>	.1 <i>Ksudrameha</i>	1 <i>Ksudrameha</i>
	2. <i>Kalameha</i> _		2. <i>Kalameha</i>
	3. <i>Nilameha</i>	3. <i>Nilameha</i>	3. <i>Nilameha</i>
	4. <i>Lohitameha</i>	4. <i>Sonitameha</i>	4. <i>Raktameha</i>
	5. <i>Manjisthameha</i>	5. <i>Manjisthameha</i>	5. <i>Manjisthameha</i>
	6. <i>Haridrameha</i>	6. <i>Haridrameha</i>	6. <i>Haridrameha</i>
		_ <i>Amlameha</i>	
<i>Vataj meha</i>	<i>Vasameha</i>	<i>Vasameha</i>	<i>Vasameha</i>
	2. <i>Majjameha</i> <i>Sarpimeha</i> <i>Majjameha</i>	2. <i>Sarpimeha</i>	2. <i>Majjameha</i>
	3. <i>Hastimeha</i>	3. <i>Hastimeha</i>	3. <i>Hastimeha</i>
	4. <i>Madhumeha</i> or <i>ojameha</i>	4. <i>Madhumeha</i>	4. <i>Madhumeha</i>

Upadrava (Complications):

Daha(burning sensation), *Trishna*(thirst), *Hridadaha* (Sour belching), *Moorcha* , *Anidra*, *Kampa*, *Krishna* (emaciation), *Swash* (increased breathing), too much elimination of urine (*prabhutmootrata*), improper digestion (*Ajeerna*), *Vamana*. Troubled by appearance of deep seated *pramehaPidikas* (Eruption), Feeling of heaviness of the body.

CHIKITSA (MANAGEMENT OF MADHUMEHA):

Management of madhumeha :

Ahar (diet)
Vihar (lifestyle)
Aushadhi (medicine)

AHAR	Name
Cereals	- Yava (Barley) are the best, different preparations of food, prepared from Barley, can be given eg- Mantha, Odana, Appopa, bread, Roti etc 'Old rice (Oriza Sativa) Rice which crops within 60 days Godhuma (wheat) Kodrava (grain variety–Paspolum scrobiculatum)
Pulses	Adhaki (red gram-Cajamus cajan) Kulattha (horse gram) Mudga (green gram) should be taken with bitter and kashaya leafy vegetables.
Vegetables	Green <i>Banana</i> <i>Tanduleyaka</i> (<i>Amaranthus spinosus</i>) <i>Matsyakhshi</i> (<i>Alternanthera sessilis</i>) <i>Bitter vegetables</i> (<i>Tiktasakam</i>) like - <i>Methica</i> (<i>Methi- Fenugreek leaves</i>) <i>-Karavellaka</i> (<i>Bitter gourd</i>)
Fruits	<i>Orange</i> <i>Watermelon</i> <i>Apple, Jambu</i> (<i>Syzigium cumini</i>) <i>Kapitha</i> (<i>Feronia limonia</i>) <i>Amlaki</i> (<i>Embelica officinalis</i>)
Oils	<i>Nikumbha</i> (<i>Danti- Baliospernum montanum</i>), <i>Ingudi</i> (<i>Balanitis aegyptiaca</i>), <i>Atasi</i> (<i>Linum usitatisimum</i>), <i>Sarsapa</i> (<i>Mustard</i>).

Apathya (Unwholesome)-

Dugdha(milk)*Dadhi*(curd), *Takra*, *Ikshurasa* (sugarcane juice)), *Guda*, *Pista-Anna*, *Nava-Anna*, *Urada*, *Gramya-Audaka-Anoopa Mansa*, *Naveen Sura Avum Madhya*, *Adhyasan*, *Viruddhasana*, *Kapha-Meda Vardhak Ahara*, *Madhur-Amla*(sour)-*Lavana* (salty) *Rasadi ahara*.

Vihar :

Anupashaya:

Sukha-asana, *Sukha-sayana* , *Diva-sayana*, *ati-maithuna*, *Vegadharanad*(suppression of natural urges)

Upashaya:

mild to moderate *Vyayama*(exersice), *Snana*, *Udvartana*, *Krina*, *Pranayama*, *Yogasana* etc. Exercise daily for 30-45 minutes or walk 3-5 km.

Aushadhi (medicine):

Chikitsa Siddhant

Treatment for obese and strong diabetics aimed at reducing the obesity of the patient (*apatarpana chikitsa*).

krusha (emaciated) and weak patient of diabetics can cleansing procedures followed by the treatment to nourish the body with specific management (*santarpana chikitsa*). Both types of diabetics successively treated with distinct therapy and diet regimen.

Panchtikta Panchprasrita Niruha Basti (Ch. Si.-8/8)

Somvalkak Niruha Basti (Ch. Si.- 10/43)

Mustadi Yapana Basti (Ch. Si.- 12/15,16)

Pramehhar Asthapan Basti (Su. Chi.- 38/76) are useful in DM madhumeha patients.

Single Herbal drugs used in Madhumeha

Aamlaki(*Embelica officinalis*)

Meshashringi(*Gymnea sylvestre*)

Karvellaka(*Momordica charantia*)

Methika(*Trigonella foenum-graecum*)

Shilajeet(*Black Bitumen*)
 Vijaysara(*Pterocarpus marsupium*)
 Jambu(*Syzyium cumini*)
 Tejpatra(*Cinnamomum tamala*)
 Twak(*Cinnamomum zeylanicum*)
 Guduchi(*Tinospora cordifolia*).
 Bimbi(*Coccoloba indica*)
 Khadirasara(*Acacia catechu*)
 Katphala(*Myrica esculenta*)
 Kakamachi(*Solanum nigrum*)
 Devdaru(*Cedrus deodara*)

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Compound formulations used in *Madhumeha*-

1. *Tuvarak rasayana kalpa*
2. *Phalatikadi Kwatha*
3. *Katakhadiradi Kwatha*
4. *Trivang Bhasma*
5. *Vanga Bhasma*
6. *Vasant Kusumakar Rasa*
7. *Shilajatvadi Vati*
8. *Mehari Vati*
9. *Mammajakghan Vati*
10. *Saptacakraghan Vati*
11. *Nishamalaki Churna*

Ghrita (medicated ghee):

Trikathakadya sneha (tail or ghrita)

Asava : lodhraasava
Dantyaasava

Avaleha:

1. *Saraleha:*
2. *Gokshuradyavaleha*

CONCLUSION

Madhumeha which can be correlated with Type-2DM disease is growing globally that cannot be treated permanently by only medicine but proper *pathya aahar and vihar* (proper diet and regimen , daily lifestyle) should also be followed.so that *Madhumeha*(Diabetes mellitus) is *yapya* can be controlled .

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