



"MADHUMEHA (DIABETES MELLITUS) AN AYURVEDIC REVIEW"

Dr. Sunanda Pedhekar

Associate Professor at Kayachikitsa department, College of Ayurved, Bharati Vidyapeeth Deemed (to be) University, Pune, Maharashtra, India.

Dr. Pratik Taksale*

MD Scholar at kayachikitsa department College of Ayurved Bharati Vidyapeeth Deemed (to be) University, Pune, Maharashtra, India.

*Corresponding Author

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):

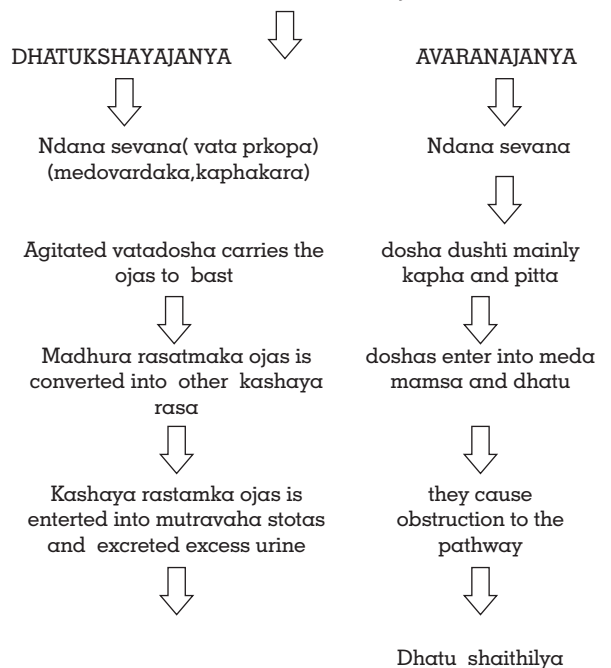
Patient of *madhumeha* passes urine which is astringent, sweet, pale and unctuous, (c.s.ni 4/44)

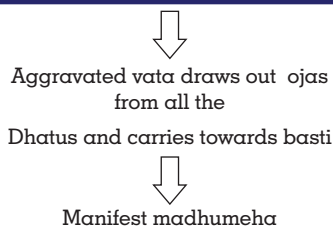
Madhumeha patient passes urine having sweet in taste and smell of body resembling like honey (S.S CI 6/57)

MADHUMEHA SAMPRAPTI -

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

AHARAJ VIHARAJ KARAN SANTARPANATHA KARANA ADIBALAPRAVRUTTA APATHYANIMITAJ





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
Kaphaj	1. Udakameha	1. Udakameha	1. Udakameha
	2. Iksuvalikarasa meha	2. Iksuvalikarasameha	2. Iksuvalikarasameha
	3. Sandrameha	3. sandr meha	3. Sandrameha
	4. Sandra prasada		
	5. Sukla meha	5. Pistameha	5. Pistaameha
	6. Sukra meha	6. Sukra meha	6. Sukra meha
	7. Sitameha		7. Sitameha _ S
	8. Sikatameha	8. Sikatameha	8. Sikatameha
	9. Sanairmeha	9. Sanairmeha	9. Sanairmeha
	10. Alalameha		10. lalameha _
pittaj		_ Surameha	_ Surameha
		_ Lavanameha _	
		_ Phenameha	
	1. Ksudrameha	1. Ksudrameha	1 Ksudrameha
	2. Kalameha _	_	2. Kalameha
	3. Nilameha	3. Nilameha	3. Nilameha
	4. Lohitameha	4. Sonitameha	4. Raktameha
	5. Manjistameha	5. Manjistameha	5. Manjistameha
	6. Haridrameha	6. Haridrameha	6. Haridrameha
		_ Amlameha _	
Vataj meha	Vasameha	Vasameha	Vasameha
	2. Majjameha Sarpimeha Majjameha	2. Sarpimeha	2. Majjameha
	3. Hastimeha	3. Hastimeha	3. Hastimeha
	4. Madhumeha or oameha	4. Madhumeha	4. Madhumeha

Upadrava (Complications):

Daha(burning sensation), Trishna(thirst), Hridadaha (Sour belching), Moorchha , Anidra, Kampa, Krisha (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-Paspalum scrobiculatum)
	Pulses
Vegetables	Adhaki (red gram-Cajamus cajan) Kulattha (horse gram) Mudga (green gram) should be taken with bitter and kashaya leafy vegetables.
	Green Banana Tanduleyaka (Amaranthus spinosus) Matsyakhshi (Alternanthera sessilis) Bitter vegetables (Tiktasakam) like -Methica (Methi- Fenugreek leaves) -Karavellaka (Bitter gourd)
Fruits	Orange Watermelon Apple, Jambu (Syzigium cumini) Kapitha (Feronia limonia) Amlaki (Embelica officinalis)
	Oils
	Nikumbha (Danti- Baliospermum montanum), Ingudi (Balanitis aegyptiaca), Atasi (Linum usitatisimum), Sarsapa (Mustard).

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 patientof 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(Syzygium cumini)

Tejpatra(*Cinnamomum tamala*)
Twak(*Cinnamomum zeylanicum*)
Guduchi(*Tinospora cordifolia*).
Bimbi(*Coccinia indica*)
Khadirasara(*Acacia catechu*)
Katphala(*Myrica esculenta*)
Kakamachi(*Solanum nigrum*)
Devdaru(*Cedrus deodara*)

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. *Mammajakaghan Vati*
10. *Saptacakraaghan 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-2 DM 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 .

REFERENCES

1. Charak Samhita of Agnivesh;Ayurved Dipika Commentary By Shri Chakrapanidatta,Edited by Dr.Ramkaran Sharma and Vaidya Bhagvan das, Chaukumbha Publication, Varanasi, india., Sutra Sthana Chp-4 pramehanidana,501-510
2. Charak Samhita of Agnivesh;Ayurved Dipika Commentary By Shri Chakrapanidatta,Edited by Yadavji Trikamji Acharya,Chaukhamba Surbharti Prakashan,Nidana Sthana-8/11;page227
3. Acharya C Charak Samhita of Agnivesh;Ayurved Dipika Commentary By Shri Chakrapanidatta,Edited by Yadavji Trikamji Acharya,Chaukhamba Surbharti Prakashan,Varansi,Indi,Rep.2014,Chikitsa Sthana 6/3,page445-7
4. Charak Samhita of Agnivesh;Ayurved Dipika Commentary By Shri Chakrapanidatta,Edited by Yadavji Trikamji Acharya,Chaukhamba Surbharti Prakashan,Varansi,Indi,Rep.2014,Chikitsa Sthana 4/14& 19,page2146.
5. Astangsamgraha of Vridha Vagbhata with Shashilekha Sanskrit Comentary,edited by Shivprasadhakar Samhita.
6. Sushruta Samhita : By Kaviraj Kunjalal Bhashagraha; Chaukhamba Sanskrit Series, Varanasi. 1963; Vol- II; Chapter – 13; Page No.- 286-391 ; The Medical treatment of *Madhumeha*.
7. Bhavaprakash: Bhavamishra; Chaukhamba Oriental Publisher & Distributor, Varanasi; Volume - II, Chapter – 38; Page No.- 484, 497, 498; Sloka - Referred 107; Medicine
8. Harrison's principle of Internal medicine, Volume II. 19th International edition; 2002.
9. *Susruta , Susruta Samhita* (Hindi translation with Ayurveda Tattva Sandipika Purvardha-Sutra Sthana, Chapter-33, Sloka-4th Kaviraja Dr.Ambikadatta Shastri Edited).
10. reprint Varanasi: Chaukhamba Sanskrit Sansthan; 2008.
11. A Text book of Kayachikitsa: Dr. Subhash Rande and Dr. Sunanda Ranade; Chaukhamba Oriental Publisher & Distributor, Varanasi; Krishnadas Academy; Chapter - 4 - Medovaha Srotas – Prameha; Page No.- 441-451; Prameha
12. Davidson's Clinical Medicine: Edited by John Macleod ; 1984, Reprint - 1985,1986; Chapter - 12- Endocrine & Metabolic Diseases; Page No -457-465; Diabetes Mellitus.
13. Vijayalakshmi S & Abdul Khader: An Insight Towards Understanding The Samprapti Of *Madhumeha*. International Ayurvedic Medical Journal {online} 2019;(cited January, 2019)
14. Dr. Deepika Gupta* 1 , Dr. Rajesh Agrahari2 , Dr. Kamal Sachdev3 and Dr. Richa Garg4 AYURVEDIC MANAGEMENT OF MADHUMEHA (TYPE-II DIABETES MELLITUS) AND ITS COMPLICATIONS – A REVIEW ARTICLE wjpmr, 2018,4(1), 67-70
15. Jyoti Yadav, Atal Bihari Trivedi and Shilpa Nagar (2019); A REVIEW ARTICLE ON MADHUMEHA (TYPE2 DIABETES MELLITUS) *Int. J. of Adv. Res.* 7 (Nov). 145-149[ISSN 2320-5407].