



## EFFECT ON UPCOMING GENERATION DUE TO FAULTY LIFESTYLE OF PARENTS W.S.R. JUVENILE DIABETES

**Poonam Gaur\***

Assistant Professor, Dept. of Kaumarbhritya, SBSJS Ayurvedic Medical College and Hospital, Farrukhabad \*Corresponding Author

**Shivam chaubey**

Assistant Professor, Dept. of Agadatantra, SBSJS Ayurvedic Medical College and Hospital, Farrukhabad

**ABSTRACT** Human race has continuously evolved with the time. But this evolution and development brings the change in the environment. Continuous changes affect the cultures and traditions. Cultures and traditions regulate the life style of the people. According to different survey India is the capital of diabetes. In addition there is increased prevalence of juvenile diabetes in India having genetic etiology. These genetic changes are mutated due to the flawed life style of parents. In 1990 a hypothesis was propounded by the British epidemiologist David Barker i.e. Beckers hypothesis under this hypothesis intrauterine growth retardation, low birth weight, and premature birth have a causal relationship to the origins of hypertension, coronary heart disease, and non-insulin-dependent diabetes, in middle age. Factors affecting embryonic development are maternal lifestyle, environmental and nutritional. Faulty life style of mother leads to vitiation of *Stree Bija*, and vitiation of *Matrija Rasa Dhatu*, therefore right from embryological life there is occurrence of embryological defects in different organs and systems too. In Ayurveda classics different *bhavas* like *Garbhakar bhava*, *Garbhaviridhikar bhava*, *Garbhoghathkar bhava* also plays important role in the proper development of foetus. Thus to prevent genetic diseases like juvenile diabetes one should follow Ayurved life style and *Garbhini paricharya*.

**KEYWORDS :** Ayurveda, life style, Becker hypothesis, *Garbhini Paricharya*, *Garbhakar bhavas*, *Garbhaviridhikar bhavas*, Juvenile Diabetes.

### INTRODUCTION:

Life style includes the daily routine and seasonal changes in day to day activities. These changes in life style give rise to life style disorders like coronary heart disease, bronchial asthma and diabetes etc. Despite this due to faulty life style of parents from embryonic life there is occurrence of embryological defects in different organs and system too. Ultimately there is congenitally diseased newborn or there is development of variety of systemic, developmental and endocrinal disease in newborn like juvenile diabetes, Diabetes, Obesity, Malnutrition etc are the burning health issues. Diabetes is a chronic disease classified into two:

1. Those caused by deficiency of insulin secretion due to pancreatic  $\beta$ -cell damage (Type 1 DM/T1DM).
2. Those that are a consequence of insulin resistance occurring at the level of skeletal muscle, liver and adipose tissues, with various degrees of  $\beta$ -cell impairment (Type 2 DM/T2DM).

In recent WHO classification, the diabetes grouped as non-communicable life style disorder (NCD). **Juvenile diabetes (Type 1 DM / T1DM)** is the most common endocrine-metabolic disorder of childhood and adolescence, with important consequences for physical and emotional development.

### PREVALENCE:

WHO projects that Diabetes will be the 8<sup>th</sup> leading cause of death in 2030. The prevalence of diabetes is predicted to 366 million in 2030 with a maximum increase in India. The incidence of diabetes mellitus is increasing in children with advancing age all the way adolescence, with peaks at 5 and 12 years of age. Boys and Girls are equally at risk. Reliable prevalence and incidence data from India are not available. More than 100 children are reported to be with Juvenile diabetes at Jamnagar.

### *Prameha* and Ayurveda:

*Sushruta* has described that any disease may be produced by one or combined with the following seven causes i.e. *Adibalapravritta*, *Janmbala pravritta*, *Dosabalapravritta*, *Sanghatbalapravritta*, *Kalabalapravritta*, *Daivbalapravritta* and *Svabhavabalapravritta*. Out of these congenital malformations are caused by *Adibalapravritta* and *Janmbala pravritta*. *Madhumeha* a type of *Prameha* in Ayurveda classics shows similarities with Diabetes mellitus. Ayurveda classics explained extensively on the disease *Prameha*, but the special signs and symptoms, management and complication in children are hardly seen explained except.....**Heaviness in body, some stiffness, lassitude and fatigue, sudden passage of urine in increased quantity,**

**increased turbidity of urine and ants of flies gets attracted to the baby's urine** are some features explained by *Kashyap Samhita* in the context of *Prameha*. *Acharya Charaka* has quoted that in the case of *Jata pramehi* {congenital *Prameha*} and those who are born of diabetic parents are not curable because of the morbidity in their genes. *Acharya Sushruta* highlighted the two major type of *Prameha* as *Sahaja* and *Apathya Nimmittaja*; of which *Sahaja Prameha* has genetic inheritance and when it appears in childhood age, it can be considered as *Juvenile diabetes*. Thus there is no much direct information regarding the *Prameha* in children nor special line of treatment or medicines seen mentioned in any text of Ayurveda.

### BURDEN OF THE DISEASE:

As the evolution and development of human races occurs there is change in culture and tradition of human being which affect on the life style of an individual that's why India has a burden of LIFE STYLE DISORDERS. Change in life style of human generate many health problems. In Reproductive age due to faulty life style *Bijadushti* occurs that leads to different metabolic and endocrinal disorders occurs like Diabetes mellitus.

Due to LIFE STYLE DISORDERS Biological clock of the body changes as perspective to the External environment. So changed Biological clock of the parents shifted in children that's why growth and development not occur properly i.e. called BIORHYTHM.

### Beckers Hypothesis:

Regarding this aspect A hypothesis related to this condition is propounded i.e. Beckers hypothesis. A hypothesis proposed in 1990 by the British epidemiologist David Barker that intrauterine growth retardation, low birth weight, and premature birth have a causal relationship to the origins of hypertension, coronary heart disease, and non-insulin-dependent diabetes, in middle age. Environmental derived abnormalities related to maternal lifestyle.

### *Garbha/Sharira poshana:*

Initially in first three months of pregnancy nutrition to the *Garbha* is by *Upsneha* and *Upkleda*. From the fourth month of pregnancy by *Garbhanadi*.

**Nutritional junction period:** it is the period between change of one nutrition period to another nutrition period.

Indirect nutrition (upAn[h, up±l[d) → Direct nutrition (gB<.n.)

### *Hetu of Gabhadushti:*

bIjaTmkmaRzykaldae;EmaRtuStwa==harivharddae;E>, kuvRiNt

dae;a ivivxain Ê:qa> s<Swanv[ReiNÔyvEk<tain.

c. s<sup>h</sup>·29/2

All congenital and developmental abnormalities may be due to:

1. **Beeja Dosh:** Various metabolic errors like *Prameha*.

2. **Ritukaala Dosh:** Women's Psychie and abnormal deeds have an impact on developing graffian follicles in first 12-16 days (*Ritu kala*)

3. **Diets during pregnancy:**

Fetus in *Dauhritya*, from 4<sup>th</sup> pregnancy expresses its longings through mother and unfulfilled desires in pregnancy may lead to *Gadgatva*, *Vinaashta* and *Viroopta*. If the women indulges in:

**Diet of mother During Antenatal Period<sup>9</sup>**

Excessive use of <i>Madhura</i> (sweet) articles except milk	Suffers from <i>prameha</i> (urinary disorder) obese and dumb
Excessive use of <i>Amla</i> (sour) articles	Suffers from <i>raktavata</i> (bleeding diathesis), skin and eye disorder
Excessive use of <i>Lavana</i> (salty) articles	Early wrinkling, greying of hair and baldness
Excessive use of <i>katu</i> (hot) articles daily	Weak, possess less quantity of <i>shukra</i> and <i>infertile</i>
Excessive use of <i>Tikta</i> (Bitter) articles daily	Suffers from emaciation ( <i>Shosha</i> ) or edema ( <i>Shopha</i> ), weak, scraggy and less digestive powers
Excessive use of <i>kashaya</i> (astringent) articles daily	

**Factors responsible for healthy progeny:**

1. *Garbhakar bhavas*
2. *Garbhavidhikar bhavas*
3. *Garpoghatkara bhavas*
4. Life style of parents
5. *Garbhini paricharya*

**Garbhakara bhavas:** are *Matrija* (maternal), *Pitrija* (Paternal), *Atmaja* (soul), *Rasaja* ( diet of the mother), *Satmyaja* (wholesome practices by mother), *Sattvaja* (mind)

**Matrija bhavas:** Certain maternal diseases are directly correlated to the congenital abnormalities in the foetus. If a mother is affected by rubella during organogenesis of the foetus the new born may have a congenital abnormality, that is, CRS triad-PDA, Blindness or Sensorinural deafness. According to Ayurveda, marriages in two similar 'Gotras' should be avoided otherwise it leads to congenital deformities in children.

**Pitrija bhavas:** If a beeja (sperm) coming from a male is afflicted, a progeny may have congenital or genetic anomalies. Abnormalities of *shukra* and *vayu*, as well as vitiated *vayu* located in the *shukra* are also believed to produce congenital anomalies.

**Rasaja bhavas:** *Rasa* is the substance that flows continuously and is tasted by the tongue nourishes the body, and gives pleasure to the mind. Under the *garbhakar bhavas* mainly *Matrija*, *Pitrija* and *rasaja bhavas* affects the proper development of *garbha*. From the *rasaja bhavas* *Sharirasaya abhinivritti* and *Sharirasaya abhivridhi*.

**Garbhavidhikara bhavas:**

kaTöyRen zrIrv<iïkraiSTvme Êava ÊviNt; t\*wa kalyaeg>, SvÊavs<isiï>, AaharsaE:Qvmœ, Aiv"atitei. c.za·6/12

**AaharsaE:Qvmœ-** Excellence of the properties of the food.

**Aiv"at-** Absence of inhibiting factor : For example indulgence in sex and mental affliction inhibits the growth of individual body.

**Garbhoghatkara bhavas:**

gÊaRep"atkraiSTvme Êava ÊviNt; t\*wa-- svRmitguê:[tû[<daé[ai ce:qa>; #ma<iaNyanupidziNt v&Ïa>-- devtar[ae=nucrpirr][awRe n r'ain vas<ais ibÊ<yaU mdkrai| m\*aNy\_yvhreÛ yanmixraeêU ma—smÏyat œ svReiNÔyâitUla<Ï Êavan œ Êrt> pivrjRyet œ y/zaNyidipikiÂt œ iSÇyae iv\*u>. c.za·4/18

Above factors inflicting injury to the foetus. so avoid above factors during pregnancy before and after.

**Life style of parents affecting upcoming generation:**

AaSyasuo< SvPnsuo<< dxÏin çaMyaEdkanUprsa> pya<is,

nvaNnpan<< gufvEk&t<c àmhhetu> k)k&Cc svRm+ . c·ic·6 /4  
Addiction to the pleasure of sedentary habits, sleep, curds, soup of the meat of domesticated and aquatic animals and animals inhabiting marshy land, milk preparations, freshly harvested food articles, freshly prepared alcoholic drinks, preparation of jiggery and all *kapha*-aggravating factors are responsible for the causation of *prameha*. Due to Faulty Life Style of Parents there is *Dhatukshaya* or *Ojokshaya* are seen which leads to *Bijadiushti* and thus causes *Sahaj Vikriti* like *Sahaj Prameha*. *Dhatukshaya* leading to *Ojokshaya* and other complications looks like the Pathology and Clinical presentation of the disease Juvenile Diabetes i.e. the  $\beta$  cells in the Pancreas located in islets of Langerhans are not functioning properly leading to the lack of Insulin.

**DISCUSSION:**

In order to understand the disease Modality in today's era, one has to consider the changes in life style to pick new etiological factors and to improve management. Under the *Garbhakara Bhavas Matrij bhava*, *Pitrija bhavas* can be improved before conception by *Shodhana karma*. From the Ayurveda perspective for a disease of *Sahaja* nature, where in *Dhatukshaya* or *Ojokshaya* are seen, the classical approach is applied i.e. the use of *Shodhana karma* followed by *Pramehahara*, *Ojovardhaka chikitsa* and *Rasayana chikitsa*.

**CONCLUSION:**

Proper Life Style of parents, Good quality of *Shada Garbhakara bhavas*, *Garbhavidhikara bhavas* definitely helpful to achieve conception and also produce healthy desirable progeny. So Implementation of *Shada Garbhakara bhavas*, *Garbhavidhikara bhavas* will helpful to reduce the birth of congenital defect and unhealthy child for strengthening nation. Ayurveda gives us little clue that if any *bhavas* has abnormality we have to chance to normalize it through proper life style and *Garbhini Paricharya*.

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