



## PREDIABETIC CONDITION & AYURVEDIC APPROACH

### Ayurveda

**Dr Arvind Paikrao** M D (Ayu), Associate Professor, G. J. Patel Institute of Ayurveda Studies & Research, Annand-388121.

### ABSTRACT

The term prameha is combined of pra prefix & meha root which literally means excess & watering (passing of urine) that is excess urination. Depending up on etiological factor prameha is divided in to two types' "sahaja & apathyanimittaja". Sushruta says sahaja prameha is originated from defect in bija dosha of mother & father. Apathyanimithaja can be considered as consumption of diet which is sweat, heavy, & fatty, & increase kapha dosha by nature & sedentary lifestyle with lack of physical exercise & excessive sleep are causes of prameha. Ayurveda have two main principles, "swasthasya swasthy rakshanam, & aturasy roga prashamanam cha". To maintain healthy one in to always healthy state, is possible only when; if identified the person who highly prone to diabetic one, means to find out the prediabetic condition. Ayurveda could be able prevent growth rate of the diabetes one from prediabetic condition.

### KEYWORDS

Prediabetes, Diabetes, Prameha, Madhumeha, Ayurveda etc.

#### INTRODUCTION:

Diabetes is the well known disease, this disease is one of the major causes to increase mortality rate in India. It has cardinal symptoms as; excess amount of urination. It can afflict to all age groups equally but more commonly seen in adult above the age of forty. If it is seen in young age termed as juvenile diabetes, if it seen in adult it is named as Diabetes Mellitus and some time diabetes can be seen in pregnancy so it is known as Gestational Diabetes. Main cause of it is sedentary life style.

#### Etiology factors:

- Asyaukham – Addition to the pleasure of sedentary habit.
- Swapnasukham – Addition to the pleasure of sleep.
- Dadhi – curds
- Gramya, Udaka, Anupa Rasa – Soap of meats of domesticated animals, aquatic animals & animals inhabiting marshy lands
- Payansi – Milk & different milk preparations.
- Nava Annam - Freshly harvested food articles.
- Nava Panam – Freshly prepared alcohol drinks etc.
- Guda vaikrutayam – Different preparations of jiggery.
- Kapha krit sarvam – All Kapha dosha aggravating factors.

#### Purvaroop (premonitory signs)

- Sweating & emanation of foul smell from body
- Flabbiness of the body
- Liking for constantly laying on bed, sitting, & sleeping
- Leading an easy life
- Feeling as if the cardiac region is covered with extraneous material
- Exudation excreta from eyes, tongue & ears
- Corpulence of the body
- Excessive growth of hairs & nail
- Liking for cold things
- Dryness of throat & palate
- Sweat taste in mouth
- Burning sensation in hands & legs
- Swarming of ants on the urine

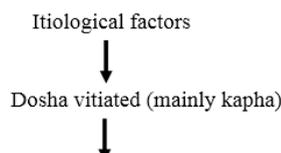
#### Common Samprapti (Pathogenesis):

When two dosha are in relatively diminished state, the aggravated one dosha (either vata or pitta or kapha) draws the tissue elements such a meda, mamsa, majja, lasika, into the urinary tracts causes' Premeha.

#### Morbid elements:

Dosha are mainly kapha, Pitta, & Vata

Dushya: these are meda, rakta, shukra-ambu, vasa, lasika, majja, rasa, ojaha, mamsa are responsible to cause twenty prameha.



It vitiate meda, mamsa, & Kleda (liquid matrix)

Basth sthanam (urinary tract)

Prameha

#### Diagnostic criteria:

1. Fasting glucose (blood sugar level) test: more than 127 mg per dl.
2. Random glucose (blood sugar level) test: more than 200 mg per dl.
3. Two hours OGTT (oral glucose tolerance test): more than 200 mg per dl.

Above these value can be considered as diabetic patient; as per the premonitory signs & symptoms along with border line of above said values, family history of diabetic could be considered as pre-diabetic one.

#### Management:

Nidana parivrjanam: above said etiological factor should be avoided. Because ayurveda said nidana parivarjanam is half of the treatment of any disease.

Apathya: kanda moola, ikshu, oils, ghrita, jiggery, kanjika, shukta, madya, high glycemic index food items, anupmamsa, curd, new grains & day sleep.

Pathya: shigru, haridra, amalaki, shyamaka, kodrava, yava, godhuma, mudga, kulatha, patol, karavellaka, maricha, lahasuna & jambu etc.

Single drugs: there some drugs by which we can prolong the conversion rate of prediabetic to diabetic one;

Guduchi, Nimbi, Patha, Aswatha, Durva, Gokshura, Manjistha, Khadira, Devadaru, Argwada etc.

#### DISCUSSION:

Pre-diabetes is the word which suggest prior to diabetes, actually Ayurveda says there are ten factors which are known as dushya as like; meda, rakta, shukra-ambu, vasa, lasika, majja, rasa, ojaha, mamsa.

These ten factors (dushaya) must be vitiated (prakupita) by three dosha, accordingly there are three type of diabetes as; Vataja four type, Pittaja six types & Kaphaja ten types. We must know about that, according to modern science, the blood sugar level exceed the renal threshold values appear in the urine as excessive flow of urine. This is cardinal sign & symptoms of Diabetes.

It must clear that, Ayurveda has explained that, there are ten factors (dushyas), any one or more than one factor (dushyas) but not all, if getting vitiated that can be reflect that, something happening in our body is the getting change of normalcy or alteration of normal state of

body i.e. prediabetes condition. This is the condition, which before blood sugar level exceed the renal threshold values or prior to it.

Ayurveda always said the one must be treat the patient before it goes in to worst condition and to maintain the health of healthy one before became victim of any particular disease.

#### CONCLUSION:

Among some elegant diseases like Heart disease, Hypertension, Stroke, Obesity, Diabetes disease is the one of the major disease which growing very fast throughout the world and people becoming victim of this disease irrespective of any age group.

Common cause of it can be considered as excessive stress & sedentary life style which Ayurveda has been already said.

It is clearly explained in Ayurveda that, the omitting the causative factor can be the half treatment of any particular disease.

Here same principle can be adopted; life of people can be saved by preventing the etiological factors explained in this article as Pathya (wholesome) & apathaya (unwholesome) of pre-diabetic patient.

Guduchi, Nimbi, Patha, Aswatha, Durva, Gokshura, Manjistha, Khadira, Devadaru, Argwada etc. These single drug medicines can be given to the prediabetic patient.

By practicing the same the elegant growth of diabetes mellitus could be lowered from highest to low & from low growth rate could be converted in to null growth rate.

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