



ORAL HEALTH AND HYGEINE- A REVIEW ARTICLE

Dr. Pawan Kumar	Assistant Professor, Dept Of Swastha Vrita And Yoga, Patanjali Bharatiya Ayurvigyan, EvamAnusandhan, Haridwar, Uttrakhand, India
Dr. Arjun Dhiman	Junior Resident; Department Of Prosthodontics; All India Institute Of Medical Sciences; New Delhi, India
Dr. Ambika Dhiman	Ayurveda consultant , Ayush wellness clinic , Rastrapati bhawan , New Delhi

ABSTRACT

Diabetes mellitus (DM), commonly referred to as diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. Ayurveda (Ancient Science) emphasize on preventive and promotive aspects of health rather than curative. Ayurveda laid the concepts of Dinacharya (daily regimen), Ritucharya (seasonal regimen), Sadvaritta (moral conducts) and Achara Rasayana (social conducts) as well established guidelines for healthy diet and lifestyle since Centuries ago; but in current era, hardly anyone aptly follow it. Now a days , management of Madhumeha (DM) has shifted from holistic to drug oriented. Therefore, until a few years ago, the revival of the holistic approach, the Ayurvedic diet, and lifestyle were not being much focused. Through this paper, an attempt was made to collect all information from ancient samhitas regarding Ayurvedic Ahara and Vihara in the management of Madhumeha .

KEYWORDS

Ahara, diet, Madhumeha, Vihara

Introduction

Ayurveda has been emphasizing more on the importance of diet and lifestyle in the maintenance of health, according to which a healthy man is referred as "he who indulges daily in healthy diet and lifestyle activities, who discriminates between wholesome and unwholesome and acts accordingly, who is not attached too much to the worldly affairs, who develops the habit of charity, considering all as equal, is truthful, pardoning, and keeping company of good persons becomes free from diseases." [1] It is also said that in both the conditions, viz. health and disease, the wholesomeness and the unwholesomeness is a prime factor to be thought about, as without proper diet, the use of any drug is futile. [2] Diabetes Mellitus is the most threatening endemic lifestyle disorder, having social, medical and economic ramifications globally. As per a recent report of the International Diabetes Federation, each year 3.8 million deaths are attributable to diabetes and related complications; at least 50% of diabetics are unaware of their condition (indicating lack of awareness); and up to 80% of type 2 diabetes is preventable by adopting a healthy diet and increasing physical activity [3].

Modern Pathogetnesis [4].

The beta cells of the islets of Langerhans in pancreatic gland are responsible for the secretion of the hormone insulin. Among other things, insulin is extremely essential for the proper utilization of the carbohydrates in our body. If insulin is absent due to a metabolic disorder, or if it is not performing its functions properly, then these carbohydrates accumulate in the bloodstream in the form of glucose. The glucose then collects in the urine, which is in fact one of the primary characteristics diabetes mellitus is identified with. Hence, this can be said to be either A deficiency in the production of insulin by the pancreas, or A dysfunction of the insulin produced by the pancreas

Ayurvedic approach towards DM (Prameha) [5]

Ayurvedic remedies for Prameha (diabetes mellitus) are the oldest among all the available therapies, which includes in the

prameha category. Pramehas are a list of urinary disorders, especially characterized by profuse urination with several abnormal qualities due to doshic imbalances. The main causes of prameha are lack of exercise and improper food habits in excess food intake which falls in the category of ushna, snigdha and guru are the primal cause of this disease - Fish, curd are good example. Foods that increase kapha, medhas and moothra are the etiological factors for prameha. The word Prameha is derived from, Pra – means excess, Meha – ksharane - passing of urine. So Prameha is passing excessive urine and turbid in color ('prabhootha avila mootrata').

Main causes for diabetes in ayurveda is considered as (divaswapan) sleeping in day time, lack of exercise, Laziness, Sedentary habits, consumes food and drinks which are cold, unctuous, sweet and fatty items etc, (Fat rich Diet).

Classifications

Prameha is classified aetiologically in to Sahaja (Hereditary) and Apathya nimittaja (Unwholesome things – food and exercise etc.). Sahaja means due to Matapitabheejadoshakruit (Chromosomal defect from parents). II. According to physical management i. Apatharpana uthaja prameha describing the lean diabetic ii. Santharpana uthaja prameha relating the obese diabetic III. According to the doshic causes, these pramehas are classified as twenty types : i. Vataja pramehas – There are totally four vataja pramehas. ii. Pittaja pramehas – There are totally six pittaja pramehas. iii. Kaphaja pramehas – There are totally ten kaphaja pramehas. Out of these, diabetes mellitus is termed as madhumeha. It is one of the four Vataja pramehas.

Samprapthighatakas [4]: (favorable things for disease) • Dosha (humor) – vata,pitta,kapha • Dushya – meda,mamsa,kleda,rakta,vasa,majja,lasika,rasa and ojas • Srotas (channel) – mootravaha • Srotodusti – atipravrutti • Agni – dhatvagni • Udhbhavasthana – kosta • Vyaktasthana – mootravaha srotas(urinary tract)

Samprapthi (Pathogenesis)[6,7,8,9]

Kapha undergoing increase by the etiological factors, reaches various dooshyas like rasa (plasma), rakta (blood) etc., As there is a shaithilyata (looseness) in the body and it being fluid predominant, spreads all over the body and gets vitiated, while spreading it gets mixed with medas (fat – adipose tissue), mamsa (muscle) and kleda (body fluids). Body fluids which got vitiated draw them to the urinary bladder and produces prameha; similarly the Pitta affects them, Vata also brings about vitiation in them and produce prameha.

Dietary advise for DM patients as mentioned in classics:

The following are the articles of food which can be given to the diabetes:- The role of ahara and vihara are equally or even more important in diabetes to control blood sugar level as well as to prevent complications of this disease. In all classics, ahara dravyas are described in detail and they cover all the food groups are : - 1. Cereals: Yava (*Hordeum vulgare* - Barley) are the best, different preparations of food, prepared from Barley can be given e.g. Mantha, Odana, Appopa, bread, Roti etc. This is the subject of pharmaceuticals and food stuffs. So the method of preparations of barley is not dealt with here. Wheat (*Godooma*) can also be given. Rice: - Ayurveda prescribed old rice (*purana shali*), as one of the cereals, which can be prescribed to the diabetic patients. 2. Pulses: Mudga (*Vignaradiata Greengram*), Chanaka (*Cicer arietinum* Linn. – Bengal gram), Kulattha (*Dolichos biflorus*), Adhaki (*Cajanus cajan* - Pigeon pea) etc, can be taken. 3. Vegetables: All types of bitter vegetables (*Tikta shaka*) e.g. Karela (*Momordica charantia* - Bitter gourd), Methi (*Trigonella foenum-graecum* - Fenugreek), Patola (*Vietnamese luffa*, Vietnamese gourd, or Chinese okra), Rasona (*Allium sativum* Linn. – Garlic), Udumbara (*Ficus racemosa* - Cluster Fig Tree, Indian Fig Tree or Goolar (Gular) Fig), etc. should be given 4. Fruits: Jambu (*Syzygium cuini* - Black berry), Amalaki (*Phyllanthus emblica* - Nepalese/ Indian gooseberry, or Dhatrik (in Maithili) or amla), Kapittha (*Limonia acidissima* - Wood Apple, Elephant Apple, Monkey Fruit or Curd Fruit), Tala phala (*Borassus flabellifer* - the Asian Palmyra palm, Toddy palm, Sugar palm, or Cambodian palm), Kharjura (*Phoenix sylvestris* - Date Sugar Palm), Kamala (*Nelumbo nucifera* Indian lotus, sacred lotus, bean of India, or simply lotus), Utpala (*Nymphaea Stellata*) etc., can be allowed to take. 5. Seeds: Kamala, Utpala seeds can be allowed to take. 6. Flesh: Harina mamsa (Deer flesh), Shashaka mamsa (Rabbit), birds like Kapotha, Titira etc., can be taken. 7. Liquor: Old sura (old wine) may be given. 8. Oils: Mustard oil (*Sarshapa taila*) is best. Ingudi (*Balanitis aegyptiaca*) Ghrittha may be used in pitthaja prameha. But according to Ayurveda one should start with light diet (*laghu bhaksha*, *laghu ahara*) and then gradually increase the quantity of food. It is a rule that one should keep complete attention on the condition of Agni i.e. digestion. Diabetes being a disease of deranged metabolism, special attention should be kept on the condition of digestion and metabolism.

Exercise [10]

Hard exercises are prescribed for diabetics and obese persons. This is meant for proper utilization of the fat and consumes the glucose in the body. The methods can be changed in the present times according to the habitat (*desha*) and time (*kala*). But the exercises are very necessary. Some of the hard, productive exercises prescribed by Shushruta are as under:- 1. Vyayama (exercises) (2) Niyuddha (fighting) - (3) Kreedha (games) (4) Gajacharya, turagacharya, rathacharya, padacharya to ride an elephant, horse, cart riding and walking etc.. Over and above mentioned heavy exercises, there are other exercises according to the financial position and also according to their community. They are: 1. For poor class, the diabetic should walk about 100 miles, bare footed, not staying more than one night in the settle place, should eat only the things available by begging and keeping restraint on his sense organs (adopt the life style of Muni/Sage). 2. For rich diabetics- they should eat only Shyamaka, Kodrava etc., Amalaka, Kapitha etc., and reside with the cattle (domestic animals). The food stuff for them should be Ruksha (free from fat) or they may stay with the cows and eat the above with the urine and faeces of the

cow compare this with the character in Raghuvamsha. 3. For other either farming or digging a well etc. From the above, it will be seen that the exercise prescribed by the Acharyas are very hard and productive. In short for diabetics exercise serves the purposes of (1) Utilizing the fat and (2) Metabolizing sugar fat and carbohydrates, and also proteins. In the present day civilization, when these types of exercise are not possible, one should regularly play some out-door games, do some productive work, or the best is different type yogic exercises. 4. Yoga improves all sorts of metabolism in the body. So diabetics should perform different types of yoga. Yoga will definitely help diabetes mellitus. Yoga now-a-days has attracted the attention of Western people.

Research work

Contemporary supporting data Researchers have proved that simple carbohydrates are broken down easily and increases blood glucose levels fast. Hence simple sugars like table sugar, honey, candy, jam, cakes and pastries etc. are contraindicated, while complex carbohydrates like cereals, whole grains, and vegetables are recommended at least to 50% of diabetic diet. Another study suggest to avoid high fat, salt, alcohol, caffeine and refined (white) foods such as white sugar, white flour, white bread, pastries, and so on. These have high glycemic index (GI) and will cause the blood sugar levels to spike [11]. Ayurveda suggests increased intake of fiber rich green vegetables and cereals (Patola, Tanduleyakam, Vastukam, Yava, etc.). Yava (barley) is high in fiber content (4 g in 100 g) and is highly recommended in diabetic diet in different forms. In a primary clinical trial in normal subjects, blood sugar pattern was recorded after giving different types of food such as wheat chappati, barley chappati, bajra chappati, maize chappati, gram chappati and rice with Patola curry separately. Three blood samples were taken at hourly intervals. The maximum rise was recorded in rice, followed by wheat while the minimum rise in the case of Yava which surpasses all cereals and pulses. Thus barley proved to be the best diet for patients with Prameha [12].

Prognosis [13,14]

Charaka describes the prognosis in three categories 1. Sadhya – Curable: Patients who have diagnosed early in the onset, those who are sthoola (obese) and the origin of their disease in apathyaja. 2. Yasya – Palliable : Pittaja prameha and certain types of kaphaja pramehas are however helps control with treatment (palliative management). 3. Asadhya – Incurable: Vataja describes the incurable version of prameha and inherited diabetes, a krisha (lean) patient who is suffering with Sahaja variety.

Conclusion

Ayurveda is the knowledge of a long, happy and healthy life. The key to well-being through Ayurveda lies in the understanding of the three Ayurvedic fundamental forces 'Vata', 'Pitta' and 'Kapha' which are most important keys to balance in this syndrome i.e. DM. Hence, to stay healthy one should follow the basics of Ayurveda.

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