



Review Article

ROLE OF *PATHYA-APATHYA* IN THE MANAGEMENT OF *PRAMEHA* (TYPE-2 DIABETES MELLITUS)

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ABSTRACT

Before starting management of any disease three important things to be kept in mind that is etiology, well planning, and *Pathya-Apathya*. *Pathya-Apathya* plays important role in the management of various disorders. *Prameha* is one of such disorder in which *Pathya-Apathya* affect its morbidity. Etiology, etiopathogenesis with clinical manifestation of *Prameha* are very well described in ancient textbook like *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridayam* and *Astanga Samgraha* etc. In all treatise of Ayurveda, *Prameha* is considered as *Santarpanajanya Vikara* that is of three types i.e., *Vataj*, *Pittaj* and *Kaphaja*. *Madhumeha* mentioned under the heading of *Vataj Prameha* that is closely correlated to diabetes mellitus. Diabetes Mellitus is of two type viz., Type-1 Diabetes & Type-2 Diabetes. Among that, Type-2 diabetes is non-insulin dependent diabetes mellitus that occur in middle age. In this clinical entity insulin resistance was developed. In its management, *Pathya-Apathya* contributes a major role in controlling blood sugar level. Therefore, author attempted to highlight role of *Pathya-Apathya* (do's & don't) in the management of Type-2 Diabetes Mellitus.

INTRODUCTION

According to WHO India is one of the nation's whose people are suffering most of lifestyle disorder in such disorders diabetes mellitus is one of them.^[1] It is the metabolic disorders of varied etiology, which characterized by hyperglycemia and glycosuria^[2]. In diabetes mellitus disturbance of carbohydrate, fat, and protein metabolism occur which is resulting from defects of insulin secretion, insulin action or both. WHO estimates about 422 million people worldwide have diabetes^[3], the majority living in low-and middle-income countries, and 1.5 million deaths are directly attributed to diabetes each year. Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades. Diabetes mellitus is major health problem in 21st century and India is one of the five countries which have highest

sufferers of diabetes mellitus. Therefore, India is declared as "Diabetes Capital" now. Changing diet habits, life style, unbalanced diet, excess fast-food intake, lack of exercise are the reasons behind increasing cases of diabetes and its roots lies in urbanization.

Ayurveda describes diabetes under the name of *Prameha*. The meaning of word *Prameha* is "to flow" which is derived from the Sanskrit root "*Mih-Sechane*"^[4] The Sanskrit term *Meha* called to micturate. It (*Prameha*) is qualified by prefix "Pro" meaning excess both in quantity and frequency. So, a person suffering from *Prameha vyadhi* micturate urine in excess frequency and quantity. *Prameha* is broadly classified into *Sahaja* and *Apathyanimittaja*^[5]. *Acharya Charak* has explained the origin of *Prameha* from an incident of the disruption of "*Yagya*" conducted by *Daksaprajapati*.^[6] He said that *Prameha* first occurred by overeating of "*Havish*" (contains much of carbohydrates & fats), offered in this "*Yagya*", this signifying the role of *Ahara* and *Vihara* in pathogenesis and management of *Prameha vyadhi*. Ayurveda describes 20 types of *Prameha* out of these 10 are due to *Kapha* (early stage), 6 are due to *Pitta* (acute stage)

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and 4 are due to *Vata* (chronic stage) [7]. Every *Prameha*, ultimately converts into *Madhumeha* [8]. All polyureic diseases in *Ayurveda* are described under *Prameha* (diabetes mellitus). The 'Western behavioral patterns like luxurious life style, stressful work culture, limited physical activity, irregular and irrespective food habit etc. together makes a fatal package called Type-2 Diabetes Mellitus, which is like to *Apathyanimittaja Prameha* of Ayurvedic classics. *Ayurveda* describes *Prameha* as *Ahara- Vihara Janya Vyadhi* which occurs due to *Dhatu dushti* and *Bahu drava Sleshma dosa* [9].

Ayurveda is the only medical science, which has insisted more importance on prevention of disease and maintenance of health rather than treating any disease. It insists on the ideal food to be consumed to attain and sustain good health. The precisely constituted, calculated cooked food is known as *Pathya* [10]. The root term for *pathya* is "*Patha*" means various channels in body [11]. *Acharya Kashyapa* described *Pathya Ahara* as "*Mahabheshaja*". [12] *Pathya* is the most important component of the *Chikitsa* having the therapeutic value too. It is commonly recognized that *Pathya* alone prevent and treat disease. Therefore, if *Pathya* followed in a regular fashion, then it provides advantage of *Aushadha* but if *Pathya* followed in irregular fashion then it leads to number of diseases. Therefore, it can be predicted that management of any disease also depends upon *Pathya-Apathya* along with medicine. [13] *Pathya Apathya* plays an important role in the management of *Prameha* (diabetes) which is not only help to regulate the blood sugar level but also reduce weight too.

AIMS AND OBJECTIVES

- To collect literature of *Prameha* disease from ancient textbooks.
- To collect references available on *Pathya-Apathya* (do's & don't) of *Prameha* in *Ayurveda* and modern along with research done till date.

MATERIAL AND METHOD

For present study data was collected from *Ayurveda* classics like *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridayam*, *Astanga Samgraha*,

Pathayapthya Vivodha and modern textbooks along with search from various search engine like Medlar, openmed, PubMed, Scopus, in med, Ayush Portal, Google Scholar etc. from 1977 to till date.

Etiology: In Ayurvedic text etiologic factors of *Prameha* classified in two types as-

Sahaja (hereditary)

Matra-Pitra Beeja dosha resulted in *Sahaaj Prameha*. [14] With respect to *Beeja dosha* it would be inherited from generation to generation. *Acharya Sushruta* mentioned the word *Sahaja* as genetic predisposition factor in etiopathology of *Prameha*.

Apathya Nimittaja (acquired)

As per *Acharya Charaka*, the *Aharaja* factors which cause *Prameha* are *Dadhisevana* (using excessive amount of curd), *Gramya Mamsa Atisevana* (excessive consumption of meat soup prepared from domestic animals), *Audaka Mamsa Atisevana* (excessive consumption of meat- soup prepared from aquatic animals), *Aanupa Mamsa Atisevana* (excessive consumption of meat-soup prepared from marshy animals), *Payansi- Sevana* (excessive milk consumption), *Navanna Sevana* (use of new cereals), *Navapana Sevana* (use of freshly prepared beverages), *Guda Vikara Atisevana* (excessive consumption of jaggery and its preparations), and *Kaphavardhaka Ahara Sevana* (intake of *Kapha* aggravating diet). [15]

Acharya Sushruta described intake of *Sheeta-Dravya Sevana* (consumption of cold liquids), *Snigdha Dravya Sevana* (consumption of oily preparations), *Madhura-Dravya Sevana* (consumption of sweets), *Medavardhaka Dravya* (consumption of fat and fatty preparations in diet), *Dravannapana* (consumption of liquids) are the main etiopathogenesis in the *Prameha*. [16] *Kapha-Medokara* is a main pathognomonic factor as shown in given table, which causes inertia in the body and the accumulation of *Prithvi* and *Ap Mahabhoota*, leading to aggravation of *Kapha*. Every individual has to make equilibrium in the nutrient intake and energy spent. When this balance is lost due to any reason then it results in accumulation of *Medas* and *Kapha* and thus *Prameha*.

Table 1: Showing Vihar Hetu of Prameha Vyadhi

S.No.	Nidana	Prakupit dosha and Pradushit dhatu
1.	<i>Nidra atisukham</i> (excessive sleeping)	Aggravating <i>Kapha dosha</i>
2.	<i>Asya atisukham</i> (sitting in a comfortable position on chair with back support)	Aggravating <i>Kapha dosha</i>
3.	<i>Diwa swapana</i> (day sleeping)	Aggravating <i>Kapha dosha</i>
4.	<i>Tyakta chinta</i> (no tension)	Aggravating <i>Kapha</i> and <i>Medas</i>
5.	<i>Tyakta vyayama</i> (avoidance of physical Exercise)	Aggravating <i>Kapha</i> and <i>Medas</i>
6.	<i>Alasya prasakta</i> (lassitude)	Aggravating <i>Kapha</i>
7.	Failure to perform <i>Samshodana</i> therapy	Aggravating <i>Vata, Pitta & Kapha</i>

Etiopathogenesis

It's crucial to comprehend *Samprapti* in order to understand *Chikitsa* and practice. Based on *Dosha* dominance, the *Ayurveda Samhitas* describe three different type *Samprapti* of *Prameha*. Increased *Kleda Vikruti* is found in *Kaphaja Prameha*. The body makes an effort to move it out. It is partially translated into *Sweda* due to "*Swedasya Kledavidhruti*." It creates *Deha chikkanata* in abnormal condition. Because the *Mootra Kledavahanam* purpose, it is brought into *Basti*. *Prabhutamootrata* (frequent urination) is consequently observed. The *Mootravaha Srotas* are blocked in *Vikruti*, *Avastha*, which also causes abnormalities in the urine

Due to the presence of *Dravaguna*, similar *Samprapti* occurs in *Pittaja Prameha*. Yet, it should also be considered that *Dravansha's Vilayan* from *Dhatus* occurs due to *Ushna guna* of *Pitta* because of that increase in *Kleda* but it may be less *Kleda* in quantity as compare to *Kaphaja* type. [17]

Here, the *Samprapti* of *Vataj Prameha* is considerably different. In *Vataj Prameha Kleda* does not increase. However, when *Ashayapakarsha Gati* and *Kapha Pitta are Kshina*, *Kleda* and other elements, such as *Majja*, *Oja*, etc., are drawn into the *Basti*. Although *Kleda* has grown, this is actually *Kshayatmak Samprapti*. When treating patients, it is crucial to comprehend this since *Lekhana* of *Kapha*, *Meda*, and *Shoshana* of *Kleda* will be helpful for *Kaphaja* types. Yet, it might not be helpful in *Pittaja*, but it might be risky to do so in *Vataj*. [18]

Purva Roopam

Acharya Vagbhat described that person those having bad body odor, flaccidity of body parts, desire for comfort in the bed, sitting down and sleep, thickening of the heart, eyes, tongue, and ears, stoutness of the body, greater increase of hairs and nails, desire for cold, dryness of the throat and palate, sweet taste in the mouth, burning sensation of palms and soles, swarming of ants towards his urine are the prodromal features of *Prameha*. [19]

As per *Acharya Charka Prameha* aggravated *Tridoshas* develop following characteristic in pre-diabetic stage. These characters are *Malin danta* (accumulation of waste over teeth), *Hastapad daha* (burning sensation in hands and feet), *Mukhamadhurya* (oral sweetness), *Sweda* (sweating), *Shithilangata* (flaccidity of body), excessive growth of hair, nails etc., matting of hair, *Trishna* (thirst), fleshy smell from body, adherence of excreta in body orifices, accumulation of bees and ants over the body and urine. [20]

Prameha roopam

The clinical features of *Prameha* grouped under two categories-

- 1) **Mutra Sambandhi Lakshanas** - *Prabhuta mutrata* (more frequent urination), *Avil mootrata* (turbid urination). [21]
- 2) **Sarvadaihika Lakshanas**
 - a. **Apathyanimittaja**: Person having *Prameha* due to *Apathyanimittaja* (excessive consumption of food, oily skin, wants to sit on comfortable chair or sleep.
 - b. **Sahaja**: Person having *Sahaj* type of *Prameha* will be lean and thin, having dryness in the body, less intake of diet and feeling of excessive thirst. [22]

Concept of Pathyapathya (Do's & Don'ts)

Pathyapathya described by *Acharya Charaka* under the management of *Prameha* in *Chikitsa sthana* that shows its importance. Disease specific dietary measures are the unique concept of *Ayurveda*. A properly selected diet plan is important in the disease management. *Pathya* for *Prameha* explained throughout the *Samhita*, patients with *Prameha* are advised to eat foods that are easy to digest, such as barley, *Mudga* (green gram), bitter vegetables, fat free meat, old *Shali* (old rice), *Shashtika rice* (*Oryza sativa*), wheat, millets, pulses of *Chanak* (horse gram), *Arahar* (Pigeon pea), *Kulatha* (*Dolichos biflorus*), *Mantha* (health drink) *Kashaya* (decoction). In oils *Danti* (*Baliospermum montanum*), *Ingudi* (*Balanites aegyptiaca*) and mustard oil can be used [23].

In *Pathya vihara*, *Ayurveda* has mentioned that *Prameha* sufferers should be get up early in the morning and do physical exercise. *Acharya Charaka* detailed a variety of physical activities, vigorous massage, baths, and showers with water scented with cinnamon, cardamom, eagle wood, sandalwood, and *Tagara* (*Valerian Wallichii*) [24]. *Acharya Sushruta* advised walking 100 *Yojana* in 100 days (1 *Yojana* = 7.5km) is the best preventive measure to avoid *Prameha* which means withdrawal of leisure life and get back in to active life. [25]

Apathya Ahara and Vihara for Prameha

Prameha patients should be avoided *Gramya Mamsa* (meat of domestic animals) *Oudaka Mamsa* (meat of aquatic animals) *Anupa Mamsa* (meat of marshy animals), milk products like curd and pudding rice, milk-based desserts, sugarcane items [26], *Pishtanna* (highly carbohydrate rich food), *Amlayavagu* (rice gruel), fermented drink include *Souviraka* and *Tushodaka*, *Shukta*, *Maireya* (wine), *Asava*, (self-generated alcoholic formulations) oil, ghee and *Panaka* (juice & drinks). In *Apathya Vihara of Prameha*

(diabetes mellitus) patients should refrain from lengthy periods of comfortable sitting, long periods of sleep, *Divaswapna* (sleeping during the day), lethargy, and *Ratrijagarana* (not sleeping at night) [27]. *Pathya* and *Apathya Ahara vihara* according to different *Acharyas* are tabulated separately in Table 2 and Table 3 Respectively.

Table 2: Showing Pathya Apathya Ahara of Prameha Vyadhi [28-30]

Ahara	Pathya (Do's)	Apathya (Don't)
Shooka dhanya (Grains)	<i>Yava</i> (<i>Hordeum vulgare</i> L.), <i>Truna dhanya</i> (the group of grains produced by grass like plants), <i>Godhuma</i> (<i>Triticum aestivum</i>), <i>Kodrava</i> (<i>Paspalum scrobiculatum</i>), <i>Uddalaka</i> (<i>Cordia dichotoma</i>), <i>Shyamaka</i> (<i>Panicum Frumentaceum</i>), <i>Shastika Shali</i> (<i>Oryza sativa</i>) these must not be newly harvested	<i>Shali</i> (rice), <i>Navinadhanya</i> (Freshly harvested grains).
Shami dhanya (Legumes)	<i>Chanaka</i> (<i>Cicer arietinum</i>), <i>Arahar</i> (<i>Cajanus cajan</i>), <i>Kulattha</i> (<i>Dolichos biflorus</i>), <i>Mugdha</i> (<i>Vigna radiata</i>), <i>Thuvari</i> (<i>Macrotyloma uniflorum</i>)	<i>Masha</i> (<i>Vigna mungo</i>), <i>Nishpava</i> (<i>Dolichos lablab</i>)
Mamsa (Non-veg)	<i>Jangala mamsa</i> which is fatless e.g., <i>Mriga</i> . <i>Dvija Mamsa</i> which is <i>Jangala</i> in origin. <i>Vishkira</i> (gallinaceous birds) and <i>Pratuda Mamsa</i> (parker birds). These <i>Mamsa</i> must be <i>Shulya</i> , roasted with the help of <i>Shulya</i> (Tandoor)	<i>Gramya mamsa</i> (meat of domestic animals) <i>Oudaka mamsa</i> (aquatic animals) <i>Anupa mamsa</i> (marshy animals)
Milk preparations	<i>Takra</i> (butter milk)	<i>Payasa</i> , (kheer rice pudding), <i>Mandaka Dadhi</i> (curd)
Pana (Drinks)	<i>Madhuudaka</i> (water mixed with honey), <i>Sarodaka</i> (water boiled with the heart-wood of <i>Khadira</i>), <i>Kushodaka</i> (water boiled with <i>Kusha</i>), <i>Triphala rasa</i> (juice of <i>Terminalia chebula</i> Linn, <i>Terminalia bellerica</i> Roxb., <i>Embelica officinalis</i>), <i>Sidhu</i> (a type of wine), <i>Madhuvika</i> (type of wine), <i>Madhuudaka</i> (honey water)	<i>Ikshurasa</i> (sugarcane juice), <i>Ksheera</i> (milk) with sugar, newly made wine, curd, different kinds of fermented beverages
Fats and oils	<i>Sarshapa</i> (<i>Brassica campestris</i>), <i>Atasi</i> (<i>Linum usitatissimum</i>), <i>Danti</i> (<i>Baliospermum montanum</i>), <i>Ingudi</i> (<i>Balanites aegyptiaca</i>) <i>taila</i> , <i>Aja mamsa</i> (goat meat), <i>Sashaka mamsa</i> (Rabbit meat), <i>Kapota</i> (pigeon), <i>Titira</i> (Grey Francolin), <i>Lavaka</i> (Bustard Quail), <i>Harina</i> (deer)	<i>Ghrita</i> , oil cake of <i>tila</i> , pastry, <i>payasa</i> (kheer rice pudding), <i>Krashra</i> (gruel)
Fruits	<i>Bilva</i> (<i>Aegle Marmelos</i>), <i>Beejapura</i> (<i>Citrus medica</i>) <i>Tinduka</i> (<i>Diospyros peregrina</i>) <i>Amla</i> (<i>Embelica officinalis</i>), <i>Jambu</i> (<i>Myrtus cumini</i>),	Mango, banana, papaya, jack fruit, pineapple etc.
Vegetables	<i>Patola</i> (<i>Trichosanthes dioica</i>), <i>Shigru</i> (<i>Moringa oleifera</i>), <i>Methika</i> (<i>Trigonella Foenum</i>), <i>Karavellaka</i> (<i>Momordica Charantia</i>), <i>Karkatee</i> (<i>Cucumis utilissimus</i>), <i>Gojihawa</i> (<i>Onosma bracteatum</i>)	<i>Aluka</i> (potato)

Table 3: Showing Pathya - Apathya Vihar of Prameha vyadhi [31]

Pathya (Do's) Vihar	Apathya (Don't) Vihar
<i>Vyayama</i> (physical exercise)	<i>Aasyasukha</i> (sitting in a comfortable position on chair with back support or movable chair)
<i>Asanas- Vajrasana, Pacchimotasana, Ardha Matsyendrasana. Halasana</i> etc.	<i>Swapnasukha</i> (long duration of sleeping)
<i>Pranayamas - Kapalbhathi Bhramari, Bhastrika</i>	<i>Madyapana</i> (consumption of alcohol)
<i>Niyuddha (Kusti)</i>	<i>Avyayama</i> (avoidance of exercise)
Ridding on elephant or horse	<i>Ratrijagarana</i> (awakening in night)
<i>Chankraman</i> (brisk walking)	Excessive <i>Shodhana</i> therapy
Adequate sleep for 6 to 8 hours at night	<i>Divashswapana</i> (sleeping in day time)

Importance of *Yava* in *Prameha vyadhi*

Yava (barley) has prime importance in the *Pathya* of *Prameha* in all the Ayurveda classics. It is mentioned that the diet of *Pramehi* should consist of *Yava* predominantly in the forms of *Satu* (Glumous), *chapati* etc. [32] *Yava* is the annual cereal grain crop that is consumed as a major food and as a feed for animals. It is considered as fourth most important crop in the world after wheat, maize and rice.

Prameha patient should take various edible preparations of *Yava* mixed with honey like *Mantha*, *Churna*, *Odana* etc. Along with water the Roasted *Yava* powder should be mixed and taken for 1 month which cures *Prameha*. Powder of *Yava* should be kept overnight in *Triphala kashaya* and should be taken next day morning along with purana *Madhu* (*Madhu* which is 12 months old should be used preferably). Roasted *Yava* cures all types of *Prameha*. Various preparation of the barley or bamboo seed or wheat firstly eaten by asses, horses, cows, swans & deer & then collected from their dung should be given to the patients suffering from *Prameha* [33].

Table 4: Describe properties of *Yava* [34]

<i>Rasa</i>	<i>Madhura, Anurasa-Kashaya</i>
<i>Guna</i>	<i>Ruksha, Aguru, Mridu</i>
<i>Veerya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Karma</i>	<i>Kapha- Pitta hara Lekhana, Medohar, Krimahar, balya</i>
<i>Roga</i>	<i>Prameha, Stholya etc.</i>

DISCUSSION

Diabetes mellitus (*Prameha*) is one of the major non-communicable diseases with growing prevalence at the global level. Major contributory factors for diabetes are genetic predisposition, environmental factors, lifestyle, and unhealthy diet. Poorly controlled diabetes can lead to several complications and food can be a powerful tool in preventing or reversing diabetes. When this disease persistent for long time, it can influence blood sugar levels and lead to a variety of side effects, including retinopathy, neuropathy, kidney damage, and diseases of the heart and blood vessels. Its prevalence is not just an issue for developed nations but developing nations are also at significant risk as a result of growing westernization and rapid economic development. In today's generation, people are taking conventional medicines for treating diabetes, but not much change is witnessed in either their blood reports or their general health, instead the condition worsens and the blood glucose values keep scoring high. This is because they do not follow the *Pathya*, *Vyayamadi karma* which is the most essential factor to get rid of diabetes mellitus. Modern dietetics adopt a reductionist view in determining the diet protocol with emphasis on the macro as well micronutrients in the food and overlooks the varied demands of the person consuming it. In *Ayurveda*, *Ahara*, *vihara* and *yoga* etc. are described which have good role in prevention and management of the lifestyle disorders like diabetes mellitus. Different researches have been showed that Ayurveda drugs have effective role in these disorders. If someone adopt the diet pattern, lifestyle according to the Ayurveda it can be helpful in the decrease the

incidences of *Prameha*. The knowledge of Ayurveda for the prevention of the disease can be revealed through the study of *Ahara*, *Vihara* which means through the lifestyle modifications.

CONCLUSION

It is concluded that Ayurveda dietary guidelines incorporate multiple factors comprising the *Prakriti* (body composition), *Dosha* (body humors), *Agni* (digestive power), *Desa* (place of living), *Kala* (age and season) and *Sathmya* (homogeneity of the individual). Following such a diet pattern in the long run will aid in preventing diabetes mellitus.

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