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ROLE OF DIET & LIFESTYLE IN THE MANAGEMENT OF MADHUMEHA

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ARTICLE INFO	ABSTRACT
Received 19 th March 2024 Received in revised form 30 th March, 2024 Accepted 18 th April, 2025 Published online 28 th April, 2025	The modern era has brought advancements in healthcare, yet lifestyle disorders like Madhumeha (Diabetes Mellitus) continue to rise due to improper diet and sedentary lifestyle. Ayurveda emphasizes a holistic approach, where diet and lifestyle play a crucial role in disease prevention and management. Unhealthy food choices and erratic lifestyles significantly contribute to metabolic disorders. This article explores the importance of diet and lifestyle modifications in the effective management of Madhumeha, with a focus on Ayurvedic principles.
Key words:	
<i>Madhumeha,prameha,pathya,apathya</i>	
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INTRODUCTION

With increased life expectancy, modern living conditions have introduced new health challenges, including lifestyle disorders like Madhumeha. Diabetes, often termed a “silent killer,” has become a global concern, with the WHO predicting a rise in diabetes-related deaths. Improper dietary habits, lack of physical activity, and mental stress contribute to its onset and progression. Ayurveda considers food and lifestyle as fundamental factors in health and disease, emphasizing the role of a balanced diet (*Hitahara*) and disciplined living (*Sadvritta*) in managing metabolic disorders. This article highlights the significance of dietary and lifestyle interventions in Madhumeha management based on Ayurvedic principles.

Ayurveda provides a comprehensive approach to managing Madhumeha through a well-structured dietary plan and disciplined lifestyle modifications. A diet emphasizing whole grains, bitter foods, and herbs, combined with regular physical activity, stress management, and detoxification therapies, ensures better glycemic control and prevents complications. Integrating these Ayurvedic principles with modern medicine can enhance diabetes management, improving overall health and well-being.

Madhumeha

It is mentioned as a type of Kulaj Vikar in Yog Ratnakar and Many Aacharya. Because it is subtype of Vataja prameha, it is only necessary to emphasize the disease Prameha as a whole to comprehend its iatrogenicity, pathophysiology, complications, and treatment in the beginning. Madhumeha is a disease caused by a combination of metabolic derangement and genetic predisposition.

Synonyms- *Pushpamala, Ojomeha, Kshodrameha*

Lifestyle-Related Etiology of Madhumeha (Diabetes)

As per Ayurveda

Charaka Chikitsa:

- *Asayasukham*: Habitual sitting on soft cushions for long periods.
- *Swapnasukham*: Prolonged and excessive sleeping.

Sushruta Nidan Sthana:

- *Divaswapan*: Daytime sleeping.
- *Avyayam*: Lack of exercise.
- *Aalasya*: Laziness or sedentary habits.

Signs & Symptoms (Lakshanas)

- **Polyuria** – *Prabhuta Mutrata*
- **Polydipsia** – *Trishnaadhikyata*
- **Polyphagia** – *Ksudhaadhikya*
- **Weakness** – *Daurbalya*
- **Turbid Urine** – *Avil Mutrata*

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- **Numbness/Burning in limbs** – *Kara-pada daha saptata*

Classification of Prameha (Diabetes)

Based on Cause

- **Sahaja Prameha:** Hereditary/genetic.
- **Apathyannimitaja Prameha:** Due to improper diet and lifestyle.

Based on Body Type

- **Sthoola:** Obese individuals.
- **Krusha:** Emaciated or weak individuals.

Based on Dosha Dominance:

- **Kaphaja Prameha** – 10 types
- **Pittaja Prameha** – 6 types
- **Vataja Prameha** – 4 types

Modern Classification:

- **Type 1 Diabetes:** Beta cell destruction, insulin deficiency.
- **Type 2 Diabetes:** Insulin resistance, impaired secretion, increased glucose production.

Samprapti (Pathogenesis)

- **Shuddha Vatajanya Madhumeha:** Vata provocation leads to dhatu (tissue) depletion and Oja being drawn towards the bladder, resulting in Madhumeha. This form is considered difficult to cure (*Asadhya*).
- **Dhatu Kshaya Janya Madhumeha:** Progressive loss of deep tissues (Majja, Vasa, Oja, Lasika) leads to Vata vitiation, further aggravating tissue loss—a vicious cycle causing rapid disease progression.

Sadhya-Asadhyata (Prognosis)

- **Kaphaja Prameha:** Mostly curable.
- **Pittaja Prameha:** Manageable with effort.
- **Vataja Prameha:** Often incurable due to complications.

Dietary Approaches in Madhumeha

Ayurvedic dietetics recommends specific foods to pacify Kapha and Vata Doshas while enhancing digestion (Agni) and metabolic balance.

Pathya Vivechana Pathya favorable diet)

Varga	Pathya Dravyas	Properties
Shuka Dhanya	Purana Shali, Yava (barley), Shashtika Shali (rice variety), Shyamaka (barnyard millet), Kodrava (kodo millet), Ni-vara (variety of rice)	Shyamaka and Kodrava: Kashaya rasa, laghu, ruksha guna, ushna veerya, katu vipaka, kaphahara, le-kana property. - Yava: Kashaya rasa, laghu, ruksha guna, shleshma vikarahanta.
Shami Dhanya	Mudga (Green gram), Adaki (Pigeon pea), Chanaka (Chickpea)	Kashaya rasa, laghu, ruksha guna, kaphahara.

Mamsa Varga	Aja Mamsa (Goat meat), Gramya Kukkuta Mamsa (Domestic fowl)	Aja mamsa: Not much shita, guru, abhishandi.
Shaka Varga	Tanduliyaka (Amaranthus), Shigru (Drumstick), Karavellaka (Bitter gourd), Pato-la (Pointed gourd), Garjara (Carrot), Koshataki (Ridge gourd), Kakamachi (Black nightshade)	Kapha hara, tikta rasa, laghu guna, ushna virya. - Tanduliyaka: Laghu, ruksha guna, kaphahara. - Shigru: Tikta-kashaya rasa, laghu, ruksha guna, ushna veerya, kaphahara. - Karavellaka: Tikta rasa, laghu guna, katu vipaka, indicated in prameha. - Pato-la: Tikta rasa, laghu guna, ushna veerya, katu vipaka, kaphahara. - Koshataka: Laghu guna, indicated in prameha. - Kakamachi: Katu-tikta rasa, ushna veerya.
Phala Varga	Tinduka (Indian persimmon), Jambu (Guava), Amalaki (Indian gooseberry), Kapitha (Elephant apple), Dadima (Pomegranate), Pakva Mocha (Unripe banana)	- Tinduka: Kashaya rasa, laghu guna, indicated in prameha. - Jambu: Kashaya rasa, ruksha guna, kaphagna. - Amalaki: Lavana varjita sarva rasa, laghu, ruksha guna, kaphahara. - Kapitha: Kashaya rasa, laghu guna, kaphahara. - Dadima: Kashaya rasa, laghu guna, ushna veerya, kaphavirodhi, kaphapaha. - Pakva mocha: Kashaya rasa, indicated in prameha.
Madhya Varga	Puratana Sura (Old wine)	- Laghu, srotoshudhi (clarifies the channels), digestive.
Jala Varga	Ushna Jala (Hot water), Shrita Sheeta Jala (Lukewarm water)	- Laghu, Dipana, kaphahara.

Aharayogi-na Varga	Laja, Maricha (Black pepper), Saindhava (Rock salt), Haridra (Turmeric), Ardrika (Ginger), Purana Madhu (Old honey), Purana Guda (Old jaggery), Takra (Buttermilk), Lashuna (Garlic), Jeeraka (Cumin), Ajamoda (Celery seeds), Trikatu (Combination of black pepper, long pepper, and ginger)	- Kapha vata nashaka ahara dravyas with dipana, laghu guna.
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Apathya Vivechana Apathya unfavorable diet)

Dugdha Nava-Anna

Dadhi Guda

Takra Urada

Ikshuvikara Gramya-Audaka

Pista-Anna Anoop Mansa

Madhur-Amla- Naveen Sura

Lavana Rasadi Kapha-Meda

Aahara Vardhak Aahara

Lifestyle Modifications in Madhumeha

Pathya Vihar (favorable lifestyle)- Chankramana, mild to moderate Vyayama, Snana, Udvartana, Pranayama, Yogasana etc. Exercise daily for 30-45 minutes or walk 3-5 km. Meditation Breathing exercise & meditation techniques are also beneficial in stress management. Thus, acting synergistically in diabetic management. Meditative techniques like transcendental meditation of Maharshi Mahesh yogi, Sudarshana Kriya of Pandit Sri Sri Ravishankar are popular innovations in this field.

Yoga asana- following yogasana can be practiced-

- *Pashchimotanasana*
- *Kurmasana*
- *Halasana*
- *Mayurasana*
- *Suryanaskara*
- *Pranayama (Bhastrika).*

Sleep and Stress Management:

- **Adequate Sleep:** Ayurveda advises avoiding daytime sleep and ensuring 6-8 hours of restful sleep at night to prevent metabolic imbalances.
- **Meditation and Relaxation:** Practices such as mindfulness meditation and controlled breathing help reduce stress-related fluctuations in blood sugar levels.

Detoxification (Shodhana Therapy):

- Panchakarma treatments, including **Vamana (emesis therapy)**, **Virechana (purgation)**, and **Basti (medicated enemas)**, remove accumulated toxins and restore Dosha balance.
- **Rasayana Therapy:** Rejuvenation with herbs like *Guduchi* (*Tinospora cordifolia*) and *Shilajit* enhances longevity and diabetes management.

CONCLUSION

Madhumeha (Diabetes Mellitus) is a growing health concern in today's fast-paced world, driven largely by poor dietary choices and a sedentary lifestyle. Ayurveda offers a time-tested, holistic approach to its management, emphasizing not only symptomatic relief but also addressing the root cause of the disorder through lifestyle and dietary modifications. By incorporating Kapha-Vata pacifying foods, adopting regular physical activity, managing stress, ensuring proper sleep, and undergoing detoxification therapies like Panchakarma, individuals can effectively control blood sugar levels and prevent complications.

Furthermore, Ayurveda's personalized and preventive approach promotes overall well-being, making it an invaluable complement to modern medical practices. Integrating Ayurvedic principles into daily life not only aids in the management of Madhumeha but also supports a balanced, healthier way of living. As lifestyle disorders continue to rise, Ayurveda's emphasis on mindful eating, disciplined living, and mental wellness becomes increasingly relevant in the pursuit of long-term health and vitality.

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