

A Review on Importance of Lifestyle and Diet in Prevention and Management of Diabetes Mellitus w. s. r. to “PRAMEHA”

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Abstract: *Ayurveda science establishes balance amongst body, mind and soul. It has holistic approach for long and healthy life, specially its fundamentals of Diet and lifestyle help to promote general health and treat lifestyle disorders. At the present scenario Diabetes mellitus is the concern for every next person due to sedentary lifestyle. India is the 2nd country with maximum number of diabetic patients, with an estimated prevalence of around 10%. Only 5.9% of the study population go for routine glycaemic check - up. Diabetes mellitus is a complex metabolic syndrome characterized by involvement of multiple body systems. It is caused due to inadequate production of insulin, or inadequate sensitivity of cells to the action of insulin. In the condition of inadequate sensitivity of insulin, food and lifestyle changes can play a vital role to regulate it and managing BSL levels. This article is written with the aim to bring notice the Ayurveda regimen from the classical text to prevent the type 2 DM with the lifestyle modifications and diet changes in day to day life. The characteristic features of DM have close resemblance with different varieties of a disease named as Prameha. In all Ayurveda texts, causes of Prameha are more and more related to diet and lifestyle. Hence adopting this healthy changes can be important for prevention as well as management.*

Keywords: Diabetes mellitus, Prameha, Ahara. Lifestyle, Ayurveda

1. Introduction

In the fast and technocrat world everybody wants the fast and quick solution. In fast and furious life and lifestyle changes we come across many health disorders. In a present scenario Diabetes is most common disorder due to this changes. Diabetes mellitus (DM) contributes to a major cause of mortality, morbidity and health care cost on a global level. On worldwide level the prevalence of DM is rising alarmingly [1] In terms of prevalence of Diabetes mellitus India is only 2nd to China, with a prevalence rate of around 10%, i.e. every 10th adult in India is suffering from DM. [2] Diabetic complications are also a major factors for increasing health care cost to all, According to WHO report, due to diabetic complications about 30 people die per 1 Lac population in India. [3]

Unawareness and lack of medical facilities also add a major factor to raise this problem. General awareness and health education can be helpful to work on this. 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 [4]. As a starting with small steps in day to day life, diet patterns and lifestyle can be changed easily. Studies have proved that active participation of the patients in the form of lifestyle changes can result in less expense for the management of diabetes and ensure good glycaemic control also [5].

According to Ayurveda classics Arogya (health) is mainly based on Aahara (diet regime) and Vihaar (Lifestyle regimen). Aahara (diet regime) is one of the important parts

in which all detail like ingredients - preparative method Quantity of prepared formulation has been carefully mentioned in Ayurveda. Acharya kashyapa has quoted “Aahara” as Mahabheshaja (supreme medicine) i. e. No medicine can do good for the patient who does not follow the pathya. The precisely constituted, calculated and cooked food is known as Pathya (ideal food) to be useful for good health. Vihaar (Lifestyle regimen) is also well described in classical text under the heading of Dincharya, Ritucharya, Ratricharya. The inclusive utilization of all these treatment modalities has a great effect on lifestyle disorders.

In Ayurvedic text, all polyuric diseases are described under the name of ‘Prameha’, and Madhumeha is one of the varieties amongst them, similar to Type 2 Diabetes Mellitus. The description of the acquired form of Prameha; referred to as Apathyanimittaja Prameha, is very similar to type 2 diabetes. Apathya Ahara (dietetic incompatibilities/unwholesome diet) and Apathya Vihara (lifestyle incompatibilities) both are the major risk factors for Madhumeha. [6]

2. Materials and Methods

Technology has made easier our work to make a review on various aspects of Lifestyle and Diet impact on our health and manifestation of Diabetes mellitus (DM). Library and the various database has been searched and reviewed. On the basis of Ayurveda principles and concepts classical texts of Ayurveda as well as recent research papers, original articles, review works, randomized control trials (RCTs), meta - analyse and relevant material is compiled and reviewed in perspective of Madhumeha, Prameha, Healthy Aahara (diet regime) and Vihaar (Lifestyle regimen) and its impact on

health, manifestation of Diabetes and prevention as well as management with this lifestyle and Dietary changes.

3. Discussion

The core concepts of Ayurveda are very detailed which seems are described in a lock and key method there is only need to understand it with help of various factors. Maintenance of health for prevention along with samprapti bhanga for the management of any disease is key factor for being healthy.

Ayurvedic concept on the manifestations of the disease is essentially associated with “Mithya Ahara Vihara” (Improper dietary habits and lifestyle regimen). So the diet and lifestyle should be the key factors to be maintained while treating any disease. As per Acharya Charak in Prameha Chikitsa adhyay the factors for Madhumeha are detailed very well, habitat of feeling pleasures while lounging and sleeping, the excessive use of curds and its products, meat juice of domestic, aquatic and wet - land animals, milks, new grains and drinks & products of jaggery and all things that increase kapha are the causative factors of Prameha. These etiological factors vitiate Vatadi dosha predominantly Kapha prakop, reaches various dooshyas like rasa (plasma), rakta (blood) spreads all over the body, while spreading it gets mixed with medas (fat – adipose tissue), mamsa (muscle) creates shaithilyata and kleda (body fluids predominant stage) and draw them to the urinary bladder and produces prameha.

Acharya Sushruta has also mentioned “Sankshepataha Kriyayogo Nidana parivarjanam” means Nidana Parivarjana is main and first step of Chikitsa, which also indicates that Ayurveda emphasis to preventive aspect of any disease rather, than curative aspect in treatment. ^[1] Same like in preventive aspect of Prameha the foods having the properties of Brhumahana (containing more carbohydrates and fats than proteins), Sheet virya (cold in nature and action), Amla rasas (Consisting more acidic property). Snigdha guna (which increase Kapha Dosha, Medo Dosha) and faulty lifestyle habits like smoking, indulgence in excessive sleep - specially in day time, sedentary lifestyle, not exercising, is advised to avoid and maintained healthy lifestyle as mentioned in Dincharya - Ratricharya - Ritucharya, for prevention and healthy being.

In Contemporary science there are various evidences available which proved that Diabetes is known to be associated with poor dietary choices. Increased consumption of Carb and calorie foods like daily heavy meals, fast food, meats and other animal fats, new and highly refined grains, soft drinks, beverages, are thought to play a critical role in the rising rates of type 2 diabetes worldwide. Dietary choices is a key driver for insulin resistance, especially in an aging and sedentary population. Dietary changes like intake of low calories & high consumption of complex carbohydrates like high intake of legumes, nuts, good quality fat, fruits and vegetables can help in reducing insulin resistance. As per one of the studies, beta cell failure & insulin resistance can be alleviated by acute negative energy balance. Fasting blood glucose and hepatic insulin sensitivity reduced to normal & intrahepatic lipid decreased

by 30% over 8 weeks and beta cell function elevated towards normality. ^[7].

Ayurveda has given emphasis for the maintenance of Pathya Ahara. Ayurveda stated that if one take wholesome diet and activities suitable to all Dhatus (tissues), he can never suffer from Madhumeha ^[8]. Acharya Charak has focused specially on the Aahar and Vihaar regimen habits that should be followed in PRAMEHA Ushna - Laghu - Pathya Ahar - Yava (Barley), Godhuma (Wheat), Bajara, Mudga (Green gram), Chanaka (Gram) diet and Other spices with antidiabetic are Haridra, Dhanyaka, Jeeraka, Rasona, Methika, Cinnamom etc. are recommended which are helpful to resolve the samprapti of Prameha and reducing insulin resistance.

4. Conclusion

In the new era of fast and forward life Diabetes prevalence is increasing day by day, self care with proper diet and lifestyle changes are the solution to overcome this situation and reduce the mortality from this disease. Yoga - Pranayam - exercise with diet regimen along with mental relaxation are recommended for prevention as well management of Diabetes.

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