

# A Conceptual Study of *Chankramana* (Walking) w.s.r. to *Madhumeha*

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**Abstract:** Introduction: Due to abundance in the disease prevalence various methods are adopted to cure this. *Chankramana* comes under the category of *Vyayama* and this helps in maintaining the general health of the body. In *Prameha Nidan*, Acharya Charak mentioned that person have hatred towards *Chankramana* is more prone to *Prameha*. Aim and Objective: To explore the concept of *Chankramana* mentioned in *Samhitas*, and its implication in *Madhumeha*. Materials and Method: The available *Samhita* along with the prior research works, publications, related material available on internet. Outcome and Discussion: In treatment of *Prameha*, person that cannot afford treatment cost should walk *Shata - Yojan* or More in a year to get rid from this diseases. *Dalhana* specify this walk as *Chankraman*. As walking requires no special skills or facilities hence it is achievable by nearly all groups with no risk little injury risk. Walking as exercise is an excellent way to manage Type 2 diabetes and health of people with life style disorders. As walking 5 miles a day or 10,000 steps foot reduce take up insulin almost 25%. Conclusion: *Chankramana* increases movement of *Vayu* in body. According to *Ashraya - Ashrayi Bhava*, when *Vayu* increases *Kapha* decreases. This decreases *Medovruddhi* which act at *Medodhatwagni* level, which in turn decreases *Prameha* and its related symptoms.

**Keywords:** *Chankramana*, *Prameha*, *Madhumeha*, diabetes, walking

## 1. Introduction

The knowledge on Diabetes Mellitus, as the history reveals, occurred with the Indians since ancient age. Its most punctual reference (1000 BC in the Ayurvedic writing) is found in legendary structure where it is said to have begun by eating *Havishya*, a unique food which used to be offered at the hours of *Yagna* sorted out by *Dakshaprajapati* [1]. Hence, while managing on the ailment *Madhumeha*, it is important to glance back at the treaties of Ayurveda and various other classics.

In different old writings *Madhumeha* have been referenced under various headings like *Prameha*, *Sthaulya*, *Ashta mahagada* [2] and *Ashta nindita purusha* [3].

To understand the disease first of all its pathogenesis should be known. A person who is obese, dislike walking and follow *Kaphaj Aahara Vihar* is prone to *Prameha Roga*. Further these factors lead to *Sleshma Prakopa* and due to its *Drava Guna* in *Sanchayavastha*, vitiated *Kapha* disperse in whole body quickly. When body become *Shithiala* it firstly combines with *Meda Dhatu* as it is in the form of *Abadhavastha* naturally and its function is to provide firmness in body. Its qualities are similar to *Kapha Dosha*. These vitiated *Meda* and *Kapha Dosha* further combine with *Kleda* and turn this into *Mutra* (urine) and also closes the channels of *Mutravah Srotas*. Hence *Prameha* remain there for long time and become incurable [4].

यत्तु चङ्क्रमणं नातिदेहपीडाकरं भवेत् ।  
तदायुर्बलमेधाग्निप्रदमिन्द्रियबोधनम् ॥ [5]

Acharya *Susurata* mentioned that a walk that does not produce any type of pain or discomfort in body known as

*Chankraman*. It also increases *Ayu*, *Bala*, *Medha*, *Agni* of body and helps senses to work smoothly.

It comes under the category of *Vyayama*. Acharya *Chankya*, mentioned that person should accumulate money and education slowly and do *Marga Gamana* slowly and also perform *Vyayamas* slowly [6]. According to Acharya *Susurata*, it should always be done wearing footwear [7]. It is contraindicated in some disease such as *Vridhi*, *Updandh*, *Slipad*, *Padh Harsha*, *Vata Sonita*, *Varna* [8]. Also, excess may cause *Jangha Peeda*, *Jangha Shosh*, *Sotha*, *Padh Harsha* due to *Vayu* [9]. It is indicated that one should walk before *Anuvasan Vasti Shodhan Chikitsa* [10]. Acharya *Charak* mentioned that *Vaidya* who knows the pros and cons of *Chankraman* comes under the category of *Pranaabhisara Vaidya* [11]. Person having hatred towards *Chankraman* is more prone to *Prameha* [12].

योजनशतमधिकं वा गच्छेत् ।  
परिक्रमणं चङ्क्रमणं, गतागतामेत्यर्थः, सर्वतो  
भ्रमणमित्यन्ये । [13] उल्हणः

Acharya *Susurata* in treatment of *Prameha* mentioned that person that cannot afford treatment cost should walk *Shata - Yojan* or More in a year to get rid from *Prameha Vyadhi*. Further *Dalhana* specify this walk as *Chankraman*. It is contraindicated in post fever condition until the person regains strength otherwise consequences of *Punaravartthaka Jwara* occurs [14]. In *Charaka Samhita*, *Upakalpaneeya adhyaya* it is contraindicated after *Vamana* Procedure.

It is said one among *Kaphja Unmada Lakshana* in *Charaka Samhita* chapter of *Unmada nidana*. Pregnant women is

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asked to *Chankramana* at the time of delivery in *Ashtanga Hridaya* in *Garbhavakrantheeyam shariraAdhyaya*.

### Aim and Objective

To explore the concept of *chankramana* mentioned in *Samhitas*, and its implication in *Madhumeha*.

## 2. Materials and Method

### Material

- The available Samhita mainly *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Samgraha* along with the available commentaries.
- Philosophical literature, other text books of Ayurveda.
- Texts of allied sciences, Physiology, Bio - chemistry etc.
- Prior research works, publications, related material available on internet and all other possible sources.

### Method

All the compiled literary materials has been critically analyzed.

### Outcome and discussion:

In case of *Prameha Chikitsa* walking without footwear for 1229.59kms is indicated<sup>[15]</sup>. *Prameha* is *Santarpanajanya Vyadhi*, thus *Apatarpana* became the line of treatment. For *Sthoola Pramehi* walking without footwear for a distance of 800 - 900 miles is indicated.

According to *Ayurveda Shabada Sangraha*, *Chankramana* meaning is walking in English.

Walking is among the best exercises and preserve good health. Walk should be with free mind without any distraction. If it is done regularly health maintained. In this modern world Morning walk is the first choice of the person and its benefits are admirable, but it can be done any time of the day. For example,

- walk during shopping
- walk after lunch
- walk the dog
- walk at work i. e. walking meeting
- walk while catching up with a friend on your mobile phone.
- walk at the park while kids are playing/ practicing sports

As walking requires no special skills or facilities hence it is achievable by nearly all groups with no risk little injury risk. Recent studies suggest that adults exercise in a continuous or intermittent fashion for 20–60 min, 3–5 days per week refrain them from ailments. Walking as exercise is an excellent way to manage Type 2 diabetes and health of people with life style disorders. As walking 5 miles a day or 10, 000 steps foot reduce take up insulin almost 25%<sup>[16]</sup>.

Many Studies show that walking, 30 - minutes, 3 - 4 times per week effective in reducing blood glucose in diabetic patients<sup>[17, 18, 19]</sup>.

Every one hour of regular, vigorous physical activity may increase life expectancy by two hours. Physically active people save \$500 a year in healthcare costs. The first

Wednesday in April is National Walking Day in America. Americans are encouraged to take at least 30 minutes' walk during day.

### Precautions

- Try to avoid walk outside in the afternoon as the sun is hottest between noon and 3 p. m.
- Drink water before, during and after walk.
- Wear lightweight clothes. i. e. Moisture - wicking fabric clothes.
- Listen to your body.
- Take frequent breaks in the shade.
- Heart patient, older than 50 or overweight, consult healthcare professional before starting an exercise routine

The poor diabetic patient should undertake a journey on foot for more than four miles. When the *Prameha* will be in *Pravruddha Avasta* the patient should indulge in physical activities like wrestling, sports, riding on elephant horse or chariot, do the work of foot soldiers, walking briskly, arching etc. daily.

In type 2 in diabetes there is insulin resistance may be due to anyone of the below general causes,

- An abnormal insulin molecule,
- An excessive amount of circulating antagonists
- Target issue defects.

The last seems to be the major abnormality in those with more severe hyperglycemia. Fuel of the muscles is fat during light exercise. As the exercise increases, greater proportion of glucose is used. In case of very hard exercise glucose becomes the sole fuel. Thus, it helps to reduce the glucose level in the blood and prevents the development of type 2 diabetes in over weight people.

Type 2 diabetes is related with a sedentary lifestyle that is expected to arise in genetically predisposed individual who eat in excess and exercise less. Elevation of healthy diets with lessening in refined carbohydrates and saturated fats and escaping of being overweight combined with regular exercise like walking has shown promising results in the main inhibition of type 2 diabetes. So regular practice of walking can avert it.

## 3. Conclusion

- The main *Nidana* of *Prameha* are lack of exercise and improper food habits. Excess food intake of *Ushna*, *Snigdha* and *Guru* are the primal cause of this disease.
- *Chankramana* is an easy remedy for *Prameha*. In case of *Prameha Chikitsa* walking without footwear for 1229.59kms is indicated. *Prameha* is *Santarpanajanya Vyadhi*, so here *Apatarpana* is the line of treatment.
- *Chankramana* increases movement of *Vayu* in body. According to *Ashraya - Ashrayi Bhava*, when *Vayu* increases *Kapha* decreases. *Kapha* decreases *Medovruddhi* which act at *Medodhatwagni* level, which in turn decreases *Prameha* and its related symptoms.

Walking can increase the metabolism of our body and increases the consumption of glucose can help in managing the systemic diseases like diabetes.

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