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 - AshrayiBhava, when Vayu increases Kapha decreases. This decreases Medoruddhi 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 was 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, Shaudya, Ashta maha gada [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 Roja. Further these factors lead to Sleshma Prakopa and due to its Drava Guna in Sanchayavasthita, vitiated Kapha disperse in whole body quickly. When body becomes Shithiada it firstly combines with Meda Dhatu as it is in the form of Abadhavasthita 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 intoMutra (urine) and also closes the channels of Murtrah Srotas. HencePrameha remain there for long time and become incurable [4].

यतृ चक्रृमणं तातितेपीडकर्मं भवेत्।
तदायुर्मेधाप्रश्रिपद्मित्रियवोधनम्।॥

Acharya Susurata mentioned 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 Chanka. mentioned that person should accumulate money and education slowly and do Marga Gamana slowly and also performVyayamam slowly [5]. According to Acharya Susurata, it should always be done wearing footwear [6]. It is contraindicated in some disease such as Vridhi, Updansh, Slipad, Padh Harsha, Vata Sonita, Varma [7]. Also, excess may cause Jangha Peeda, Jangha Shosh, Sotha, Padh Harsha due to Vayu [8]. It is indicated that one should walk before Anuvasan Vasti Shodhan Chikitsha [9]. Acharya Charak mentioned that Vaidyawoh who knows the pros and cons of Chankramana comes under the category of Pranaabhihsara Vaidya [10]. Person having hatred towards Chankraman is more prone to Prameha [11].

योजनातात्मिकी वा गतेष्ठेषु।
परिक्रमणचक्रृमणं, गंगातात्मिकीयः, सर्वतोऽभ्रमणार्थवेधस्य।॥

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 personregains strength otherwise consequences of Puranavarthaka Jvaruccurs [12]. In Charaka Samhita, Upakalanpeeya adhyayuit is contraindicated after Vamana Procedure.

It is said one among Kaphja Unmada Lakshana in Charaka Samhita chapter ofUnmada nidan. 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 Hrudaya, 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 for1229.59kms isisindicated [15]. Prameha is Santarpanajanya Vyadhi, thus Apatarpama became the line of treatment. For Sihoola 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% [16].

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

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 Prawrddha 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. Pramehais Santarpanajanyas Vyadhi, so here Apatarpama is the line of treatment.
- Chankramana increases movement of Vayu in body. According to Ashraya - AshrayiBhava, 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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