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DIET AND LIFESTYLE MODIFICATION WSR TO *PRAMEHA*

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Abstract

The prevalence of *Prameha* is increasing around the world. India has acquired the second position in the list of countries with higher diabetic patients. Lifestyle and eating disorders are becoming the main reason behind the various diseases and diabetes is a lifestyle disorder whose number is increasing at a higher pace. Genetic factors, faulty eating and living habits, lack of exercise, etc are some of the etiological factors responsible for *Prameha*. Modern term diabetes resembles *Prameha roga* of ancient *Ayurveda* and it is placed in the *Mahagada* list due to its severe nature and complications. Unlike modern medicine, *Ayurveda* always emphasized on preventive and promotive aspects of health and hence *Ahara* and *Vihara* are considered as the most important factors. There are many guidelines for *Ahara* which are based on the *Dosha*, *Prakriti*, *Kala*, *Desha*, and *Agni* of the person. It may vary for the obese and non-obese person. Likewise, scholars have suggested the rules of *Dinacharya*, *Ratricharya*, *Ritucharya*, *Swasthviritta*, and *Sadaviritta* to lead a healthy and disease free life. Following such regimen along with proper *Ahara* and therapeutic approach can help in cure and management of *Prameha*.

Key-words :- *Prameha, Ahara, Vihara, Dinacharya, Prakriti.*

Introduction

Prameha is a lifestyle disorder which is emerging as a leading cause for various disabilities and death around the world. According to International Diabetes Foundation, India is home to seventy seven million diabetics and this number will increase to around 134 million in the next twenty-five years. **Chart 1** depicts the top 5 countries with highest number of diabetic patients [1]. It is reported that incidence of diabetes is frequently increasing in poor countries and regions of Asia and east pacific are seen mostly affected [2].

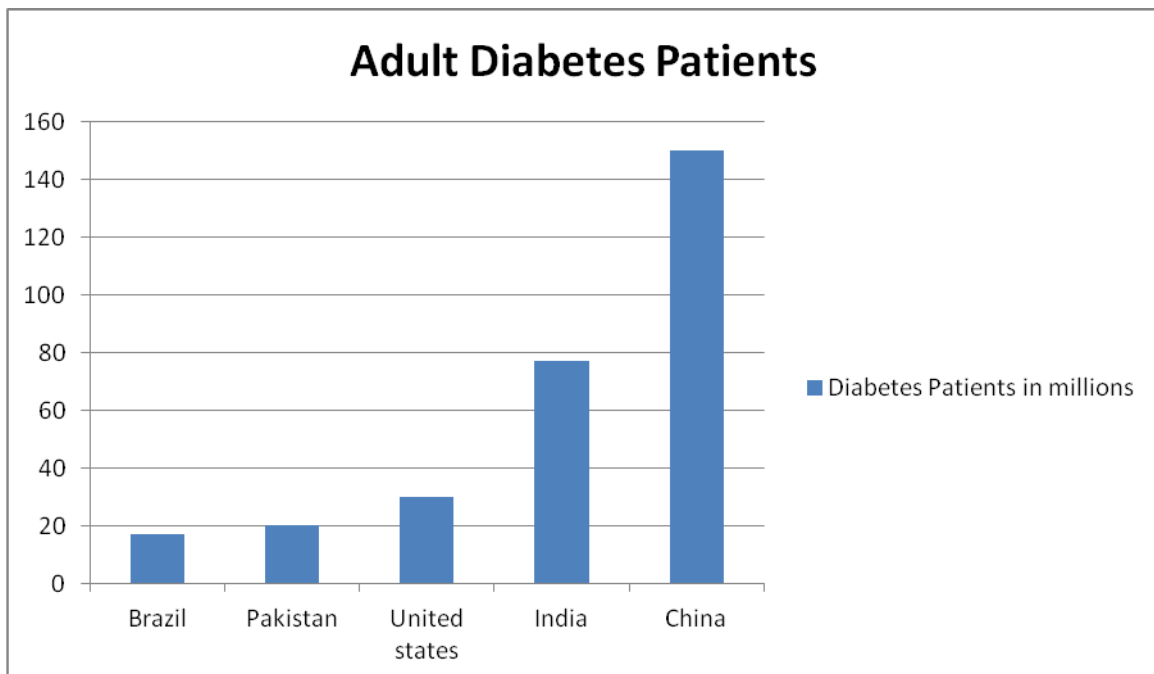


Chart 1 - Number of diabetes patients aged 20-79 years (2019 data)

Lifestyle disorders are a group of diseases which are the result of person's way of living his life. They are mostly associated with *Apathya Ahara* (unwholesome diet) and *Apathya Vihara* (lifestyle incompatibilities). *Prameha* is one such lifestyle disorder which is characterized by hyperglycemia, polyuria, and defective metabolism of fats, carbohydrates and proteins. It is responsible for increase in medical, economic, and social burden worldwide. It has many complications associated with it such as nephropathy, retinopathy, nephropathy, cardiovascular problems, kidney failure etc.

Therefore it is necessary to control the glucose level in the body, to prevent the further progress and complications of the disease [3]. Many studies have revealed that increasing effect of western culture, industrialization, urbanization, lack of physical exercise, unhealthy living and eating habits are responsible for the increasing incidence of *Prameha* in today's time [4]. According to the great scholars, change in lifestyle and diet along with proper *Swasthvritta* and daily regimen are highly effective against the *Prameha*.

Ayurvedic view of Prameha

Diabetes is a group of diseases which occurs due to the disturbance in secretion of insulin, action of insulin or both. *Ayurveda* mention most common sign of *Prameha* as "*Prabhut Avil Mutrata*" which indicate excessive production and discharge of cloudy urine [5]. According to *Ayurveda* there are twenty types of *Prameha* which are categorized according to the different types of *Doshas* affected. They are as follows:-

- I. Associated with *Kapha Dosh*a – 10 types of *Prameha* (early stage)
- II. Associated with *Pitta Dosh*a – 6 types of *Prameha* (acute stage)
- III. Associated with *Vata Dosh*a – 4 types of *Prameha* (chronic stage)

According to the *Ayurveda* classics, *Pittatejas* and *Pittadharakala* serve many important functions in the metabolic processes of the body. When the body is in the state of balanced *Doshas*, *Pittatejas* are produced from the *Pittadharakala* [6]. These *Pittatejas* can be correlated with the modern day hormones especially with insulin in case of pancreas (islets of langerhans). *Prameha* is a condition which occurs due to the vitiation of all three *Doshas* and *Jala Mahabhoota*. Deranged *Jala Mahabhoota* affects the tissues of the body mainly muscular and fatty tissues. This results in hypo tonicity and loose consistency of the tissues. Due to the aggravation of *Kapha Dosh*a, *Kleda* (waste product in liquid form) formation occurs in the body resulting into the impaired fat and

lipid metabolism. When the excessive production of *Kleda* occurs inside body, it causes production of cloudy urine in high amount. Excessive formation of *Kleda* affects the tissues such as of the muscles, fat, lymph, etc and causes *Shaithilya* [7]. Some *Purvarupa* and *Lakshanas* of *Prameha* are mentioned in the **figure 1** [8] [9].

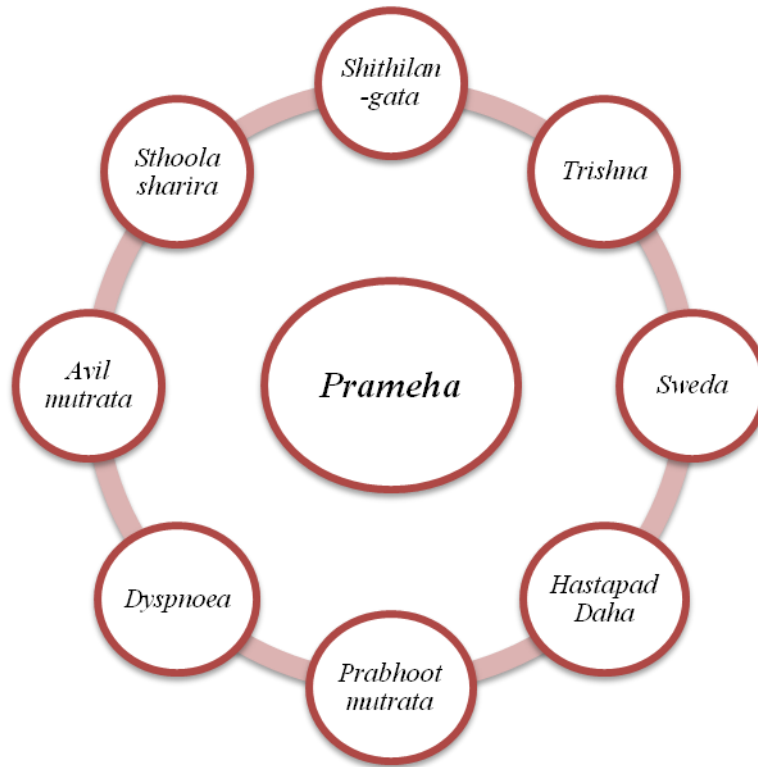


Figure 1 – Some *Purvarupa* and *Lakshanas* of *Prameha*

Diet modification (*Pathya Ahara*)

The *Tryoupasthamba* mentioned in *Ayurveda* classics are *Ahara*, *Nidra* and *Brahmacharya*. All three play very important role in supporting the *Tryostambhas*. *Ahara* is one such supporting pillar whose quality, compatibility, processing and consumption criteria are considered as an important factor in *Ayurveda* [10]. According to *Ayurveda*, selection of *Ahara* should be based on *Prakriti*, *Sanskara*, *Guna*, *Rasa*, *Desa*, *Kala* and age. *Ahara* which is suitable for the patient of *Prameha* is termed as *Pathya* and *Apathya Ahara* is not suitable for the patient. *Apathya Ahara* can aggravate the condition of *Prameha*.

- Fiber rich food is advised for the *Pramehi* patient as it regulates the blood sugar. Consumption of bitter vegetables (*Tikta Shaka*) example, *Karela* (*Momordica charantia*), *Methi* (*Trigonella foenum*), *Rason* (*Allium sativum*), *Udumbara* (*Ficus racemosa*) etc. is considered as *Pathya* [11].
- Excessive consumption of *Madhura rasa* causes derangement in carbohydrate and fat metabolism which causes glucose intolerance and insulin resistance. Therefore one should avoid taking *Madhura rasa* rich food.
- In case of *Prameha* associated with obesity, *Laghu* and *Ruksha Ahara* is advised.
- One should consume food items rich in *Kledahara guna* (reduces *Kleda*) like *Sarodaka*, *Chanaka* (Green gram), *Kulattha* (Horsegram).
- Consumption of *Virudhha Ahara* such as combinations like fish and milk, hot pizzas with cold drinks etc. are contraindicated for *Pramehi*.
- One should eat food according to his *Agni* and should avoid overeating.
- *Pramehi* patient should prefer eating millets, barley and should avoid eating newly harvested cereals.
- Less intake of mustard oil, flex seed oil is allowed but *Pramehi* patient should avoid consumption of *Ghee*, groundnut oil and soyabean oil.
- One should increase consumption of Low Glycemic Index foods in diet, should control the portion size and reduce the quantity of intake.
- Person should avoid High Glycemic Index diet, mutton, Eggs, milk products, different sweets etc.

Lifestyle modification (*Pathya Vihara*)

Nowadays, people are adapting to sedentary lifestyle. Many studies have revealed that reduction in physical activities is a major cause of rising cases of obesity and *Prameha*. Excessive sleep (*Swapnasukham*) and sleeping during day time

(*Diwaswapna*) are found to be affecting the metabolism of body at a higher rate by vitiating *Kapha* and *Pitta Dosha* [12]. *Pramehi* should wake up early to maintain the hormonal flow. Sleeping early at night reduces mental stress and also helps in restoring energy. *Yoga* increases the insulin uptake of the body and therefore reduces the blood sugar level. It is also helpful in relieving *Mansik* stress. Some of the suggested *Asanas* are *Halasana*, *Tadasana*, *Dhanurasana*, *Padmasana*, *Mayurasana*, *Suryanamaskar*, *Mandukasan*, *Sarvanga asana*, *Gomukhasana*, *Pranayama* such as *Kapalbhati*, *Anulom-Viloma*, etc. Exercises like brisk walking, gardening, stair walking, cycling, washing a car, washing floors, aerobic physical activity, sports (football, volleyball etc), jogging, skipping, dancing, swimming, etc. should be performed daily. *Dinacharya* regimens such as *Brahma Muhurata Jaagrana*, *Udvardana*, *Utsadana*, *Snaana*, *Vyayama* etc are very important for the *Pramehi*. *Udvardana* is massaging the body in opposite direction of body hairs by dry powder. *Udvardana* is especially indicated for *Kapha Prakriti Pramehi* as it helps in reducing excessive weight and fat from the body. *Udvardanam* with *Tvaka* (*Cinnamomum zeylanicum*), *Ushira* (*Vetiveria zizanioides*), *Rakta chandan* (*Pterocarpus santalinus*) should be followed by bath in *Vijaysara Sadhita Jala* (decoction of *Pterocarpus marsupium*). It is advised to avoid *Asyasukha* (sitting in chair continuously for longer duration), *Avyayama*, *Ekasthana-asana* and excessive *Shodhana* therapy. *Ayurveda* has advised to follow *Sadavritta* so that person can manage the emotions and thoughts in a proper way. Feeling of unhappiness, excessive stress and negativity can turn the person into a careless personality which increases the chances of *Prameha* and therefore one should be able to manage the behavior and thought process in a fruitful manner to lead a healthy and disease free life.

Conclusion

Diabetes or *Prameha* is a silent killer having various etiological factors such as *Apathya Ahara*, *Apathya Vihara*, sedentary lifestyle, etc. Treating a disease through medicines is not only cost ineffective but sometimes it has various side effects also. *Ahara* and lifestyle modification is the best way to prevent the occurrence of the disease and if it has occurred its spread and complications can also be prevented. Concept of dietetics is very important for the maintenance of good healthy life. It is noted that consumption of *Hita* and *Ahita Ahara* has different types of effects on the body. According to the *Ayurvedic* scholars, *Ahara* and *Vihara* have a great role in leading a happy and stress free life. There is a need to give emphasis on socioeconomic, behavioral and nutritional issues to promote a healthier lifestyle.

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