



ORIGINAL RESEARCH PAPER

Ayurveda

DINCHARYA ENLIGHTENMENT ON MADHUMEHA (DM)"- A REVIEW APPRAISE.

KEY WORDS: Diabetes mellitus, Madhumeha, Dincharya, Brahmamuhurta, Vyayam, Ahar-Vihar.

Vd. Shruti R. Tarapore*

M. D Kayachikitsa ,SGR Ayurved College, Solapur. *Corresponding Author

Vd. Hinaben Harshadkumar Shah

P. G. Scholar Kayachikitsa SGR Ayurved College, Solapur.

ABSTRACT

Diabetes is a leading cause of mortality, morbidity, and health-system costs. The 2011 UN High-Level Meeting on Non-Communicable Diseases (NCDs) set a global target to halt the rise in the age-standardized adult prevalence of diabetes at its 2010 levels, by 2025. There were 69.1 million cases of diabetes in India in 2015. In *Ayurveda*, the diabetes been explained in detail under the broad umbrella of 'Prameha'. *Ayurveda* has unique strength in prevention and control in diabetes due to its lipo-centric and individualized approach to the disease. Therefore, it was decided to select the "Prevention and Control of Diabetes through Ayurveda" as the theme for the year 2016-17. The Ministry of AYUSH has decided to celebrate National Ayurveda Day on 'Dhanvantri jayanti' every year. The "Mission Madhumeha" was launched on the occasion of first National Ayurveda Day celebrated on 28th October, 2016. DM mainly resulting due to comfortable but unfavorable modification of life style so it should be needed to correct the life style to overcome from burden of these particular symptoms, which be corrected by practicing *Dincharya* as per *Ayurveda*. Principle of *Dincharya* is basically related with time management from *Brahmamuhurta-Uttishtham* (Wake-up before sun-rise) up to sleeping at night including *Vyayam* (exercise), *Ahar* (diet regimen), *Vihar*(way of living) and *Jivikoparjan Upaya* (occupation) etc. In *Ayurvedic Samhitas* for prevention and control of any disease the concept of *Dincharya*, *Rutucharya*, *Sadvritta*, *Achar-Rasayan*, *Dharniya Adharniya Vega* etc, are mentioned in detail. This article only analyzes the role of *Dincharya* in prevention and control of diabetes.

INTRODUCTION:

Appropriate patterning or ritual conduct is the foundation for healthy life. Diabetes is not only a single disease, which is considering as heterogeneous group of disease, there are many more to mention. Characterized by a state of chronic hyperglycemia, resulting from a diversity of etiologies, environmental and genetic, acting jointly. ^[1] *Madhumeha* consists of two words-"*madhu* and *meha*" where "*madhu*" denotes sweetness and *meha*' stands for urination. So, the disease in which the urination is having urine quality concordant with *madhu* (honey) in its colour, taste, smell and consistency called along with the pathognomonic features of *Prameha* (i.e. increased frequency and quantity of urine) is *Madhumeha*. ^[2] Diabetes prevalence is increasing rapidly; previous 2013 estimates from the International Diabetes Federation put the number at 381 million people having diabetes. ^[3] The greatest increase in prevalence is, however, occurring in Developing countries ^[4] follows the trend of urbanization and lifestyle changes, including increasingly sedentary lifestyles, less physically demanding work and the global nutrition transition. ^[4] The WHO estimates that diabetes resulted in 1.5 million deaths in 2012, making it the 8th leading cause of death. ^[4]

In *Ayurveda* principles are described in context to prevention and *dincharya* is one among those. The Sanskrit word *dincharya* which literary means daily regimen. Principle of *dincharya* is basically related with time management. In *Ayurveda kala* (time) is consider as a one of the causative factors (i.e. *Trividha hetu*)^[5] in the initiation of diseases. So importance of time is highlighted for succeeding various acharayas to overcome from lifestyle disorder like diabetes mellitus. Lifestyle change, more than any other factor, is considered to be the best way of preventing the disease. Main cause of *Prameha* are related to unhealthy diet and living pattern like^[6] *Ashyasukham* (live with tension free), *swapnasukham* (excess sleep and day time sleep), *Dadhi Sevan* (curd), *Gramya -Anupa-Audak Mamsa Rasa Sevan* (meat of high energy dense), *Payansi*(milk product), *NavannPanm* (food product made from recently cropped) *Gud Vaikratam*

(sugarcane product) and "*kapha krita ch sarvam*" (all kind of carbohydrate rich food and no exercise throughout the day so no utilization leads to increase in level of glucose). One who does *pradnyaparadha* by not following these cycles was more prone to suffer with diabetic.

In *Ayurveda* An ideal *dincharya* has been described as ^[7,8,9,10,11]

- *Brahmamuhurta jagarana* (Wake-up before sun-rise), *Ushapan* (water drinking), *Darpanena mukhasayavalokana* (To see the mirror image of himself), *Malotsarga* (Defecation and urination), *Achamana* (Washing of hands), *Danta-dhavana* (Tooth-brushing), *Jihva-nirlekhana* (Tongue-cleaning), *Mukha prakshalana* (Washing of face and eyes), *Anjana* (Application of collyrium), *kaval- gandusha-dharana* (Retaining liquid in mouth), *Nasya* (Oily nasal drops), *Dhumapana* (Inhalation of medicated smoke), *Tambula Sevana* (Use of mouth freshener and betel leaves), *Abhayanga* (Body massage with oil), *Vyayama* (Physical exercise), *Udvertana* (dry powder rub on body), *Snana* (Bathing), *Anulepana* (Deodorants, perfumes, face-pack, etc), *Vastra-dharana* (Dressing), *Gandhamala-dharana* (Garlanding), *Ratna & Abhushana Dharana* (Use of precious stones and metals in the form of jewellery), *Sandhyopasana* (Worship and prayer with suryanamaskar), *Padatra-chatra-dandadi dharana* (Use of shoes, umbrella, stick, etc), *Jivikoparjana upaya* (Occupation), *Ahar* (Dietary pattern) and *Vihar* (way of living) are also discussing point under *Dincharya*. It is the ideal regimen of *dincharya* and rarely followed by individuals at present time due to stress and fast life-style as well as due to some kind of ignorance also. Result is emergence of various diseases and a new term has come in existence i.e. life-style disorders.

DISCUSSION:

Daily regimen explains the various duties from one day to the next day. To prevention and control of diabetes mellitus one should follow the daily routine

- **Brahmamuhurta Uttistham:** According to place, time and condition (Desh-Kala- Paristhit), we should wakeup

before sunrise. According to Acharya vagbhatt we should get fresh and healthy air. We should get *swathya* (*Nirogi jivan*). Also according to modern science in early morning ultraviolet rays help to generate vit.D & vit.E. Which are essential for body.

- **Ushapan** : Taking Luke warm water, which clears the passage of intestine and further helps for defecation. It is one type of *rasayana*.
- **Darpana mukhasayavalokana**: Watching the face and eyes in mirror to find out any inflammation like abnormality.
- **Malotsarga**: On time defecation and urination when natural urges occur especially in early morning.
- **Danta-dhavana**: Acharya had explained various type of *dravyas* for *dantadhavan*. In *Sushruta samhita Tikta-katukashaya-madhura rasatmak dravyas* were explained. In *Poorva lakshana* of *madhumeha Mukhmadhurya*, *Dantmaladhikyam* laxanas were present. so patient should use *Nimb, khadir, karanj* for the purpose of *dantadhavan vidhi*. *Nimba* has *margosine* which was bitter chemical content and seed oil content sulphar act like antibacterial. *Babul* tannin, ascorbic acid, calcium & magnesium. *Karanj* contain *karanjin*. it prevent mouth ulcer, cleaning tooth, give strength to gum. So we used this for *Madhumehi* patient to avoid and relief form the symptoms of *poorvarup*.
- **Jihva-nirlekhana**: Clearing tongue for further improvement of appetite as well as to clear the bad order of oral cavity.
- **Mukha prakshalana**: Acharya Sushruta had explain that *kshiri vruksha kashaya* (*Udumber, vata, plaksh, ashvath, vetash*) with and without milk, *amalki kashaya* were used for *mukha prakshalana* while use only *sheeta jala* for *mukha prakshalana*. Which overcomes from the problems like, *vyanga, Pidika, raktapitavrutta vikars. Mukha & netra prakshalana occurs laghuta* of mouth and *chakshushya* (Strong eye sight) to achieve these *gunas* we can use this in *DM* patient for prevention of diabetic retinopathy.
- **Anjana** : *Tuvarak phal majja anjan* was explained in *sushruta samhita* in *madhumeha chikitsa adhyay* which contents *Til tail, strotanjan, saindhav, and phal majja of Tuvarak*. It is useful in all type of *netra roga* of *DM* patients.
- **Nasya** : In *sushruta samhita Tuvaraka tail nasya* for 50 days is explained in *madhumeha chikitsa adhyay*. Which is having the property of *prameha nashak*. In *Ashang Sangraha Anu tail nasya* is advice for daily.
- **kaval- gandusha-dharana** : According to *Ashang Sangraha khadir ,kshiri vruksha, Irimeda kashaya* overcome from *Arochaka, Ashyavarashya, Malinta, Dorghandhya, Prasekanashak (lalastrava)*.
- **Gandusha**: It is carried out with *Sneha dravya*, it is beneficial for oral health. *Ushnodak gandusha* which, cause the *vaktra laghavta*. So, *kaval* and *Gandusha* both are useful in (*DM*) patient for preventing and relieve the symptoms of *Poorvarupa*.
- **Dhumapana**: *Prayogik (Madhyam) dhumapan* and *vairechenic (Tikshna) dhumpun* both are useful for (*DM*) patient. Because it is useful in *vata kaphaj* and *kaphaj vikara*. *Prameha* is *kapha pradhan vyadhi*. Normally *kapha* is in solid stat. But in *Prameha vyadhi kapha* is *drava swaroop (Bahu drava sleshma)*. So, *Dhumpan* is useful for removal of *drava kapha* from *nasa marg* and it cause the *sarira laghavta*. Useful drug for *prayogik dhumpun* are *kamal, Utapal, Nygrodh, Udumber, Ashvath,, Lodhratwak, Sharkara, Yashtimadhu, Araghvadh, Padmak, Kusth, Tagar*. Useful drug for *Vairechenic dhumpun* are *Jyotishmati, Nisha, Dashmool, Manahsila, Harital, Laksha, Katabhi, Triphala, Tikshnagandhravya (Kustha, Tagar, Kola etc.) & Shirowirechan gana dravyas*. All *dhumpun dravyas* are *kaphavata nashak properties*. So, useful in (*DM*) patient.
- **Tambula Sevana**: *kapoor, Jayaphala, Kankol, lavang, kutaki, Puga* are taken in *choorna form* and taken with *Tambula patra*. It is *mukhvaishadyakar, Sogandhyakar, kantikar ,Praseka samana*. it is also *Jivha, Danta, Mala*

nashan. As per *Acharya charaka Sukshma Ela* also mixed with this above *dravyas*. It will increase the appetite.

- **Abhayanga**: It is *vata kapha vikar nashak, dhatuvarhdhana, bala varnakar. Tila tail* is use for *Abhayang*. *Pada Abhayanga* which is *padatal daha, pada chimchimayan ,pada suptata nashak, chakshushya*. so it is useful in *DM* patient. In *charaka samhita, prameha chikitsa adhyay* mention that *Leppa* (application) of *khaskh, Twak, Ela, Agar, Chandan* which is *shighrah prameha nashak*.
- **Vyayama**: Do the regular exercise, Yoga, Pranayam and meditation.
- **Udvartana**: Apply the dry powder on body and rubbing (*Abhyang and Udvartan*) which is made of *Lekhan Drvyas*, help for decrease the *meda and kapha*.
- **Snana**: Take proper bathing which improves appetite, *balavardhaka, ojoprada, vrushya, kandu-shrama-klama-tandra -sweda-trushna nashak*. so it useful in *DM* patient. In *chraka samhita, prameha chikitsa adhyay* mention that taking *Snana, Avagaha, and Parisheka with Sidhha Jala* of *pramehahara aushadhi*.
- **Anulepana**: According to *Acharya Sushruta* It is *Shobhyagyakar, Varnyakar, Pritiojobalavardhana, sweddorghyandhyanashan, shramaghana*.
- **Vastra-dharana**: This is done to prevent diabetic ulcer.
- **Gandhamala-dharana**: According to *Acharya charaka* it is *Vrushya, Ayushya, Kamy, Pushti, Balaprada, Somnashya, Alaxshmighna*.
- **Ratna and Abhushana Dharana**: According to *Acharya charaka* it provides *Shobhagya, mangalya, ayushya ,harshana, kamy, ojashyam*.
- **Sandhyopasana**: This gives piece of mind.
- **Padatra-chhatra-dandadi dharana**: According to *Acharya Sushruta padatra dharana* is *chakshushya* and *Vrushya*. so it is useful in *DM* patient.
- **Jivikoparjana upaya**: The way you earn money is not opposite to religion.
- **Pathya Ahar**^[12,13] in *Madhumeha* are grains like *Yava* (barley), *Godhuma* (Wheat), *Shashtika Shali* (rice), *Kodrava* (grain variety), *Uddalaka, Shyamaka, Bajara* using old more than one year. Pulses- *Chanaka* (bengal gram), *Adhaki* (toor dal), *Mudga* (green gram), *Kulattha* (Horse gram).
- **Fruits beneficial to prevention and control to diabete** are- *Jambu* (Jamun), *Talaphala- Borassus flabellifer, Amalaki* (goose berry), *Kapittha* (monkey fruit), *Dadima* (pomegranate), *Tinduka -Disospyros embrayoptesis*.
- **Seeds like- Methika, Kamala** (*Nelumbo nucifera*), *Utpala* (*Nymphoea stellate*).
- **Flesh- Harina** (deer flesh), *Shashaka* (rabbit), *Birds likes - Kapota* (pigeon), *Titira, Lavaka*.
- **Fermented or alcoholic liquid - Madhveeka Sura, Madhvasava** (in *Kapha Pittaja Prameha*), *Purana Sura* (old wine).
- **Other natural products** are - *Madhu* (honey), *Madhudaka* (honey mixed with water).
- **Oils - Nikumba** (*Danti- Baliospernum montanum*), *Ingudi* (*Balanitis egyptica*), *Atasi* (*Linum usitatissimum*), *Sarshapa* (*Mustard*).
- **Others food and spices are- Dhani** (popcorn of jowar), *Laja/Murmura* (puffed rice), *Maricha* (*Piper nigrum*), *Saindhava* (rock salt), *Hingu* (*asafoetida*), *Haridra* (*Turmeric*), *Ardraka* (*Ginger*). Use of warm water in drinking, *Triphala water, Gomutra* (cow urine), *Sarodak, Kushodak*, in daily use.
- **Vihar** (way of living) is also become helpful in *Madhumeha- avoid day time sleep, do some mental exercise*.
- Occupation also plays an important role to prevention of diabetes, one should choose an occupation of suitable workout for physical and mental health with attentive toward moral issues. Comes out from sedentary life style is necessary to overcome the burden of diabetes mellitus in societies. Other activities like Physical and mental workout, daily morning walk.

- **Yoga like- Surya Namskara,**
- **Asanas like- Vajrasana, Pavan- Muktasana, Kati-Chakrasana, Ardh-Matsyendra Asana.**
- **Daily pranayam like - Nadi Shodhan, Bhramari, Bhastrika, Kapalbhata.** Meditation is help to reduce stress like factor and help in promote to being overall healthy.

CONCLUSION:

DM is deteriorating disease along with many other serious complications. Patient will prefer to take OPD base treatment and follow the above said *Dinacharya* they may overcome from their symptoms. In Pre-diabetic patient if they follow daily regimen, it will be the lifesaving. As main motive of treatment in Diabetic patient is to control the prognosis of disease, and sidestep the further complication like retinopathy, neuropathy, etc. we should improve their quality of life by nourishing the *Saptadhatu* and cumulative the *Oja*. We should improve their Satva by *rasayana chikitsa*. By the correcting life style with making health wise suitable *Dinacharya* any individual can protect him/herself from with incredulous deadly disorders. By this incidence and prevalence rate of type 2 diabetes mellitus will become in declining ratio. So here approach has been made dazed this disorder along with oral medication and daily regimen. Researches are needed in this particular spectrum.

REFERENCES

1. Park s textbook of preventive and social medicine, K. Park, M/s Banarsidas Bhanot publishers 1167, prem nagar, Jabalpur, 482001 (MP), INDIA, ed. 20th, p-341.
2. Role Of Ayurvedic Herbs On Madhumeha (Diabetes Mellitus), Singh Karam And Verma Bhavna. International Journal Of Ayurvedic And Herbal Medicine 3:2 (2013)1136:11403. <http://interscience.org.uk/index.php/ijahm>
3. "Simple treatment to curb diabetes". January 20, 2014. Archived from the original on 2014-02-02.
4. World Health Organization, Global Report on Diabetes. Geneva, 2016. Accessed 30 August 2016. <http://www.who.int/diabetes/global-report/en>
5. <https://en.wikipedia.org/wiki/Special:BookSources/978-1-4377-0324-5>
6. Australian Indigenous HealthInfo Net, Chronic conditions: Diabetes. Accessed 31 August 2016. <http://www.healthinfonet.ecu.edu.au/chronic-conditions/diabetes/plainlanguage/our-review>
7. Shastri S N (2014) (Part 1) Charak Samhita .Varanasi. Chukhambha Bharty academy 233.
8. Shastri S N (2015) (Part 2) Charak Samhita .Varanasi. Chukhambha Bharty academy 227.
9. Shastri .R commented by Mishra .T (1985) Swasthavritta samuchchya, Varanasi, UP, published by Dr Akhileshwardutta Mishra, Assi., 8-40.
10. Pt.Sastri K and Dr. Chaturvedi G, (1998) Charak Samhita,, Varanasi. Chaukhamba Bharti Academy. 113-133.
11. Kaviraj Dr. Sastri A, (2001), Susruta Samhita, Varanasi, Chaukhamba Sanskrit Samsthana, 105-110.
- 12., Tripathi, R (1996), Astang Samgrah Varanasi Chaukhamba Surbharti Prakashan., 36-63.
13. Pt. Sastri K, edited by Dr.Tripathi I and Dr Tripathi S, (1994), Astang Hridya, varansi. Krishnadas Academy, 13-16.