

**Title: Role of *pathyakar vihar* in prevention and management of diabetes****Author: Gonare Ashwini Ganesh<sup>\*1</sup>, Patil Umesh N.<sup>2</sup>**

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**\*Corresponding Author:** Email: [drashwinigonare@gmail.com](mailto:drashwinigonare@gmail.com); Mob. no.: 8855905942.**Abstract:**

**Background:** Diabetes is a metabolic disorder. D.M. can be correlated with *Madhumeha* in *Ayurveda*. Present era is full of stress and strain due to competitive lifestyle. Over the last few decades, lifestyle changes have resulted in a drastic increase in the incidence of Diabetes all over the world. *Ayurveda* is an ancient system of medicine which guided the mankind with various principles to be healthy and stay away from illness throughout life. Regular exercise, *yoga*, *pathyakarvihar* described in *Ayurveda* plays important role in preventing the disease.

**Objectives:**

- To assesses the effects of *pathyakarvihar* in Diabetes.
- To study review of literature through *Ayurvedic* text.

**Methods:** All the related information has been collected from various *Samhitas*, research articles and journals.

**Result and Conclusion:** The role of *pathyakarvihar* is important in Diabetes to

control B.S.L. as well as to prevent complications of Diabetes.

**Keywords:** Diabetes, Life style, *Pathyavihar*

**Introduction:**

In today's fast running world, the responsible factor for diseases are *mithyaahar*, *mithyavihar*, *ratrijagaran*, *diwaswap* or not following the regimen according to *Dincharya*, *Ratricharya* or *Rutucharya* mentioned in the *ayurvedic* texts. *Ayurveda* emphasized more on "Prevention rather than cure." *Ayurveda* is useful to get *Swasthya* health either by preventing the disease or by curing the disease.

"*Swasthasyaswasthyarakshanam | Aaturasyavikarprashamanamch ||*"

(Ch. Su. 30/26)

Diabetes Mellitus can be correlated with *Madhumeha* in *Ayurveda* which is a type of *VatajPrameha*. *Prameha* is a disease of "*Mutravaha & Medovaha Strotas*". In *Prameha* there is vitiation of *Kaphadosha* and *Medodhatudushti*. D.M. is a clinical syndrome characterized by

hyperglycemia, polyuria, polyphagia, and polydipsia. In 2014, around 387 million people had Diabetes with a prevalence of 8.3% by 2035 this will rise to 592 million. India is going to be the “Diabetic Capital” of world by the year 2035. While describing *chikitsa* of *Madhumeha* all *Acharyas* have focused on *pathyaviharas* in the management of *Madhumeha*. The role of *pathyakarvihar* is more important in Diabetes to control blood sugar as well as to prevent complications of Diabetes and to improve overall quality of life.

### Aims and Objectives:

1. To assess the effects of *pathyakarvihar* in prevention and management of Diabetes.
2. To study review literature of *Madhumeha* through *Ayurvedic* text.

### Prameha Definition:

“*prakarshen, prabhutam, prachuram, varamvarmvamehatimootratyagamkarotiy asminrogesaprameha //*” (Ma. Ni. 33/1)

In *Prameha* there is large quantity of urine and also increased frequency of urination.

### DIABETES MELLITUS:-

**Definition** - Diabetes Mellitus is a metabolic disorder characterized by hyperglycemia resulting from defects in insulin secretion, insulin action or both. It may present with characteristic symptoms such as polyuria, polydipsia, fatigability, weight loss, blurring of vision.

### TYPES:-

### 1. Type 1 D.M. :

1. Previously called I.D.D.M. / Juvenile onset D.M. / Ketosis prone D.M.
2. Comprising about 5-10% of all cases.
3. Usual onset is rapid.
4. Type 1 Diabetes results from beta-cell loss or severe insulin secretory deficiency.
5. Type 1 Diabetes patients have low BMI and a decreased muscle mass and fat. Their age of onset is below 20 years.

### 2. Type 2 D.M.:

1. N.I.D.D.M. / Maturity onset D.M. / Stable D.M. / Ketosis resistant D.M.
2. This is the most common form of D.M. comprising about 90-95 % of all cases.
3. Usual onset is slow and insidious.
4. Patients with type 2 Diabetes have insulin resistance and usually have relative insulin deficiency.

### PRAMEHA HETU:-

“*Aasyasukham, swpnsukham, dadhini, gramyodakanuprasa, payansi | Navannpanmgudvaikrutamchpramehahet ukaphkruchsarvam //*”

(Ch. Chi. 6/3)

1. Comfortable sitting.
2. Comforts of sleeping, excess sleeping.
3. *Gramya, audak, aanupmansa rasa.*
4. Milk and milk products.
5. *Navanna* (new grains).

6. All those things which causes vitiation of *Kaphadosha*.

#### Diabetes causes– Related to lifestyle

1. Lack of exercise.
1. Sedentary lifestyle.
2. Stress.
3. Smoking.

#### **PATHYAKAR VIHAR IN MADHUMEHA:-**

“Vyayamyogervividhaipragadhaidvartanaisnanajalavaseke /  
Sevyatwag-ela-aguru-  
chandanadaivilepaneshaashunasantimeh  
a ||”

(Ch. Chi. 6/50)

“Parikramanam, chankramanam,  
gatagatamityartham,  
sarvatobhramanamityenye |”

(Da. su. chi. 11/12)

“Adhanshatrapadraitomunivartanah /  
Yojananamshatamyayatkhanedwasalilash  
ayat ||”

(Ash. hru. Chi. 12/36)

“Rukshamudvartanamgadhamvyayamonis  
hijagarah /  
Yatchanyashleshmamedoghnabahirntasch  
atadhitam ||”

(Ash. hru. chi. 12/33)

#### **1. Vyayam–**

“Laghavamkarmasamrthyadiptoagnimeda  
shkshaya /  
Vibhaktaghanagatratvmvyayamadupjayte ||”

(Ash. hru. su. 2/10)

Regular physical activity helps body to use insulin more efficiently in

D.M.Physical activity promotes weight reduction and improves insulin sensitivity, thus lowering B.S.L.

#### **2. Parikramanam /chankranam–**

Brisk morning walk about 45 minutes. Walking is considered a moderately intense physical activity and is one of the best forms of exercise available.

#### **3. Udvartan–**

“Udvartanamkaphaharammedesapravilayanam /  
Sthirikaranamanganamtwakprasadnkarmpraram ||”

(Ash. hru. su. 2/15)

Is a detoxifying therapy performed by herbal medicines like *twak*, *ela*, *aguru*, *chandan*, etc. It increases the circulation of blood and lymph, facilitating the transport of oxygen and other nutrients. It allows for more efficient uptake of insulin.

**4. Snana(Regular bathing)–**It helps to increase *jatharagni*.

#### **5. Yogasana,Pranayam and Meditation**

Type 2 Diabetes which is caused by sedentary life style can be effectively prevented with *Yoga*.

#### **Asnas which are useful in Diabetes are:-**

- *Dhanurasana*(Bow pose in prone position),
- *Ardhamatsyendrasana*(Half spinal twist),

- *Vajrasana*,
- *Yoga Mudra*,
- *PavanMuktasana*,
- *Sarvangasana*,
- *Halasana*,
- *Matsyasana*.

These *Asanas* have positive effect on pancreas and also insulin functioning. This increases the blood supply, oxygen supply to the organs increasing the efficiency and functioning of the organ and also increased efficiency of the endocrine system.

*Bhujangasana* – which stimulates and massages the pancreas thus helps proper functioning of gland. The increased amount of blood flow makes the organ healthy and enhances its vitality which further helps in the efficiency of beta cells.

*Mayurasana*– stimulates the metabolic processes and gives Diabetic patient a relief.

Sun Salutation - is very good exercise for people suffering from Diabetes, it increases the blood supply to various parts of body, improving insulin administration in the body, it gives all the benefits of exercise if practiced at 4 rounds per minute.

**Pranayam**–One of the basic preparations for *Pranayama* is *NadiShodhan Pranayama* or alternate nostril breathing. This type is found useful in Diabetes as alternate nostril breathing has calming effect on nervous system, which reduces stress level, helping in Diabetes management.

Also *Bhramari* and *Bhasrika Pranayama* help in Diabetes. *Bhramari* has calming effect on mind, brain and nervous system. *Bhasrika Pranayama* is revitalizing

*Pranayama*, which increases oxygen levels and reduces carbon dioxide levels in the blood. In *Bhasrika Pranayama*, the abdominal muscles and diaphragm are used which puts pressure on the internal organs.

### **Meditation –**

Practice of meditation is especially useful in management of stress. Relaxed and Concentrated state of mind is the aim of any form of meditation which creates calming effect on nervous system, brings balance between Sympathetic and Parasympathetic nervous systems.

**Discussion:** Lifestyle may be defined as a way of living of individuals, families and societies. Sedentary lifestyle is the main cause of Diabetes. *Ayurveda* offers comprehensive, safe and effective approaches to manage Diabetes. *Pathyakarvihar* described in *Ayurveda* can prevent or delay the onset of Diabetes. *Pathyakarvihar* i.e. *vyayam*, *udvartan*, *snana* & *chankraman* (walking) are useful in *medodhatukarshan* and also help to normalize the vitiation of *kaphadosha* in *Madhumeha*. Various *Asnashave* positive effect on pancreas and also insulin functioning. *Pranayam* has calming effect on nervous system, which reduces stress level, helping in Diabetes management. These factors help body to use insulin more efficiently.

**Conclusions:** The review literature of *Madhumeha* showed that the disease can be well managed by following *pathya-apthya* mentioned in *Ayurveda* (avoidance of the etiological factors). Life style

changes can prevent or delay the onset of type-2 Diabetes among high risk adults. The role of *pathyakarvihar* is more important in Diabetes to control blood sugar as well as to prevent complications of Diabetes.

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