



PATHYAPATHYA IN PRAMEHA

Ripsa Raj K. P¹, P Sudhakar Reddy²

¹Final year P.G Scholar, Department of P G Studies in Swasthavritta, JSS Ayurveda College, Mysuru, Karnataka, India.

²Professor & Head, Department of P G Studies in Swasthavritta, JSS Ayurveda Medical College, Lalithadripura Road, Mysuru -570028 Karnataka, India.

Corresponding Author: ripsthedoctor@gmail.com

<https://doi.org/10.46607/iamj3309082021>

(Published Online: August 2021)

Open Access

© International Ayurvedic Medical Journal, India 2021

Article Received: 21/07//2021 - Peer Reviewed: 02/08/2021 - Accepted for Publication: 03/08/2021



ABSTRACT

Diabetes mellitus is becoming the fastest considerable disease in the world. India has been estimated with the fastest-growing population of Diabetics. According to International Diabetic Federation (IDF), the total number of Diabetic subjects will be around 151 million in India by 2045. The clinical entity of *Prameha* can be correlated with Diabetes Mellitus. It is considered a Lifestyle disorder, the food, drinks and sedentary habits are having a great influence on this disorder. In Ayurveda classics elaborately mentioned the *Nidana* (causative factors) and *Pathya ahara* (wholesome food & drinks) and *Apathya ahara* (unwholesome food & drinks), *Pathya Vihara* (Conducive lifestyle) and *Apathya Vihara* (Non-Conducive lifestyle) of *Prameha*. The classification of *Prameha* as per Susruta Samhita as *Apathya nimittaja Prameha* and *Beeja doshaja Prameha* indicates the importance of *Ahara* and *Vihara* in prevention as well as management of this disease. In this article, a sincere attempt has been made to incorporate the principles of Ayurveda and Modern medical science with a scientific explanation regarding *Pathya* (Diet) and *Vihara* (lifestyle) in *Prameha* (Diabetes Mellitus).

Keywords: *Pathya, Apathya, Prameha, Ahara, Vihara.*

INTRODUCTION

According to Ayurveda in every food, some factors are developing the mental faculties and certain other factors developing the physical built of the body³. Acharya Charka, Sushruta and Vagbhata also mentioned development, perspicuity of *Indriyas*, happiness clarity of voice, lustre, pleasure, increase of *Dhatus*, intellect, health etc. Kasyapa explained that food is said to be the cause of stability for all living beings. There is nothing else except diet for sustaining the life of a living being. Any other medicament just like diet is not available; one is capable to make man disease free only with cereals (congenital diet). One is not able to sustain life without diet even if endowed with medicine that is why the diet is said to be the great medicament by a physician. Charaka explained that people who use *Hitaahara* (suitable foods) only in the disease caused by food do not develop. The unsuitable food, i.e., *Ahitahara* leads to disease. In *Shabdakalpadruma*, it is explained that *Pathya* as *Hitakara* to *Rogi* (diseased person) and *Apathya* leads to death. Chakrapani explains that comforting the mind and not creating disease in it to be considered as *Pathya* (beneficial), whereas that which is uncomfortable to mind and causing disease is called *Apathya* (unbeneficial). Charaka again explains that *Pathya* is that which is the right path, which does not create any trouble, and which is pleasant/agreeable to the mind, that which is unpleasant to mind is *Apathya*. He explains that *Pathya* is of a different kind, proper *Matra* (quantity) of *Ahara*

leads to *Pathya* and improper *Matra* leads to *Apathya*. Diabetes is increasing over the globe at an alarming rate. It is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. India has an estimated 77 million people with Diabetes, which makes it the second most affected in the world. Type 1 Diabetes is rarer than in western countries. Only about One-third of type 2 Diabetics in India are overweight or obese¹. The studies show that environmental and lifestyle changes, industrialization, genetic factors etc. lead to this. In Ayurveda, Diabetes Mellitus is considered under the broad clinical entity *Prameha*. The person indulging in *Atiahara* (excess intake of food), *Atidrava Annapana* (liquid food and drinks) and *Vihara* like *Avyayama* (without exercise), *Divaswapna* (day sleep), *Atinidra* (excess sleep) etc. are prone to *Prameha*². Ayurveda classics mentioned that *Apathya Ahara Vihara* leads to *Prameha*, they are vastly explained about the *Pathya* and *Apathya* in *Prameha*.

PATHYAHARA IN PRAMEHA

Prameha is one of the *Ashtamahagada*, so it is *Kruchrasadhya* and mostly *Asadhya* (incurable) *Vyadhi*². In this type of *Vyadies*, *Chikitsa* is very difficult, so Ayurveda classics mentioned *Pathya-apathya* to establish the treatment procedures by the maintenance of *Ahara* and *Vihara*.

TABLE 1: Pathyahara

NO	PATHYAHARA	CH. S	A.H	SU. S	B. P	B. R	Y. R
1	<i>Mantha</i>	+	-	-	-	+	-
2	<i>Masoora</i>	-	-	-	-	+	-
3	<i>Mudga</i>	+	-	+	+	+	+
4	<i>Syamaka</i>	-	-	-	+	+	+
5	<i>Kodrava</i>	-	-	-	+	+	+
6	<i>Uddalaka</i>	-	-	+	+	+	+
7	<i>Canaka</i>	-	-	+	+	+	+
8	<i>Aadaki</i>	-	-	+	+	+	+
9	<i>Kulatha</i>	-	-	+	+	+	+
10	<i>Puranasali</i>	+	-	-	+	+	+
11	<i>Tiktasaka</i>	+	+	+	+	+	+
12	<i>Yava</i>	+	-	+	+	+	+

13	Madhu	-	+	-	-	-	-
14	Laja	-	-	-	-	+	-
15	Patola	-	-	-	-	+	+
16	Karavellaka	-	-	-	-	+	-
17	Karkoataka	-	-	-	-	+	-
18	Lasuna	-	-	-	-	+	+
19	Godhuma	+	-	-	+	+	+
20	Takra	-	-	-	-	+	-
21	Kharjura	-	-	-	-	+	-
22	Vyagri	-	-	-	-	+	-
23	Udumbara	-	-	-	-	+	-
24	Naveenamoca	-	-	-	-	+	-
25	Kalindaphala	-	-	-	-	+	-
26	Vishkiramamsa	+	-	-	+	+	-
27	Pratuda mamsa	+	-	-	+	+	-
28	Jangalamamsa	+	+	-	+	+	+
29	Prasahamamsa	+	-	+	-	-	-
30	Vareecarmamsa	+	-	-	-	-	-
31	Saindhava	-	-	-	-	-	+
32	Mareeca	-	-	-	-	-	+
33	Sura	-	-	-	-	+	-
34	Seedhu	+	-	-	-	-	-
35	Saktu	+	-	-	-	-	-
36	Guda	+	-	-	-	-	-
37	Jamboophala	-	-	+	-	-	-
38	Tintukaphala	-	+	+	-	+	-
39	Danti taila	+	-	+	-	-	-
40	In~gudee taila	+	-	+	-	-	-
41	Ataseetaila	+	-	+	-	-	-
42	Sarshapa taila	+	-	+	-	-	-
43	Shashtika	+	-	-	-	-	-
44	Trunadhanya	+	-	-	-	-	-

Table 2: Patyavihara

NO	Pathyavihara	CH.	A.H	SU. S	B. P	B. R	Y. R
1	Vyayama	+	+	-	-	+	-
2	PragaDha	+	+	-	-	-	-
3	Udvartana	+	+	-	-	-	-
4	Snana	+	-	-	-	-	-
5	Jalavaseka	+	-	-	-	-	-
6	Nisijagarana	-	+	+	-	+	-
7	Parikramana	-	+	+	-	+	-
8	Hastysvavahana	-	+	+	-	+	-
9	Yudha	-	-	+	-	-	-
10	Ravitvit	-	-	-	-	+	-

Table 3: Apathyahara

NO	APATHYAHARA	CH. S	A.H	SU. S	B. P	B. R	Y. R
1	Navadhanya	+	+	-	-	-	-
2	Atidhanya Sevana	+	-	-	-	-	-
3	Navasimbhidhanya	+	-	-	-	-	-
4	Jramyamamsa	+	-	+	-	-	-
5	Aanoopamamsa	+	-	+	+	+	+
6	Audakamamsa	+	-	+	-	-	-
7	Navanna	+	-	-	-	+	+
8	Saakani	+	-	-	-	-	-
9	Tila	+	-	-	-	-	-
10	Pishtanna	+	-	+	+	-	+
11	Payasa	+	-	-	-	-	-
12	Krusara	+	-	-	-	-	-
13	Vilepi	+	-	-	-	-	-
14	Ekshurasa	+	-	+	+	-	+
15	Guda	-	+	-	+	-	+
16	Ksheera	+	-	+	+	-	-
17	Dadhi	+	-	+	-	+	+
18	Sura	-	+	+	+	-	+
19	Toya, Dustajala	-	-	+	-	+	-
20	Taila	-	-	+	+	-	+
21	Grita	+	-	+	+	-	+
22	Panaka	-	-	+	-	-	-
23	Amlarasa	+	-	+	+	+	+
24	Lavanarasa	-	-	-	-	+	-
25	Sowveeraka	-	-	+	+	-	+
26	Virudhanna	-	-	-	-	+	-
27	Medhyannapana	-	+	+	-	+	-
28	Dravannapana	-	-	+	-	-	-
29	Takra	-	-	-	+	-	-

Table 4: Apathyavihara

NO	Apathyavihara	CH. S	A.H	SU. S	B. P	B. R	Y. R
1	Aasyasukha	+	+	-	+	+	+
2	Swapnasukha	+	-	-	+	-	-
3	Divaswapna	+	-	+	-	+	+
4	Srama	+	-	-	-	-	-
5	Krodha	+	-	-	-	-	-
6	Soka	+	-	-	-	-	-
7	Ativyavaya	+	-	-	-	+	-
8	Vidhivarjitasayana	+	+	-	-	+	-
9	Vegasamdharana	+	-	-	-	+	+
10	Anasana	+	-	-	-	-	-
11	Abhighata	+	-	-	-	-	-
12	Sonitamoksha	+	-	-	-	+	+
13	Udvega	+	-	-	-	-	-
14	Jagarana	+	-	-	-	-	-

DISCUSSION

Pathya- Ahara (Wholesome Diet)

a. *Sukadhanya Varga* (Cereals): -

i. *Sali* (Rice), in this *Purana Sali* (Old rice) is *Pathya* and *Navanna* is *Apathya*. *Purana Sali* is the rice that harvests and is used after one year or more, it is *Laghu* (light) in the property. *Madhura Rasa* (sweet taste) and *Singdha guna* (unctuous). It is *Mootrala* (increase the quantity of urine), and *Vrushya* (aphrodisiac). It is easily digestible, *Kashayanurasa* (astringent after taste). *Navanna* (freshly harvested rice) is *Guru* (heavy) and increase the *Kapha Dosha*. Glycemic index of rice is 73, and it is very high. *Shashtika* is a *Vrihi Dhanya*. It is *Snigdha*, *Grahi* (constipate), *Madhurarasa*, *Sita* (cool), pacifies *Tridoshas* and provides stability⁷. *Grahi* is the property that which prevents the loss of water from the body, *Prameha* patient suffering from excessive loss of water from the body it can prevent by use of this¹⁵.

ii. *Godhuma* (wheat) is *Vrusya*, *Sita*, *Guru*, *Snigdha*, *Jivana* (enlivening), pacifies *Vata and Pitta*, increase body strength and laxative⁸. Chakrapani explains that fresh *Godhuma* causes an increase of *Kapha* whereas *Purana Godhuma* (old one) does not increase *Kapha*. Wheat is a good source of protein, carbohydrates, rich in fibre both soluble and insoluble, vitamin B, minerals including iron, magnesium. Glycemic index is 54¹⁶.

iii. *Yava* (barley- *hordeum vulgare*) is *Ruksha* (dry), *Sita*, *Guru*, and *Madhurarasa*. It is laxative, generates faeces and *Vata* in intestines is *Vrusya* and increases stability⁸. It controls diseases of the urinary tract, corrects disorders of fat metabolism. It is rich in dietary fibre 17g, iron, vitamin B-6, and magnesium, low in glycemic index 26 to 30

b. *Truna Dhanya* (millets) like *Syamaka* (little millet), *Kodrava* (kodo millet), they are sweet, *Sita* (cool) *Laghu*, increase *Vata*, are *Lekhanna* (abrasive) and pacify *Kapha* and *Pitta*⁸. It contains high fibre and a low glycemic index. The Glycemic index is between 54 to 68. They are rich in calcium, dietary fibre, polyphenols, and protein. The fibre content is 19.1 to 30.8 per cent.

c. *Samidhanyavarga* (pulses): - *Acharyas* explained that excess use of *Dhanya* and *Navasimbidhanya* are *Apathya* for *Prameha*. *Mudga* (green gram) *Masura* (lentil), *Canaka* (chickpea), *Adhaki* (tur dhal), *Tila* (sesame) are *Laghu*, mitigate *Kapha* and *Vata* and pungent after digestion, *Kulatta* is hot in potency, these properties will help to reduce *Kapha* and maintained the blood sugar level⁷. The preparations made by these like *Yoosha*, etc. are good for Diabetes. They contain dietary fibre, vitamin A, Vitamin C, iron, vitamin B -6, and Magnesium, zinc, and folate. Phytochemicals, saponins and tannins found in pulses possess antioxidant effects. They are high in fibre and have a low glycemic index²⁴.

d. *Mamsa Varga*: - Flesh of animals and birds which are used for meat are coming under this classification. *Acharya Charaka* mentioned that *Viskira Mamsa* (gallinaceous birds), *Prasaha Mamsa* (animals and birds who eat by snatching), *Jangala Mamsa* (animals of the desert-like regions), *Varicarina* (birds which swim in water), *Pratuda Paksi* (pecking birds), these are *Pathya* for Diabetic patients and *Gramya Mamsa* (domestic animals), *Anupamrga Mamsa* (animals inhabiting marshy land), *Audhaka Mamsas* (animals living in water) are *Apathya*.

Viskira, *Pratuda*, and *Jangala Mamsa* are easy to digest, *Seeta Virya*, sweet and slightly astringent in taste and beneficial to persons who have a great increase of *Pitta*, a moderate increase of *Vata* and mild increase of *Kapha*. *Prameha* is a state of *Kapha* that increases the body and leads to metabolic disorders so the *Mamsa* of this group will help to maintain the *Tridoshas*⁹.

The meat of *Prasaha*, *Varicara* groups is hard to digest, *Ushnavirya*, unctuous, sweet, increase strength and body growth, are aphrodisiac, mitigate *Vata*, greatly aggravates *Kapha* and *Pitta*, suitable to a person who do physical exercises daily and who have strong digestive power; *Prameha Rogi* also suffering from *Atyagni* for this condition to maintain the *Agni Bala* without causing defects in body *Guru* and *Ushnavirya* property of the *Mamsa* will help.

According to Acharya susruta, *Gramya*, *Anupamamsa* are *Madhura* in *Rasa* and *Vipaka*, pacify *Vata*, increase *Kapha* and *Pitta*, promote *Dhatu*s, strength and digestive power; *Anupamamsas* are especially diuretic, so these are *Apathya* because *Madhura rasa* and diuretics are contraindicated for *Prameha Rogi*.

e. SAKA VARGAS (group of vegetables): Acharya Charaka explains that all *Saka Vargas* expect *Tiktasakas* are *Apathya*. Whereas *Baishajya Ratnavali* mentioned that *Patola* (pointed gourd), *karavella* (Bitter gourd), *Karkotaka*, *Lasuna*, *Udumbara*, are *Pathyaaharas*. In this *Patola* is bitter, pungent in *Vipaka*, pacifies *Kapha Pitta*, slightly increases *Vata*, it is digestive, good for heart, aphrodisiac, increase digestive fire, *Laghu*, unctuousness, hot in potency. It is a good source of vitamins and minerals. It is low in glycemic index and rich in fibre and high in nitrates and it is good for Diabetes mellitus and Blood pressure. *Karavella* is cold in potency, *Laghu*, bitter in taste, but does not increase *Vata*, and kindles digestive fire²⁵. A compound called charantin in bitter gourd keeps the sugar levels low and bitter gourd has great benefits of controlling blood sugar. *Karkotaka* (small bitter ground) it is *Tikta Katu Rasa*, *Seeta virya*, *Vipaka katu*, *Deepana*, *Arucinasana*, *Kapha Vatahara*. Susruta considered it is same as *Karavella*. The Glycemic index of Bitter gourd is 117. Bitter gourd contains an insulin-like compound called Polypeptide-p or p-insulin which has been shown to control diabetes naturally. *Lasuna* (Garlic) is coming under *Haritakyadi Varga*, it has five tastes and is devoid of the sour taste, its seeds are sweet. It is nursing, aphrodisiac, unctuous, hot in potency, digestive, laxative, pungent both taste and after digestion, penetrating, causes the aggravation of *Pitta* and *Rakta* (blood), rejuvenator, it cures lots of diseases disease of *Vata* origin and *Kapha* origin²³. Garlic not rich in carbohydrates can influence the blood sugar level and the low Glycemic index - 30, it is also a good source of Vitamins B-6 and Vitamin B-6 involve carbohydrate metabolism. Vitamin C also play a role in maintaining blood sugar levels, the normal

metabolism of carbohydrate is restored after the administration of vitamin C, so the action of vitamin C is similar to insulin¹⁷. *Vyaghri Phala* (prickly brinjal) it is coming under *Guducyadi Varga*, its fruit is pungent in taste and also after digestion, hot in potency, cause more elimination of semen is purgative, bitter in taste, increase *Pitta* and digestive fire, easily digestible, mitigates *Kapha*, *Vata*, worms, and disorders of fat, eliminates. The glycemic index is 10 which fall under the low GI category. It is low in carbohydrates and rich in fibre so it plays a major role in regulating blood glucose. Fibre is also known to improve lipid abnormalities. *Udumbara* (cluster fig) is cold yes, potency, *Rooksha*, *Guru*, sweet and astringent in taste, promotes complexion diminish the *Pitta*, *Kapha* and *Rakta*¹⁸. The glycemic index of fig is 51 which fall under the low GI category. These are tremendously high on fibre; it takes the longest to digest so it does not metabolize quickly.

f. Phala Varga (fruits): *Naveena mocaphala* (plantain), is sweet, cold in potency, sweet after digestion, heavy, is aphrodisiac, stoutening, cures excess hunger, thirst, diseases of eyes, diabetes, increases taste and *Mamsa*(muscle)¹¹. It is the source of vitamin B6, fibre, potassium, magnesium, vitamin C, it has a glycemic index of 40. Which means they will have a slow but sustained impact on blood sugar. It is protein-rich and fibre-rich which prevent an overall glycemic load of the meal and limit any increase in blood sugar levels. *Jambuphala* (java plum) is *Kashaya Madhurarasa*, *katu Vipaka*, it increases *Vata* and pacifies *Kapha* and *Pitta*¹⁴. It contains dietary fibre 0.6g, carbohydrates 14gm, energy 60 KCL, fat 0.23. In folklore practice, it is used wildly as an antidiabetic drug. *Tintidikaphala* (sumac) when unripe, pacifies *Vata* and increases *Pitta* and *Kapha* while the ripe fruit is hot, appetizer, relishing and pacifies *Kapha* and *Vata*. It is *Amla* (sour), *Laghu* (light for digestion) *Ruksha* (dry), *Vipaka* (after digestion) also *Amla*¹⁹. The studies show that the Sumac power had shown good results in reducing the blood glucose level. Further studies are on the track.

Kalindaphala (watermelon) ripen fruit is hot in potency, slightly alkaline, aggravates Pitta and mitigates *Kapha* and *Vata*¹⁹. The Glycemic index of watermelon is 72, but a GI of 2\gm. It contains 91% of water, low in protein, carbohydrate, fat, and fibre. It is a good source of vitamin C, it provides 23.2mg of the vitamin. *Kharjura* (date palm fruit) are cold in potency, sweet in taste and after digestion, unctuous, good for heart, cures bleeding disease, bestows nourishment, strength and semen, mitigates *Vata* in the alimentary tract, cures fever, thirst, diseases of *Vata Pitta*, and other diseases caused by drinking wine¹⁹. Glycemic index of 46 to 55, it is low in fat and protein but rich in sugar, mainly fructose and glucose, the minerals selenium, copper, potassium, and magnesium. Major vitamin B complex and vitamin C, high in dietary fibre (8.0\100g), insoluble dietary fibre was the major fraction of dietary fibre in dates.

- g. Gorasa Varga (group of milk and its products):** *Ksheera* (milk) and *Dhadi* (curd) is *Apathya* but according to Bhyshajyaratnavali, *Takra* (butter-milk) is *Pathya* for *Prameharogi*. It is constipating, astringent sour in taste, sweet after digestion, easily digestible, hot in potency, kindles digestive fire, aphrodisiac, bestows nourishment, mitigates *Vata*, being astringent, hot potency opening up the pores and creating dryness it mitigates *Kapha*. He who uses *Takra* daily does not suffer from the disease, and diseases cured by *Takra* do not recur, just as *Amrita* (nectar) if for Gods *Takra* is for humans. It is rich in source of Potassium, calcium, phosphorus, vitamin B12 & riboflavin. Glycemic index is very low 15 to 33, but it is very high on insulin index 90 to 98²⁰.
- h. Sindhava (salt):** *Lavana* is *Pathya* according to Yogarathnakara, has slight *Madhura rasa*, is *Vrusya* (aphrodisiac), *Hrudya* (stomachic) pacifies *Tridoshas*. It is *Laghu*, not much *Ushna*, desirable for eyes, does not produce *Vidhaha* (burning sensation) during digestion and is carminative. It is low in the Glycemic index.
- i. Mareecha (black paper)** is coming under the *Hareetakyadivarga*, Pungent in taste, penetrating,

augments digestive fire, mitigates *Kapha*, and *vata*, hot in potency, increase Pitta, causes dryness²¹. It is an important healthy food owing to its antioxidant, antimicrobial potential and gastro-protective modules. It contains mainly potassium, calcium, iron and magnesium.

- j. Madya Varga:** In the group of fermented beverages, wines etc. among them, *Seedhu* (preparation from cooked sugarcane juice), *Saktu* is *Pathya*. *Seedhu* is best among the *Madyavarga*, improves voice, digestive fire, strength and colour, increase *Vata* and *Pitta*, cures constipation, obesity, piles, enlargement of abdomen and diseases of *Kapha* origin. It produces instant *Vata*, *Pitta* and *Snigdha*. It contains mainly fibre and sugar
- k. Iksu Varga (group of sugarcane juice and its products):** *Guda* (jaggery) is *Pathya* according to Acharyacharaka, it increases worms, bone marrow, blood, fat, and muscle tissues. It contains sucrose and fructose, iron, and magnesium, the glycemic index is high 84. Other Acharya's mentioned that *Guda* is *Apathya*.
- l. Taila Varga (group of oils):** *Danti Taila* (*Baliospermum montanum* Mull), *Ingudeetaila*, *Atasitaila* and *Sarshapa Tailas* are *Pathya* for *Prameharogi*. Acharya Charaka explained that *Atasi Taila* (linseed oil) is sweet and sour, pungent after digestion, hot in potency, beneficial in aggravation of *Vata* and aggravates *Rakta* and *Pitta*²². It is rich in fibre and omega-3 fatty acids, due to their high fibre content, flax seeds are considered a low-glycemic food. Flex seeds contain high amounts of lignan, which act as a powerful antioxidant, which improves insulin sensitivity. *Sarsapa Taila* (mustard oil) is pungent, hot in potency, aggravates *Kapha* and is best to cure *Vatarakta* (gouty arthritis), heart disease etc²². It does not damage beta cells of pancreas glands but enhances the activity of beta cells to secrete more insulin to convert glucose into energy. Elaidic acid and vitamin E are the protective measures for insulin both are rich in mustard oil. *Inguditaila* (*Balanites aegyptiaca*), *Tikta Rasa*, hot in potency, *Katurasa* after digestion, and it pacifies *Kapha&Vata*²².

According to Bhavaprakasa and Yogaratnakara, all *Tailas* are *Apathya* for *Prameha*.

- m. Jalavarga (group of waters):** Acharya Susrutha mentioned that *Dravannapanadi's* (liquid food and drinks) are *Apathya* for *Prameha* and in Bhyashajya Ratnavali *Dustajala*. It induces all *Doshas*, Acharya Bhavamisra mentioned that the person who uses *Dushtajala* will suffer from, thirst, distention, chronic fevers, indigestion, blocking of channels, itching and lymphadenitis. Water taken in is digested in six hours.

VIHARAS

Pathyaviharas:

Vyayama feeling of lightness of body, capacity to do work, mitigation of aggravated *Doshas*, mainly *Sleshmakshya* (decrease of *Kapha*) or *Tridoshakshaya* (decrease of all the three *Doshas*) due to increase of digestive power mentioned in Ayurveda. It prevents and minimizes weight gain, reduction in blood pressure, improvement in insulin sensitivity and glucose control and optimization of lipoprotein profile.

Udvartanam (upward massage with powdered drugs) disintegrates *Kapha*, dissolves away fat, removes heaviness of body and uncomfortable feeling of sweat. It opens up the minute channels and improves blood circulation and lymphatic drainage.

Snana (bath) removes fatigue, eliminates sweat, pacifies blood, stimulate the digestive system, *Ojaskara* (promotes strength and vitality). According to Yogaratnakara hot water bath destroys the *Kapha* and *Vata*.

Nisijagarana (awaking at night) those who suffering from *Kapha*, fat and poison awaking at night is beneficial. Sleep is induced due to *Kapha* and *Tamas*.

Parikramana (walking on foot), *Hastiaswavahana* (elephant or horse riding), *Yudha* (wrestling), all are activities that reduce the excess *Kaha* and fat.

Apathyaviharas

Asyasukha (sitting a long time) will leads to increase *Kapha* and accumulate body fat. Decrease the metabolic activity and circulation of blood.

Swapnasukha (long sleep) is also producing excess *Kapha* and leads to the accumulation of fat in the body

tissues, reduce the metabolic rate. Obesity and emaciation are produced by excess and long sleep.

Divaswapna (day sleep) leads to many diseases, obstruction of channels, increase fat accumulation etc.

Srama (excessive physical activities), suppression of urges, not ingesting food, assault, injury, more of emotions, grief, letting of blood in more quantity, keep awake at night, keep the body in irregular (unnatural posters) by these *Vata* gets aggravated and leads to dryness of body and fatigue. This aggravated *Vata* accumulates in the body and *Ojokshaya* will happen.

CONCLUSION

Ayurveda considered that *Prameha* is *Yapya Roga* which is incurable, maintained by *Pathyaviharas* and medicine. Considering the *Nidana* and *Pathyapathya* of *Prameha*, it can be maintained well for improving the quality-of-life Diabetic patient. Modern medicine considered Diabetes is a non-communicable & lifestyle disorder. A sedentary lifestyle will lead to Diabetes at the earliest. If we consider this *Pratyahara* and *Pathyaviharas* shows the clear-cut pathway to avoid the disease by maintaining perfect lifestyle. *Tridoshas* are involved in this and *Ojokshya* is the main course for the disease pathology. So, the food and drinks which leads to *Ojosamrakshana* and *Balavardhana* but never cause an increase of *Doshas* and *Medodhatu* is considered as an ideal food for the *Prameharogi*.

REFERENCES

1. American Diabetes Association Lifestyle management: Standards of medical care in Diabetes Care. 2018: Pages- 51-54.
2. Dr Ramakaran Sharma and Vaidya Bhagvan Dash, Charaka Samhitha based on Chakrapani dathas Ayurveda Dipika, Chawkhamba Sanskrit Studies Vol. XCIV. 2013, Vol. XCIV.- chapter-6- Prameha. pages-298-316
3. Prof. K.R. Srikantha Murthy, Susrutha Samhitha. Vol.I, Jay krishnadas Ayurveda Series 102, 2012, Nidanasthana-Pramehanidanam-pages-503-510 & Chikitsasthanam-pages 124-129.

4. Prof. K.R. Srikantha Murthy, Ashtanga Sangraha of Vagbhata reprint edition, published by Chaukambha Orientalia, 2012. pages- 433.
5. Agnivesha, Charaka Samhita, Ayurveda- Dipika commentary by Chakrapanidutta, revised ed., Nidana Sthana (4:51), pg 215, Chaukhambha Surbharati Prakashan, Varanasi, (2005)
6. Agnivesha, Charaka Samhita, Ayurveda- Dipika commentary by Chakrapanidutta, revised ed., Chikitsa Sthana (3:115), pg. 407, Chaukhambha Surbharati Prakashan, Varanasi, (2005)
7. Dr Bulusu Sitaram, Bhavaprakasam of Bhavamisra first edition Varanasi, published by Chawkambha orientalia, chapter-38th, 2010, page-427.
8. Dr Bulusu Sitaram, Bhavaprakasam of Bhavamisra first edition Varanasi, published by Chawkambha orientalia, chapter-6th, 2010, page-135
9. Dr Bulusu Sitaram, Bhavaprakasam of Bhavamisra first edition Varanasi, published by Chawkambha orientalia, chapter-6th, 2010, page-138.
10. Dr Bulusu Sitaram, Bhavaprakasam of Bhavamisra first edition Varanasi, published by Chawkambha orientalia, chapter-6th, 2010, page-237-238.
11. Dr Bulusu Sitaram, Bhavaprakasam of Bhavamisra first edition Varanasi, published by Chawkambha orientalia, chapter-6th, 2010, page-444.
12. Dr KanjivLochan, Bhaisajyaratnavali of Shri Govinda Dasji, edition reprint,2014, Chaukhambha sanskrit Sansthan, chapter 37.
13. Dr Indradev Tripathi, Yogaratnakara with Vaidyaprabha Hindi commentary,3rd edition, Varanasi, Chowkhamba Krishnadas Academy, peg. 528
14. Bapalal G. Vaidya, Nighantu Adarsa, vol. I, edition 2008, Varanasi, published by Chaukhmbha Bharati Academy.
15. Wirstrom T, Hilding A, Gu Hf, Ostenson CG, bjorklund a. Consumption of whole grain reduces the risk of deteriorating glucose tolerance, including progression to prediabetes. Am J Clin Nutr. 2013;97: 179–187.
16. Krishnan s, Rosenberg l, singer m, hu FB, djousse l, Cupples la, palmer jr. Glycemic index, glycemic load, and cereal fibre intake and risk of type 2 diabetes in US black women. Arch Intern Med. 2007;167: 2304–2309.
17. Dorant E, van den B, Dorant PA, Goldbohm RA. Allium vegetable consumption, garlic supplement intake, and female breast carcinoma incidence. Breast Cancer Res Treatment. 1995; 33:163–70.
18. Madan Pal Nighantu: Bhasha Tatwa Praksahini Commentary by Vaidya Ram Prasad, Khem, Raj Sri Krishnadas, Bombay. Ma.P.Ni. Vatadi Varga.1998. P. 65
19. Madan Pal Nighantu: Bhasha Tatwa Praksahini Commentary by Vaidya Ram Prasad, Khem, Raj Sri Krishnadas, Bombay. Ma.P.Ni. Drakshadi Varga.1998. P. 72.
20. Liljeberg Elmståhl H., Björck I. Milk as a supplement to mixed meals may elevate postprandial insulinemia. European Journal of Clinical Nutrition .2001;55(11):994–999.
21. Madan Pal Nighantu: Bhasha Tatwa Praksahini Commentary by Vaidya Ram Prasad, Khem, Raj Sri Krishnadas, Bombay. Ma.P.Ni. MareechadiVarga.1998. P. 37.
22. Prof. K.R. Srikantha Murthy, Susrutha Samhitha. Vol. I, Jay Krishna das Ayurveda Series 102, 2012, Sutrasthana – Annapanavidyadyaya, pages-220.
23. Dr Bulusu Sitaram, Bhavaprakasam of Bhavamisra first edition Varanasi, published by Chawkambha orientalia, chapter-6th, 2010, page-130.
24. Adriana, N.M, Nutrition and health benefits of pulses. Punmedgov. 2014.
25. Bapalal, G, Adarsa Nighandu; Reprint Varanasi, published by Chawkamba visvabharati, Kusmandadi Varga, 2007, p. 638.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Ripsa Raj K. P & P Sudhakar Reddy: Pathyapathya In Prameha. International Ayurvedic Medical Journal {online} 2021 {cited August 2021} Available from: http://www.iamj.in/posts/images/upload/1806_1814.pdf