

**ETIOPATHOGENESIS OF MADHUMEHA & ITS MANAGEMENT****Dr. Aradhana Kande\***

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**ABSTRACT**

Diabetes mellitus was mentioned in Ayurvedic classics as Madhumeha and it is as old as the history of mankind. In Charaka Samhita, Madhumeha has been described as a type of vataja prameha which is characterized by passing of honey like urine in excess amount. Twenty types of Prameha if ignored and not treated properly in time can convert into madhumeha and become incurable. Madhumeha (Diabetes mellitus) is a multifactorial disease resulting from a gene environment interaction. Diabetes mellitus has now become most common among all the diseases in present era. Madhumeha (Diabetes mellitus) is the disorder of carbohydrate metabolism. Beta cells of Langerhans in Pancreas do not produce insulin in sufficient quantity to digest the

Carbohydrates consumed in the food. This results in the increase of sugar in the blood. Diabetes mellitus is becoming fastest considerable diseases in the world. It is a metabolic disorder may result in deficiency or dysfunction of the insulin production. The preventive measures in Ayurveda can prevent the disease. The main causative factor is said to be sedentary lifestyle and food habits.

**KEYWORDS:** Madhumeha, Nidana (Causative factor) Samprapti (Etiopathogenesis) Management.

**INTRODUCTION**

The term "Madhumeha" is composed of two words "Madhu" and "Meha" (meaning honey and excessive flow respectively). Madhudhatu, Madhuprameha, Ojameha Kshaudrameha are the synonyms mentioned in Ayurveda. Diabetes mellitus (madhumeha) is a group of metabolic diseases marked by high blood glucose resulting from defects in insulin

production, insulin action or may lead to Serious complication in multiple Organ system. Today Diabetes is one of the most Common non-communicable diseases (NCDS).<sup>[1]</sup>

### **Etiological factors (Nidana)<sup>[2]</sup>**

- 1) The main cause of prameha (diabetes) are lack of exercise and improper food habits.
- 2) Indulgence in sitting on soft cushions for long priods (thus avoiding physical activity);
- 3) Sleeping for long hours.
- 4) Use of curds flesh of animals of domestic.
- 5) Aquatic or of marshy places.
- 6) Milk (and its preparations).
- 7) Fresh grains, fresh water.
- 8) Puddings made of jiggery sugar (and its other products).

And all other Similar factor which bring about increase of kapha in the body are the couse for Prameha.

### **Purvarupa (Premonitory Symptoms)<sup>[3]</sup>**

- 1) Premonitory Symptoms are accumulation of dirt on the teeth (Mouth, eyes, nose, ears).
- 2) Feeling of burning sensation in the palms and soles;
- 3) Stickiness of the skin all over the body.
- 4) Thirst and
- 5) Sweet taste in the mouth.

### **Rupa (Samanya lakshana)<sup>[4]</sup>**

Madhumeha patients passes urine having sweet in taste and smell of the body resembling like honey.

### **Samprapti of Madhumeha<sup>[5]</sup>**

All above etiological factors aggravates kapha, pitta, medha, and mamsa and obstruct the normal pathway of vata. Agitated vata carries the Ojas to the basti i, e, Mutravaha srotas and manifest Madhumeha which is difficult for management.

It manifest the Signs and Symptoms pertaining to vata, pitta, and Kapha quite of- tenly and these symptomatology may disapper at time and reappear again at appropriate time. Negligence in the management of this disease leads to development of seven severe Pidakas over muscular areas vital parts and joints.

**Types of Prameha**

10 (Kaphaja) Prameha		Pittaja Prameha <sup>[6]</sup>	Vataja Prameha <sup>[4]</sup>
1	Udakameha	Kshara meha	Vasameha
2	Iksuvalika rasameha	Nilameha	Majjameha
3	Sandra meha	Manjistha meha	Hastimeha
4	Sandra Prasad meha	kalameha	Madhumeha
5	Suklameha	Sonitameha	
6	Sukrameha	Haridrameha	
7	Sitameha		
8	Sikatameha		
9	Sanair meha		
10	Alalameha		

**Criteria for the diagnosis of DM:<sup>[7]</sup>****Fasting**

- Normal - < 110 mg/dl
- Impaired fasting glucose >110 and < 126 mg/dl
- Diabetes mellitus >\_ 126 mg/dl

**2 hour post load**

- Normal - < 140 mg/dl
- Impaired glucose tolerance >140 and < 200 mg/dl
- Diabetes mellitus >200 mg/dl with symptoms.

**Investigation<sup>[8]</sup>**

- O.G.T.T. (Oral Glucose tolerance test)
- Lipid profile
- Liver Biochemistry
- Glycosylated Haemoglobin (GHb).
- Blood glucose-Random, Fasting, Post-Prandial
- Urine test-

**Line of treatment**

- In general type 1 Diabetes Mellitus (Vataja prameha) Patients are advised to have Bhrimhana medication as well as a diet which increases dhatus in the body.
- In type 2 Diabetes, Obese diabetic patient with optimal body strength having intense increase of doshas, purification of the body is advocated. This is dependent on dosha predominance. Kaphaja is advised to have emetics, Pittaja to have Purgation.

1. Snehanam (Prescription of oils internally & externally).
2. Sodhana (Purification therapy under three category).
  - (a) Vamanam
  - (b) Virechanam
  - (c) Vasti (This is indicated only in specific conditions)
3. Samanam with drugs
4. Pathya - Apathyas
5. Vyayamam (Exercises)

### Prognosis<sup>[10-11]</sup>

1. Kaphaja and paittika types of prameha are incurable if premonitory Symptoms persist.
2. Vataja types of prameha are incurable.
3. Pittaja types of prameha are Manageable.

All Kinds of Promehas are curable if meda dhatu is not vitiated.

### Pathya & Apathya<sup>[12]</sup>

#### Pathya

Ahara	Vihara
Vishkira mamsa, pratooda, jangala pashu pakshi mamsa, masoora, yava, nivara, mudga, godhuma, Karavellaka, madhu etc.	Vyayama, Udawarthana ratri jagarana hasti, ashva vahana, yaana, etc.

#### Apathya

Ahara	Vihara
Sauviraka, Tusodaka, Sukta Maireya, Sura, Asava, water, Milk, oil, Ghee, Products of Sugarcane juice, curd etc.	Avoid suppression of Urine Urge, Smoking, fomentation and bloodletting therapies, remaining seated by side of the soft cushions etc.

### CONCLUSION

Madhumeha which can be correlated with diabetes mellitus was well known disease. Today we need proper understanding of pathogenesis of madhumeha & its treatment. In addition life style modification with adopting proper food habits yoga & exercise have very important role in the management of diabetes mellitus. Nidanapanchak helps to diagnose and treat various diseases. This review article is made with an effort to understand the disease in Ayurveda perspective.

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