

## LITERARY REVIEW OF VIHARAJ CHIKITSA IN MADHUMEHA

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Diabetes mellitus is a group of metabolic disorders that affects body's ability to synthesize or utilize insulin. As present era is completely modernized right from place of living to food-habits, working pattern and lifestyles; people are falling prey to many lifestyle disorders/ ailments including Diabetes mellitus. Etiology of *Prameha* as described by *Ayurvedic* literature includes '*Aasyasukham Swapnasukha*' which also goes well with the sedentary lifestyle as a cause of Diabetes. That is why ancient literatures emphasize on *Viharaj* part of management along with *Aaharaj* and *Aushadh Chikitsa* of *Prameha / Madhumeha*. Similarly in Modern medicine, diet &

lifestyle modifications are the cornerstones of management of DM. Walking for a distance of hundred *Yojan* or more, not to stay at the same place for more than a night, farming the fields, to live with the herd of deer – these measures, as stated by *Acharyas* to be followed by diabetic patients, seem to be not so practical today, but they can be made realistic if validated by slight amendments in the present era. To avoid the dangerous complications of DM in the diabetic patients and to serve the prime purpose of *Ayurveda* in non-diabetic people as well, one should create a balance between urbanization and healthy lifestyle. In this paper an attempt is made to validate the *Viharaj Chikitsa* of *Madhumeha* in the present era.

**KEYWORDS:** *Madhumeha*, Diabetes mellitus, *Viharaj Chikitsa*, Lifestyle.**INTRODUCTION**

Present era is the era of modern lifestyle and it affects our health physically, psychologically and socially. There is a substantial change in everything; right from place of living to food-habits, working pattern, sleeping pattern and living standard. We want and get everything at

hand without much physical efforts. These changes have promoted the sedentary lifestyle, which results in mortality, doubles the risk of cardiovascular diseases, diabetes and obesity.<sup>[1]</sup>

In Ayurvedic literature, we find a similar kind of description about the etiology of *Prameha* which includes *Aasyasukham Swapnasukham etc. Madhumeha* is a type of *Prameha* which is commonly considered as Diabetes mellitus. Ayurveda describes two types of *Prameha-Sahaja* (Hereditary) and *Apathyanimittaja*<sup>[2]</sup> (Due to unwholesome activities). *Sahaja pramehi* are incurable due to genetic abnormality.<sup>[3]</sup> *Apathyanimittaja* are caused by inappropriate diet (*Aahar*) and lifestyle (*Vihar*), which also goes well with the sedentary lifestyle as a cause of Diabetes.

Diabetes Mellitus is a group of metabolic disorders that affect body's capability to synthesize or utilize insulin. Type-2 diabetes (formerly called non-insulin-dependent or adult-onset) results from the body's ineffective use of insulin.<sup>[4]</sup> Type 2 diabetes comprises the majority of people with diabetes around the world<sup>[4]</sup>, and is mainly the result of excess body weight and physical inactivity. Diabetes prevalence has been rising more rapidly in middle and low-income countries.<sup>[5]</sup> In 2012, an estimated 1.5 million deaths were directly caused by diabetes and another 2.2 million deaths were attributable to high blood glucose.<sup>[5]</sup> WHO projects that diabetes will be the 7th leading cause of death in 2030.<sup>[6]</sup> Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes.<sup>[5]</sup>

It is the need of the hour to be aware enough to combat such lifestyle disorders by adopting a healthy lifestyle. Considering the same, present study aims towards exploring implication of *Viharaj Chikitsa* of *Madhumeha* in the present era.

## DISCUSSION

*Viharaj hetu* of *Madhumeha*, as described in ancient literatures include *Divaswapna* (day-sleep), *Avyayama* (lack of exercise), *Aalasya*<sup>[7]</sup> (laziness), *Asayasukha* (constant sitting), *Swapnasukha*<sup>[8]</sup> (excessive sleep), *Snana-dwasha* (unhygeine), *Chankramana-dwasha*<sup>[9]</sup> (avoid walking). Above mentioned *Apathya Vihara* or *hetu* seem to be a part of basic routine nowadays. Many people need to be wakeful at nights for their night-shift jobs. As a result they are involuntarily bound to sleep in daytime. Most people have omitted exercise from their daily routine. Numerous high-tech instruments, computer softwares have reduced the manpower as well as manual tasks. Hence, the minimal activity of human being has declined

to further lower level. To save time people prefer sponge-bath instead of water-bath. Even short distance is now covered by vehicles. These *Apathyasevan* are accountable for growing number of Diabetes patients in the world. Abandonment of the causative factors is considered to be the foremost treatment principle of any disease and is specially indicated for *Prameha* by Acharya Charaka.<sup>[10]</sup> If we look towards contemporary science, diet & lifestyle modifications are the cornerstones of the management of Diabetes Mellitus. Walking for a distance of hundred *Yojan* or more, not to stay at same place for more than a night, farming the fields, digging well, to live with the herd of deer<sup>[11]</sup> – these measures, as stated by *Acharyas* to be followed by diabetic patients, seem to be impractical today, but they can be made realistic if validated by slight amendments in the present era.

**Walking & Exercise-** A diabetic patient loves standing than walking, sitting than standing, sleeping than sitting.<sup>[12]</sup> In other words, he becomes too sluggish to burn the calories he has consumed. Therefore, heavy exercises are prescribed for Diabetic patients to utilize the glucose in the body. Some of the hard and effective measures prescribed by *Acharya Sushruta* are- *Vyayama* (exercise), *Niyuddha* (fighting), *Kreeda* (games), *Gajacharya/ Turangacharya/ Rathacharya/ Padacharya*<sup>[13]</sup> (Elephant/ Horse/ Cart riding and walking etc.). Moreover, walking for hundred *Yojana* or more, not staying at a place more than a night elucidates that the diabetic patient should always be energetic and quit sedentary behaviors. These approaches can be reformed in present times according to *Desha* (habitat) and *Kala* (time). For example, instead of fighting, cart-riding etc., one can opt for cardio exercises, push-ups, rope-skipping, jogging, running, cycling etc. by taking out only 45-60 minutes from his timetable. Additionally, one can go to office, market and other places on foot instead of using a vehicle. One should use stairs rather than lift in multistoried buildings.

**Farming or digging well-** While a villager can farm the fields, it is quite impossible to do the same for a resident of city. In its place he can do gardening in the backyard. Farming serves the purpose of utilizing sugar and metabolizing carbohydrates, proteins and fats. Digging well is also a hard and productive exercise as it will be providing cold drinking water for the villagers. One should regularly do push-ups, play some outdoor games like Badminton in place of digging well. It will burn the extra calories and will refresh the exhausted mind as well.

**Staying with the deer-herd-** Deer is a very fast and active animal. Therefore, deer farming also points towards the hard work of the care-taker. Though deer farming is not practically

possible, but to be engaged in active sports or to go for jogging/ running daily will serve the purpose.

For poor people *Acharya Sushruta* says that they should feed on the stuff obtained by begging only.<sup>[11]</sup> It means one should not ingest heavy or high-calorie food. One should take food just to satisfy his appetite and not to please his taste-buds. At present, we can say that fast-food with high fat content should be avoided and one should simply eat good food at the mealtimes.

Hygiene- Beside these measures, diabetic patients should take a medicated bath daily and apply medicated packs and scrubs in the body to avoid the Diabetes and its consequences.<sup>[14]</sup>

*Yogasana-* Yoga improves metabolism of the body. So diabetics should perform different types of yoga like *gomukhasana*, *paschimottanasana*, *halasana*, *ardha-matsyendrasana*, *mayurasana* etc. Yoga has been found to improve blood sugar control, cholesterol profiles, and body weight. It was also shown to lower blood pressure, enhance lung function, mood, sleep, and quality of life.<sup>[15]</sup> Yogic practices are also effective in prevention of Diabetes Mellitus type-2. A study on the effect of yoga suggested that yoga may reduce the insulin resistance related risks.<sup>[16]</sup> Thus there is an improvement in insulin sensitivity and reduction in insulin resistance.

## CONCLUSION

Present study suggests that, Diabetes Mellitus is a lifestyle disorder caused by inappropriate diet & lifestyle, which virtually affects every organ/ system of the body. Insulin resistance is the major abnormality in type-2 diabetes. On other hand *Hetur Aseva* and *Viharaj Chikitsa* of *Madhumeha* comprises of approaches which improve body's metabolism and insulin sensitivity, thereby preventing the development of type-2 diabetes.

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