

# AYURVEDIC LIFESTYLE TO PREVENT DIABETES MELLITUS

<sup>1</sup>Professor(Dr)RadhaKrishnaBishwal  
HOD,P.G.Department of shalakya Tantra,  
Uttarakhand Ayurveda university, Gurukul Kangari campus ,Haridwar.

<sup>2</sup>Dr Dhanya.T  
Assistant professor,Dr anar Singh Yadav Ayurveda college,  
Fatehgarh, Farrukhabad,u.p.

<sup>3</sup>Dr shanghamitra samantaray.  
Associate Professor,Babusingh (Daddu)  
Ayurveda college, Kanpur road, Farrukhabad,U.P.

## Abstract

Lifestyle diseases are characterised by those diseases whose occurrence is primarily based on the improper daily regimen, unwholesome dietary pattern and inappropriate relationship of the person with their environment. In the last three decades the prevalence of diabetes has increased to 10 fold mainly due to altered lifestyle modifications. In India also the prevalence of diabetes is raising rapidly both among the rural and urban population. With all the recent advancements in medical field we are unable to control the epidemic of diabetes mellitus; the only and best way to manage the situation is following the healthy lifestyle pattern. Ayurvedic guidelines about the healthy living which are dealt in the classical text such as – daily regimen, seasonal regimen, ideal code of conduct, dietary rules, avoidance of *Prajnaparadham* etc. is the best approach in prevention of increasing incidence of Diabetes Mellitus. The present review will highlight the Ayurvedic lifestyle principles in for prevention of diabetes mellitus.

**Key words** - Diabetes Mellitus, Dietary rules, Prajnaparadham.

## INTRODUCTION

Ayurvedic texts contain a treasure trove of knowledge based on its profound understanding of the deeper workings of nature and the rhythms and cycles that govern all life on earth. This knowledge is practical, easy to understand and is suitable for anyone interested in improving their physical, mental and spiritual health. It will include *Dincharya*, *Ritucharya*, *Swasthavritta*, *Sadvritta*, *Aharavidhi*, *Rasayana* like *Acharya Rasayana* to cover the following aspect of life.

Diabetic Mellitus is known to mankind since long. Due to changing life style consumption of high fat diet, junk foods, decreased physical activity, increased mental exertion plays major role in causing Diabetes Mellitus.

LIFE STYLE: A way of living of individuals, families, societies which they manifest with their physical, social and economic environment on day to day basis<sup>1</sup>. Lifestyle represents a primitive target for preventive interventions as it is the most important modifiable cause of disease and premature death worldwide.<sup>1</sup> All the efforts for protection from diseases and accomplishing a healthy life can be considered as a “Ideal Life-style” Health promotion and the protection from diseases comprises several attitudes such as; healthy nutrition, regular physical exercises, avoiding cigarettes and alcohol, avoiding stress and exhaustion, 7-8 hours daily sleep, bringing the environment to a healthier state, self-actualization, health responsibility, interpersonal support and stress management. In Ayurvedic classics rules are mentioned regarding healthy living are under the subheading.

- Daily regimen
- Seasonal regimen
- Habit of suppression of natural urges.
- Personal hygiene
- Dietary habits
- Alcohol/Smoking/Tobacco use.
- Sleeping pattern
- Physical activity
- Psychological status/ mental health
- Spiritual aspect
- Social relationship.
- *Rasayana* therapy
- Ayurveda classics has described lifestyle as physical, mental, social and spiritual conducts and through it one can make society diabetic free. In Ayurvedic classics dietary and lifestyle regimens are followed as per individual *Prakriti* to avoid life style disorders. The person desirous of well being in this world and world beyond, should follow the principles of health relating to diet, conduct and action.<sup>2</sup>

Wrong life style causes *Prameha*

As the birds are attracted towards trees where lies their nests, similarly, prameha, affects people who are voracious eaters and have aversion to bath and physical exercise, death immediately comes in form of *Prameha* to who are less enthusiastic, over corpulent, over unctuous and gluttons. The individual who takes diet and regimens which bring about normality of *Dhatus* in the body leads a happy life.<sup>3</sup>

DIABETESMELLITUS (*Madhumeha*)

The term Diabetes mellitus is used to describe a group of disease that have in common hyperglycaemia caused by some fault in production or utilisation of insulin.

Diabetes (Greek word)-siphon through

Mellitus means (Latin word) - sweetened with honey.

Interestingly enough the terms madhumeha and Diabetes Mellitus are analogous madhu and mellitus means honey and thus madhumeha and diabetes mellitus means passing of large quantity of sweetened urine.-

PREVALENCE

- India leads the world with largest number of ( *Madhumeha* ) diabetic subjects earning the dubious distinction of being termed the diabetes capital of world. The Diabetes mellitus accounts for more than 90% of diabetes case, Kerala, being the diabetes capital of India with prevalence of diabetes as high as 20%<sup>4</sup>
- In 2010 survey estimates that 51 million people is diabetic in India and 285 million is diabetic globally. In 2030 it may rise to 87 million in India and 438 will be number of diabetic patient globally.

*NIDANA OF MADHUMEHA*

Sedentary habit, sleep, curd, soups of meat of domesticated and aquatic animals and animals living in marshy land, milk preparations freshly harvested food articles, freshly prepared alcoholic drinks, preparations of jiggery, and all *Kapha* aggravating factors.<sup>5</sup>

Modification of life style based on *prakriti* of an individual

Life style modification- unique to each based on his basic constitution. Life style should be modified as per individual constitution, Due to *snigdha, slakshana, manda, madhura* properties are easily susceptible to Diabetes Mellitus. Research study done by Dr Annie proves that *Kaphaja Prakriti* people are susceptible to *Prameha*, Acharya Charaka has mentioned in Charaka samhita sutrasthana *Pratipurusha Siddhant*<sup>6</sup>.

## AHARA TO BE AVOIDED

Sugar, jiggery, sweets, sweet biscuits, sweet juices, jam, jellies, chocolates, honey, bakery products like cake,

<i>Shook dhanya</i>	<i>Jeerna shali, shashtika, kodrava, yava, godhuma, uddalaka, Shyamaka</i>
<i>Shimbi dhanya</i>	<i>Chanaka, ,adhaki, kulattha, mudga</i>
<i>Shaka varga</i>	The leafy vegetables with a predominance of <i>tikta –kashaya rasa, patola, shigru, karvellaka.</i>
<i>Phala varga</i>	<i>Jambu, Dadima, Shringataka, Amalaki, kapittha, tinduka, kharjura, kalinga, navina mocha.</i>
<i>Taila Varga</i>	<i>Danti, ingudi, sarshapa, atasi taila</i>
<i>Udakka varga</i>	<i>Sarodaka, kushodaka, madhudaka.</i>
<i>Mamsa varga</i>	<i>Pratuda, Jangal mamsa, vishkira mamsa</i>
Others	<i>madhu, hingu, saindhava, maricha, lasuna</i>

pastries, cream biscuits, concentrated milk preparation burfee, ice cream ,fatty meat cuts ,organ meat like liver, egg yolk, synthetic drinks, dry fruits like pista, badam, kaju, fruit juices, synthetic drinks like boost, Horlicks,viva, mango,banana, sapota, grapes, custard apple, jack fruit, saturated fats like vanaspathy, dalda,ghee, butternuts and oil seed like groundnut, coconut roots and tubers like potato, sweet potato yam and colocasia, oil extracted from animals,butter, curd,egg.

#### AHARA TO BE TAKEN

*Vihara* to be followed

To have walk as much as possible, to travel on elephant and horses, different plays and games, different forms on martial arts practice, roaming in different places other than temples, using umbrella, following *sadvrutta*.

#### DINACHARYA

*Dinacharya* is the basic living standard mentioned in our Ayurvedic texts for an individual to lead a healthy and happy life without any disease. *muhurte uttiste, shoucha vidhi, Danta Dhavana vidhi, jihwa nirlekhana, anjana, nasya, gandoosh, kavalgraha, doomrapana, abhyanga, vyayama, mardana, udvartana,snana, devatarchana*,each and every content in this sequence is important in making a human healthy.<sup>7</sup>

*Vyayama, mardana, abhyanga, udvartana*, decreases the excess fat which in turn regulates the imbalanced hormones .*Nasya* and *gandoosa* are the important procedures which are described.

#### TIME

#### EVENT

#### Morning

5:30-6:00 a.m *Brahma Muhurta Jagarana* (wake up before sunrise)

*Ushahpana* (drink warm water) 600 ml

*Shaucha Vidhi* (passing urine, stool, and face wash)

*Dantadhavana* (teeth cleansing)

6:00-7:00 a.m *Vyayama* (exercises)

*Yoga,Padagamana* (walking)

7:00-7:25 a.m. *Snana* (bath)

7:25-7:45 a.m. *Alpahara*: (light breakfast) as per *Agni Bala Yusha* (soup)

7:45-11:45 a.m. Routine work

11:45-12:00 p.m . *Hastapada Prakshalana* (freshen up)

#### Noon

12.00 – 1.00 pm meal *Purana Sali* and curry made of *Mudga* (green gram), *Chanaka* bengal gram, *Sarshapa Taila* (mustard oil), *Saktu* (powdered pulses) *Tiktashaka*, *Patola* (pointed gourd), *Methika* (fenugreek), *Karvellaka* (bitter gourd).

12:30-12:45 p.m Upavishana in Vajrasana

Afternoon:

4:30 p.m. *Amalaki*, *Dadima* or *Jambu* or *Yusha* (steam boiled soup)

Evening

7:00 p.m. Dinner *Anna* (after taking *Snana*) as per *Agni bala Anna* (*Laghu khichdi* etc.), *Shaka* (simple cooked vegetables), *Yusha* (vegetable soup).

10.00 pm – sleep

Daily personal conducts	Target body parts	Pacifying <i>Dosha</i>	Approximate time
1. <i>Anjana</i>	Eyes	<i>Kapha</i>	½ min
2. <i>Dhumapana</i>	Nose	<i>Pitta, kapha</i>	2min
3. <i>Nasya</i>	Nose	<i>Pitta, kapha</i>	2min
4. <i>Dantadhavana</i>	Teeth	<i>Kapha, Pitta</i>	3min
5. <i>Jihvanirleghanam</i>	Tongue	<i>Kapha, pitta</i>	1min
6. <i>Tambulasevana</i>	Oral cavity	<i>Kapha, pitta</i>	3min
6. <i>Gandusha</i>	Oral cavity	<i>Vata</i>	2min
7. <i>Shirah Abhyanga</i>	Head	<i>Vata</i>	5min
8. <i>Karna Purana</i>	Ear	<i>Vata</i>	1min
9. <i>Abhyanga</i>	Body	<i>Vata</i>	10min
10. <i>Pada Abhyanga</i>	Leg	<i>Vata</i>	2min
11. <i>Vyayama</i>	Body	<i>Vata, kapha</i>	20min
12. <i>Udavartanam</i>	Body	<i>Vata</i>	10min
13. <i>Snana</i>	Body	<i>Kapha</i>	10min
14. <i>Vastradharana</i>	Body	-	5min
15. <i>Gandhamala</i>	Body	-	5min
16. <i>Padatra</i>	Leg	-	5min
17. <i>chhatradharana</i>	Head	-	5min
18. <i>Dandadharana</i>	Body	-	5min

### SAMANYA RITUCHARYA

During *Hemanta*, *shishira*, *varsha-madhura*, *amla*, *lavana*

*Sharada-madhura*, *tikta*, *kashaya*

In *Sharada* and *Vasanta*-dry and cold food.

*Shishira* and *Hemanta*-unctous and hot food<sup>9</sup>

#### ADOPTION OF *RITUCHARYA* MENTIONED FOR DIFFERENT *PRAKRITI*.

<u>Season</u>	<u>Mild adoption</u>	<u>Moderate adoption</u>	<u>Full adaption</u>
<u>Hemanta</u>	<u>Kaphapradhana prakriti</u>	<u>Pittapradhana prakriti</u>	<u>Vatapradhana prakriti</u>
<u>Shishira</u>	<u>Pittapradhana prakriti</u>	<u>Pittapradhana prakriti</u>	<u>Vatapradhana prakriti</u>
<u>Vasanta</u>	<u>Vatapradhana prakriti</u>	<u>Vata and pitta pradhana prakriti</u>	<u>Kaphapradhana prakriti</u>
<u>Grishma</u>	<u>Kaphapradhana prakriti</u>	<u>Pitta pradhana prakriti</u>	<u>Vatapradhana prakriti</u>
<u>Varsha</u>	=	=	<u>For all prakriti</u>
<u>Sharada</u>	<u>Vatapradhana prakriti</u>	<u>Kaphapradhanaprakriti</u>	<u>Pittapradhana prakriti</u>

THE seasonal regimens are to be followed as per the *Prakriti* of person.

#### AVOID ALCOHOL AND SMOKING

Over 25% of people newly diagnosed with Diabetes are smokers. Alcohol may cause slight rise in blood sugar.

#### DIETARY HABITS

*Ahara* is the sub pillar of the body. Acharya Charaka has very rightly said that the food is the foremost factor that support those life. Die tic rules are told by Acharya Charaka for taking food . It is advised to have *Satmya Ahara* in certain required *Matra* according to *Agni* also the *Ahara Sevana Vidhi* and *ahara Visheshha Ayatanani* are described. Eating excessively, eating junk foods,untimely eating etc are the main reasons for diabetes. So these are to be avoided.The dietetic rules to be followed while taking food which are *Ushna,Snigdha*,eating required quantity, consuming after digestion,*Virya Aviruddha Ahara*,is to be taken in ishte *Desha*, not to be taken speedily, slowly, taken without talking with others,taken without laughing,taken with concentration of mind, taken after paying due regard to oneself or own self.<sup>9</sup>

#### NIDRA

Like *Ahara*, *nidra*, is also considered as a pillar of healthy, while adequate sleep assures good nutrition and over sleep, that is sleep during daytime results in obesity as it is *kaphakara*<sup>10</sup>. One should sleep for about 6-8hrs at night.

#### *Sadvritta*<sup>11</sup>

Ayurveda has a strong preaching of *sadvritta*. Ayurveda describes certain rules for maintaining a healthy state of body and mind. This code of conduct can be classified into following five types.

They are the principals of right conduct that are applicable to all people. If an individual will practice these principles, he or she will have balance and peace of mind.

1. Ethical Conduct (*Vyavaharika Sadvritta*) : some of the rules are

Always speak the truth, do not get addicted to sensory pleasures, do not harm anyone, try to control your passions, observe self-control, don't lose your self-control under any circumstance, speak pleasant and sweet words, behave according to time and place where you are residing, control your sense organs.

2. Social Conduct (*Samajik Sadvritta*) In the society one should be careful about conduct. Speak softly, Start with smiling face. Speak politely with teachers, elderly and intelligent people. Behavior, social mannerisms are part of social conduct.

3. Mental Conduct (*Manasik Sadvritta*): Always keep a self-interrogation about who am I. What is the purpose of life? Try to understand the real divine and eternal nature of our soul.

4. Moral Conduct (*Dharmika Sadvritta*) Dharma means good deeds that protect individual as well as masses.

5. Physical Conduct (*Sharirik Sadvritta*) it includes hygiene, respect and gratitude, care of sense organs, and proper clothing etc.

If one follows these rules and regulations he gets long and healthy life as well as wealth.

#### RASAYANA THERAPY

*Rasayana* therapy is the science of nutrition and complete health care. It is not a drug therapy but a specialized procedure practiced in form of rejuvenative recipes, dietary regimen and special health promoting conduct and behavior I.e. *Acharya Rasayana*.<sup>12</sup>

*Acharya Rasayana* can be interpreted as personal behavior towards society as self and social code of conduct. Now in this era of erroneous life style people are not able to follow healthy life style due to unawareness or due to their personal, social or professional obligations. Therefore, they get a number of diseases which is described by Acharya Charaka in description of *Gramya Ahara*. This causes a number of diseases. *Gramya Ahara* is intake of substandard food, *vidahi*, *abishyandi* diets and abandoning rules of dietetics told in text. Indulging in *Gramya Vihara* like day sleeping, alcoholism, excessive exercise, stress, greed, grief, fear, anger and infatuation etc. These factors result in impairment of *Dhatus* and *Ojokshaya*<sup>13</sup>. Hence the person becomes abode of psychological and physical illness and is unable to enjoy full lifespan. By properly using *Rasayana* a person can get a happy healthy long life.

*Acharya Rasayana* describes the mode of living, behavior, to be followed by people to get best results of *Rasayana* therapy. Being truthful, having control over mental faculties of ego, anger etc. peaceful, steady and stable, friendly and respectable attitude towards elders, teachers, Brahmans and gods, kindness towards all animals, regular eating and sleeping habits, leading the sensory organs and mind towards spiritualism, good conduct, philanthropy, abstinence from jealousy and violence, firm belief in god, regular use of *ghrita* and milk.

## Conclusion

Life style diseases are outcome of our way of living. The people have to be given health education to avoid the disease by providing them the knowledge of healthy lifestyle as per individual constitution and to avoid the lifestyle which is cause of Diabetes Mellitus. In Ayurveda Acharya Charaka, Acharya Susruta, Acharya Vagbhata mentioned and explained various dietary and life style concept to prevent Diabetes Mellitus (Madhumeha). Avoiding *kaphakara ahara*, sedentary life style, smoking and alcohol are necessary to prevent Diabetes.

Following Ayurvedic life style is major part of treatment of any disease. As *Nidanaparivarjanam* is main modality of treatment in Ayurveda it prevents occurrence of Diabetes Mellitus. If adopted not only controls blood sugar level, but also can reduce dose of drugs, its complications, and can improve quality of life. This review shows that disease can be well managed by avoiding causes. Ayurveda describes appropriate life style and diet, management called as *ahara* and *vihara* for the prevention of metabolic disorders like Diabetes Mellitus. Proper medication as per Ayurveda guidelines along with food preparations, *Vihara* and yoga will definitely control Diabetes without any untoward effects though the disease is described *Asadhya*, it can be managed with regular Ayurveda treatment and some lifestyle modification.

“Prevention is better than cure”. So it is advisable to follow Ayurvedic life style to prevent Diabetes Mellitus.

## REFERENCE

1. <http://www.businessdictionary.com/definition/lifestyle.html#ixzz3yB8mMirP> as cited on march 12 2016
2. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji Trikamji Acharya editor, Chaukhamba Orientalia edition 2014 c. su 7/6
3. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji Trikamji Acharya editor, Chaukhamba Orientalia edition 2014 P215
- 4 [www.cadiresearch.org](http://www.cadiresearch.org) as referred on 25-01-2015
5. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji Trikamji Acharya editor, Chaukhamba Orientalia edition 2014 P 445
6. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji Trikamji Acharya editor, Chaukhamba Orientalia edition 2014 P 22
- 7 Vagbhata, Astanga Hridaya, Sarvangasundara commentary of Arunadatta ; Chaukhamba Sanskrit Sansthana Varanasi; Rediton, 2014 P 23
8. Vagbhata, Astanga Hridaya, Sarvangasundara commentary of Arunadatta ; Chaukhamba Sanskrit Sansthana Varanasi; Rediton, 2014 P 66
9. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji Trikamji Acharya editor, Chaukhamba Orientalia edition 2014 P 235



10. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji TrikamjiAcharya editor, Chaukhamba Orientalia edition 2014 P 118
11. Vagbhata,Astanga Hridaya, Sarvangasundara commentary of Arunadatta ; Chaukhamba Sanskrit Sansthana Varanasi; Rediton, 2014 P 64
12. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji TrikamjiAcharya editor, Chaukhamba Orientalia edition 2014 P 388-389
13. Charaka Samhita, Ayurveda Depika commentary by Chakrapanidutta. Pt Yadavji TrikamjiAcharya editor, Chaukhamba Orientalia edition 2014 P 381

