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## Dietary intervention in *Prameha* (Diabetes mellitus)

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### ABSTRACT

*Prameha* (Diabetes mellitus) is a disease known to the medical world since time immemorial. Its incidence is, however, much higher at present than ever in the past. Diabetes mellitus is a metabolic disorder reflecting abnormality of urine such person passes urine in large quantities, many times during day and night. *Nidanas* (causative factors) for *Prameha* are excessive use of curd, meat soup of domestic, aquatic, marshy animals, milk, new cereals and drinks, jaggery products, *Kaphakara Aahara* and sedentary lifestyle. Due to these *Nidanas*, *Tri Doshas* get aggravated specially *Kledaka Kapha* in liquid form affects *Meda*, *Mamsa Dhatus* and *Kledatva*. Excess of *Kleda* formed in the body which leads to *Jaataragni Mandya* (digestive fire) and *Dhatvaagni Mandya* (tissue fire). Naturally tissues lose their tone, later on *Ojus*, *Basti* also get vitiated and produces *Prameha*. To prevent and to control *Prameha* proper dietary plan is necessary. In *Ayurveda* gives utmost importance for diet especially in *Prameha* such as *Kangu*, *Yava*, *Shyamaka*, *Godhuma*, *Purana Shali*, *Kulatta*, *Mudga*, *Chanaka*, *Adhaki*, *Vaatyamanda*, *Shobhanjana* etc.

**Key words:** *Prameha*, *Diabetes mellitus*, *diet*

### INTRODUCTION

The literary meaning of *Prameha* is passing of larger quantity of turbid urine with or without increased frequency. The aetiological factors such as sedentary habits like comfort seating posture, persistent enjoyment of a sound sleep, excessive consumption of dairy products, meat products, using freshly harvested cereals, pulses, ingestion of sugarcane products<sup>[2]</sup> results in the aggravation of *Tridosha* specially *Kapha Dosha* in association with *Medas*,

*Mamsa*, *Shareeraja Kleda* reaches *Basti* and produces *Prameha*.<sup>[3]</sup>

The Prodromal features of *Prameha* are sweating, foul smell in the body, burning sensation and slackness in hands and feet; liking for lying, sleeping, smearing in heart, eyes, ears, tongue, heaviness in the body, excessive growth of hairs, nails, liking for cold, dryness in throat, soft palate, sweet taste in mouth.<sup>[4]</sup> In clinically manifested condition of *Prameha* exhibits excess and turbid urination as well as increased urination is the common symptom, other symptoms are debility due to improper formation of all *Dhatus*, pathological changes in colour and smell of the urine, skin disorders, impotency, heart disorders.

If disease is not properly treated complications such as obesity, hyper cholesterol, cardiac problems develop quickly. Even it affects kidneys, eye sight, nerves in the body. Long term *Prameha* becomes primarily cause for *Vata* disorder.<sup>[5]</sup>

To prevent and to control *Prameha* there is requirement for adopting proper diet and lifestyle.

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Diet such as *Shyamaka* (Japanese barnyard millet), *Kodrava* (kodo millet), *Uddalaka* (sebestan), *Godhuma* (wheat), *Chanaka* (Bengal gram), *Kulatta* (horse gram) which are stored for a year after harvesting are ideal to consume. All bitter vegetables can be used; *Yava* preparations and *Purana Shali* are used as staple diet is to be adopted. One should avoid excessive consumption of dairy products, meat products, using freshly harvested cereals, pulses, ingestion of sugarcane products, and freshly prepared alcoholic drinks.<sup>[6]</sup>

## DISCUSSION

*Prameha* is one of the life style disorders needs a proper care of diet and lifestyle modification to avoid complications. Adopting healthy diet helps a lot to manage *Prameha* through *Pathya Ahara*. In order to control excess of *Kledata* and further vitiation of *Medas* and *Mamsa* there is a need of proper diet plan.

*Shyamaka* (Japanese barnyard millet) having property of *Shoshana* and *Ruksha* which removes excess of *Kledata* and pacifies *Kapha Dosha*.<sup>[7]</sup> *Kodrava* (kodo millet) is *Grahi* (absorbent) and pacifies *Kapha*.<sup>[8]</sup> *Uddalaka* (sebestan) is *Madhura*, *Kashaya* and *Tikta Rasa* controls vitiation of *Kapha Dosha* and dries up excess of *Kledatva* in the body.<sup>[9]</sup>

*Godhuma* (wheat) promotes instant strength to the body by nourishing the *Dhatu*s without increasing *Kapha Dosha*.<sup>[10]</sup> *Chanaka* (Bengal gram) is *Ruksha*, *Kashaya Rasa* helps to reduce *Kledata* and does not increase *Kapha Dosha*, can use *Chanaka Yusha*, *Chanaka Rotika* etc.<sup>[11]</sup>

*Kulatta* (Horse gram) is having *Kashaya Rasa*, *Teekshna*, *Ushna* property cesus *Kaphaja Vikaras* when used as *Kulatta Yusha* preparation.<sup>[12]</sup> *Tikta Shakas* (bitter taste vegetables) like *Karavellaka* (bitter gourd) is bitter in taste controls *Prameha*.<sup>[13]</sup> *Shobhanjana phala* (drumstick fruits) by Its *Kashaya Rasa*, *Kaphahara* property controls *Prameha*.<sup>[14]</sup>

*Yava* (barley) is having *Kashaya Rasa*, *Lekhana*, *Ruksha*, *Anabhisandi* action results in maintaining normal level of *Kledata*, *Kapha Dosha* can be brought

under control. It gives strength to the body when taken has *Yava Mantha*, *Vaatya Manda* etc.<sup>[15]</sup>

*Acharya Charaka* has advised some of the foods like *Mantha*, *Kashaya*, *Yava Churna*, *Lehya* prepared of barley and other eatables, *Yavaudana*, *Vatya*, *Saktu*, *Yava* along with honey to control *Prameha*. *Purana Shali* cooked and mixed with *Mudga Yusha* and preparations of bitter vegetables. *Yava* soaked in *Triphala Kashaya* and kept overnight mixed with honey acts as refreshing diet.<sup>[16]</sup>

## CONCLUSION

*Prameha* is one among lifestyle disorder it can be effectively managed through proper diet intake. *Ayurveda* an ancient medical science gives importance for *Aahara* as it considers it as three *Upastamba* (sub pillars) of life. In *Prameha* by administering *Ahara* having *Kashaya*, *Tikta Rasa*, *Ruksha* helps to reduce excess of *Kledhata*, *Kapha Dosha*, helps to maintain *Mamsa*, *Meda Dhatvagni* in *Saamyavastha* in the body. Thus, dietary management helps to prevent complications arise out of it.

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