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Conceptual study on application of Yoga and Ayurveda in Diabetes Mellitus

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ABSTRACT

Diabetes mellitus is the common and major disease in India. In India more than 60 million people are diagnosed with diabetes mellitus, in 2000 India topped (31.7 million). The world followed by China prevalence is predicted to double globally from 171 million in 2000 to 360 million in 2030. Causative factor includes genetic factor, obesity, due to rising living standard and lifestyle. Important causative factor is lifestyle, by this in everyhouse one or the other is getting diabetes at the early age. So to prevent the DM the one and only way is Yoga and Ayurvedic lifestyle (*Ritucharya* and *Dinacharya*) and it is the feasible solution to arrest the rising disease. The aim of this fundamental description study is to discuss the role of Yoga and Ayurveda with special reference to causative factor and possible preventive measures in DM.

Key words: *Dinacharya, Ritucharya, Yoga, Ayurveda, Diabetes mellitus.*

INTRODUCTION

Diabetes mellitus is a clinical syndrome characterised by hyperglycemia due to absolute or relative deficiency of insulin. This can arise in many different ways. Diabetes is by far the most common of the endocrine disorders. It is world wide in distribution and the incidence of both types of primary diabetes, i.e. IDDM and NIDDM is rising throughout the world. To prevent the Diabetes mellitus the only way is Yoga and Ayurvedic lifestyle i.e. following *Dinacharya* and *Ritucharya*.^[1]

According to Ayurveda, *Madhumeha* (diabetes) is a disease in which a patient passes sweet urine and exhibits sweetness all over the body i.e. in sweat,

mucus, breath, blood etc.^[2]

Ayurveda divides DM in to two categories, Genetic (*Sahaja*), occurring in young age from the very beginning of life that has some similarities with the juvenile diabetes or insulin dependent diabetes; and, Acquired (*Apathyaja*) due to an unhealthy lifestyle that occurs in old age and obese people,^[3] and has similarities with type 2 DM. Pathogenesis (*Samprapti*) according to classic Ayurvedic texts, DM and all Pramehas (urinary disorders) start with the derangement of *Kapha* that spreads throughout the body and mixes with fat (*Meda*) that is similar in physical properties to *Kapha* (mucus). *Kapha* mixed with fat passes into the urinary system, thereby interfering with normal urine excretion. Vitiated *Pitta*, *Vata*, and other body fluids (*Malas*) may also be involved in this blockade. This blockade is believed to be the cause of frequent urination observed in DM.^[4]

The word Yoga is derived from Sanskrit root *Yujir* meaning to unite individual soul or consciousness with cosmic or supreme soul. Here consciousness of physical, mental, intellectual and spiritual aspects of the human personality. Yoga is one such ancient effective measure to control blood sugar level. Diabetes is caused when cells do not respond to insulin produced in the body or deficient insulin production. Regular Yoga practice can help reduce the

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level of sugar in blood along with blood pressure and keeping weight in check. Stress is one of the major reason for DM. It increases glucagon in the body.^[5] The positive life style and wholesome food promote positive health and prevent disease. Ayurveda conceived the significance of the error of lifestyle in causation of all kinds of disease both physical and mental. Ayurveda provides better solution in the form of proper dietary management, lifestyle etc. for the management of DM.^[6]

Causative factors

According to Acharya Charaka, sedentary life style, day sleep, excessive intake of curd, aquatic animal flesh, new pulses, jaggrey products are the causative factors for *Prameha* due to vitiation of *Kapha Dosh*. According to *Sushruta*, day sleep, no exercise, laziness, intake of cold and oily food, sweets are the definite causative factor for diabetes mellitus.^[7]

Yoga therapy to prevent Diabetes Mellitus

Asana, *Pranayam*, *Mudra*, Meditation, *Yoga Nidra*, *Surya Namaskar*, *Ardhakati Chakrasana*, *Trikonasana*, *Ustrasasana*, *Danurasana*, *Supta Veerasana*. These *Yogasana* have both direct and indirect influence on pancreatic secretion by rejuvenation of pancreatic cells through alternate abdominal contractions and relaxation.^[8] During the *Asana* specific posture are beneficial in *Prameha* due to their affect on internal organs and proper digestion of food.

Surya Namaskar

Sun salutation, having 12 *Asanas*. The sequence can be used in preparation for other postures heating up and stretching the body, bringing the connection between movement and breath. It can also be used as a complete exercise in itself. It tones and stretches the muscles, massages the inner organs, helps to relieve constipation, speeds up the metabolism and helps to reduce weight. Even spending 15 minutes of your day practicing the Sun salutations can be used to calm the mind and promote health and balance in the body.

Pranayama

Prana - is the life force or vital energy. *Pranayama* practice provide the bridge between the body and the

mind. Learning to control the breath will help you to control the mind, bringing calmness in times of stress and energy when you are feeling lethargic. The below types of *Pranayam* help to prevent diabetes mellitus, *Nadi Shudhi*, *Bhastrika*, *Kapala Bhati*, *Nadi Shodana* (nerve purification *Nadis*) this is the network that the *Prana* moves through in our bodies, it can be compared to the nervous system in western medicine.^[9]

According to Ayurveda

Prevention Of *Prameha* by following *Dinacharya* and *Rutucharya*. *Dinacharya* i.e. Daily life style, *Brahmae Muhurte Uttiste Swasthya Rakshanamayushaya*". Early to bed early to rise, is the important way for healthy life. Dant Davana, brushing the teeth by *Kashaya* and *Katu Rasa Dravyas* leads *Kapha Nirharana* and *Agni Deepana* (increases digestive capacity). Drugs like *Karanja*, *Karveera*, *Arjuna*, etc. are used for brushing. Morning routine work should be finished. Application of *Anjana*, *Navan Nasya* (nasal inhalation), *Gandusha* (gargling), *Abhyanga* - Oil massage beneficial in *Vataja* disorders, makes the body to relax, improves the eyesight. *Vyayama* (exercise) "*Laghavam Karma Samarthyaya Dipto Agni Medhasa Kshaya Vibhakta Dhangatratvam Vyayamadupajayate*" By exercise person feels lightness, enhance the energy, digestive power is increased and body become fit. *Udavratana* (Massage); dry medicinal powder is used for dry massage and it helps to reduce the extra fat and *Kapha*. *Snana* (bath), daily bath reduces tiredness, increases appetite, enhance the energy. *Bhojana* (*Ahara*) - one must eat in proper quantity of food to be taken again depends upon the power of digestion, food and drinks taken in proper methods satisfy the sensory organs and impact long life.^[10]

Rutucharya (seasonal regimine) - In *Hemant Ritu* heavy food, unctuous, flesh of fatty animals should be taken. *Shishir Ritu* (Jan And Feb) : Avoid to eat and drink that are pungent, bitter, astringent and *Sheeta*. *Basanta Ritu* (March And April): Barley, wheat, flesh of rabbit, etc. *Grishma Ritu* (May and June): sweet, liquid, unctuous meal, cold Mantha, along with sugar, milk, rice, flesh of Jangala animals, are indicated.

Varsha Ritu (July and August) : Old barley, wheat, *Sali*, rice and well seasonal soup of *Jangala* group. *Sharad Ritu* (September and October) : *Madhur*, *Tikta*, *Laghu* and *Sheeta Ahara*, should be taken.

DISCUSSION

The disease diabetic mellitus is a metabolic disorder characterized by increased concentration of glucose in the blood due to absolute or relative deficiency of insulin. *Acharya Charaka* have given the etiological factor. They are *Asyasukha* (sedentary life style) leads to vitiation of *Kapha Dosh*. Vitiation of *Kapha* (phlegm) *Dosha* along with other *Doshas* and *Dhatus*, results in life style disorders like obesity, hypertension, diabetes etc. *Swapana Sukha* (excessive sleep) leads to the vitiation of *Tridoshas* and *Dhatus* this leads to many diseases, in early age. *Dhadhi* (Curd) excessive intake of curd leads to the vitiation of *Kapha Dosh*. *Dadhi* is *Abhishyandi* (channels blockage of *Rasavahini*). So one should avoid excessive intake of curd. *Guda Vaikruta* (sugarcane and by products) long term use, in high dose may cause weight gain. Not recommended in diabetes. *Nava Annapana* (new pulses and rice) These products leads to vitiation of *Kapha Dosh* and this vitiated *Kapha* may lead to vitiation of other *Doshas*. So one should avoid taking new pulses and rice to prevent DM, *Acharya Sushruta* says that "it is better and easy to treat a disease in *Sanchayavastha* (preliminary) where pathogenicity restricted only to *Dosha*. As and how the disease advances the deeper tissues the treatment becomes difficult."^[10]

CONCLUSION

"One who is born will die" it is an ultimate truth. But Ayurveda and Yoga aims to provide quality of life through holistic approach. If one practices Yoga from childhood, he can avoid many number of diseases. According to *Acharya Sushruta*, *Nidana Parivarjana* is the best way to treat any disease. So in diabetes mellitus, causative factor is lifestyle modification. So if one follows Ayurvedic lifestyle definitely we can prevent diabetes. By adapting Yoga and Ayurvedic

lifestyle, definitely we can progress towards *Madhumeha Mukta Bharat*.

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