

## Pancha Kosha Siddhanta: A Non-pharmacological approach to manage Prameha (Type 2 diabetes)

Yadavaraya R<sup>1\*</sup>, Yalagachin G<sup>2</sup>


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<sup>1\*</sup> Rachana Yadavaraya, Post Graduate Scholar, Dept of Swasthavritta, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

<sup>2</sup> Gurubasavaraj Yalagachin, Associate Professor, Dept of Swasthavritta, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India.

The number of people with Type 2 diabetes has skyrocketed globally in the latter part of the 20th century, reaching alarming levels. The rising global burden of diabetes demands innovative and safe treatments with minimal side effects to address this critical public health challenge. While medication is important, lifestyle changes are equally crucial for managing diabetes effectively. This needs a holistic approach to diabetes management, addressing each of the five layers of the human being i.e., Pancha Kosha-Annamaya (physical body), Pranamaya (energy body), Manomaya (mental body), Vignanamaya (intellectual body) and Anandamaya (bliss body) - with specific non-pharmacological interventions. Review on non-pharmacological methods for diabetes management, such as dietary adjustments, stress reduction through practices like Pranayama and meditation, and physical activity. This article also highlights other natural approaches that can assist individuals with diabetes in effectively managing their condition.

**Keywords:** Pancha Kosha, Type 2 diabetes, DM 2, non-pharmacological methods, healthy life style, Yoga

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Rachana Yadavaraya, Post Graduate Scholar, Dept of Swasthavritta, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka, India. Email: <a href="mailto:rachanayadavaraya@gmail.com">rachanayadavaraya@gmail.com</a>	Yadavaraya R, Yalagachin G, Pancha Kosha Siddhanta: A Non-pharmacological approach to manage Prameha (Type 2 diabetes). J Ayu Int Med Sci. 2025;10(1):183-188. Available From <a href="https://jaims.in/jaims/article/view/3960">https://jaims.in/jaims/article/view/3960</a>	

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## Introduction

Diabetes is a chronic metabolic condition characterized by hyperglycaemia, polyuria, polydipsia, polyphagia which can gradually lead to significant harm to the eyes, kidneys, blood vessels, heart and nerves. About 830 million people globally have diabetes, the majority living in low-and middle-income countries. Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades [1]. At present, there are 537 million adults between the age group of 20 and 79 living with diabetes, representing 1 in 10 people globally. This number is projected to grow to 643 million by 2030 and 783 million by 2045. [2] It is said that three in four adults suffer from diabetes who resides in middle income and low-income countries. [3] Diabetes was responsible for 6.7 million deaths in the year 2021 which accounts to one death for every five seconds. [4] A huge amount of around 966 billion US dollars was spent for the same in the year 2021. [5] The prevalence is expected to increase in many folds because of sedentary lifestyle, lack of physical activity and lack of awareness. It becomes a challenge to the clinical practitioner just to rely only on medications for this condition so it is crucial to speed up the implementation of effective non-pharmacological treatments for all individuals with diabetes.

Successful diabetes management aims to keep plasma levels within the normal physiological range, akin to those of a healthy non-diabetic person, without increasing the risk of hypoglycemia. Maintaining this normal plasma glucose levels is influenced by dietary nutrient intake, physical activity, calm mind and this will regulate the hormones like insulin which regulate the glucose balance. Therefore, the management of diabetes includes a multidimensional approach which includes the theory of *Pancha Kosha*. This *Pancha Kosha* theory has been explained in *Mandukya Upanishad*. According to this theory the body can be divided into five layers they are *Annamaya Kosha*, *Pranamaya Kosha*, *Manomaya Kosha*, *Vijnnyamaya Kosha*, *Anandamaya Kosha*. All these *Koshas* can be broadly classified into three main categories, *Sthoola Sharira* which mainly contains the physical entity of an individual, *Sukshma Sharira* the subtle inner part and the *Karana Sharira* the cause of the body. [6]

The balance between these three layers leads to the state of health and happiness. In Diabetes the above mentioned all five layers are disturbed so there is a need to rectify them and bring them to their normal function.

### Understanding about each Kosha

Atman is the core and it has been surrounded by five layers called as *Pancha Kosha* and they are *Annamaya Kosha*, *Pranamaya Kosha*, *Manomaya Kosha*, *Vijnnyamaya Kosha*, *Anandamaya Kosha*.

#### 1. Annamaya Kosha

The outer most layer is the *Annamaya Kosha*. It refers to the bodily components. It is made up of the food which we consume on a regular basis and is subjected to regular wear and tear. It replenishes itself by the food which we consume. *Annamaya Kosha* reflects a materialistic perspective in which an individual is presented only through their physical body, made up of skin, flesh, fat, bones, and other bodily substances. This layer pertains to our physical being, encompassing aspects such as birth, growth, transformation, death, and decay. [7]

#### 2. Pranamaya Kosha

Next to the *Annamaya Kosha* there exists a *Kosha* called as *Pranamaya Kosha*. It is the second outermost covering of the body and powerful than *Annamaya Kosha*. *Prana* can be considered as the *Pancha Prana* like *Prana*, *Udana*, *Vyana*, *Samana*, *Apana*. This represents the concentrated form of life energy (*Prana*). In its universal form, *Prana* is the foundation of all physical and mental activities and serves as the means of exchange within the entire psychophysiological system. [8]

#### 3. Manomaya Kosha

The inner lining of the *Pranamaya Kosha* is the *Manomaya Kosha* and it is considerably more powerful than the previous two. The *Manas* represents the sensory-motor part of an individual, which thrives on the data gathered from the senses of hearing, touch, sight, taste, and smell. It does the functions like *Indriyabhigraha*, *Swanigraha*, *Uhya* and *Vichara*. [9] This *Kosha* embodies creative and analytical thinking, involving the formation of new connections and the synthesis of ideas. [10] It consists of thought and emotions but cannot decide if it is right or wrong.

#### 4. Vijnyamaya Kosha

It is the second inner most layer of the body and considered as powerful when compared with that of the outer three. It can be correlated with *Chitta* and *Buddhi*. *Chitta* refers to memory and *Buddhi* refers the sense of differentiating between the right and the wrong. The word meaning of *Vijnyana* means *Vishesha Jnana* 'the righteous knowledge'. This sheath reflects the intelligence and consciousness that constitutes the discerning part of the mind, underlying its processing and thinking functions. It is responsible for knowing, deciding, judging, and making concrete decision.[11]

#### 5. Anandamaya Kosha

*Anandamaya Kosha* is the deepest and most powerful layer of the body. It is the nearest Kosha to the *Atman*. *Ananda* is the highest level of our existence. This Kosha reflects the three divine qualities of the Soul: *Sat*, *Chitta* and *Ananda*. *Sat* signifies a belief in truth and its timeless nature. *Chitta* represents being alive and conscious, enabling appropriate interactions with various situations. *Ananda* refers to ever joyfulness.[12]

#### Role of each Kosha in the management of diabetes

##### 1. Annamaya Kosha

*Annamaya Kosha* includes the gross physical body. So non-pharmacological interventions like *Ahara*, *Vihara*, *Shadkriya*, *Asana* and *Mudra* in all these aspects one individual has to rectify his lifestyle.

**Ahara:** *Yava*, *Shashtika Shali*, *Godhuma*, *Shyamaka*, *Mudga*, *Ajamamsa*, *GramyaKukktamansa*, *Patola*, *Shighru*, *Karavellaka*, *Tanduliyaka*, *Koshataki*, *Kakamachi*, *Jambu*, *Dadima*, *Amalaki*, *Tinduka*. [13] Diet with low glycemic index has to be consumed.

**Vihara:** *Acharya Sushruta* advised to walk 100 *Yojana* in 100 days which means one has to avoid the lethargic lifestyle and lead a healthy one. [14]

**Kriya:** *Nauli*, *Agnisara*, *Shankha*, *Prakshalana*, *Kunjala Kriya*. [15]

**Asana [16]:** *Sukshma Vyayama* followed by

**Standing series:** *Suryanamaskara*, *Padahasthasana*, *Parivrutta Trikonasana*, *Ardha Chakrasana*, *ArdhakatiChakrasana*, *Trikonasana*

**Sitting series:** *Shashankasana*, *Mandukasana*, *Mayurasana*, *Supta Vajrasana*, *Paschimottanasana*, *Ardha Matsyendrasana*

**Supine series:** *Matsayasana*, *Srvangasana*, *Halasana*

**Prone series:** *Bhujangasana*, *Balasana*, *Dhanuvarasana*

**Mudras:** *Chin Mudra*, *Pankaj Mudra*, *Apana Mudra*, *Varuna Mudra*, *Vayu Mudra*, *Linga Mudra*, *Sangu Mudra*, *Yoga Mudra*. [17]

#### 2. Pranamaya Kosha

*Pranamaya Kosha* consists of the *Pranas* the vital energy. The procedure like *Pranava*, *Pranayamas*, *Acupressure*, *Acupuncture* can be used as they are also based on the principles of the vital energy.

**Pranava:** AUM chant is said to be effective.

**Pranayamas:** *Kapalabathi*, *Bastrika*, *Nadishuddi*, *Suryabhedana*, *Surya Anuloma-Viloma*, *Bramhari* [18]

**Acupressure and acupuncture:** These are certain energy points which are helpful in the control of the diabetes.

#### 3. Manomaya Kosha

The *Manomaya Kosha* plays a crucial role in managing diabetes by enhancing control over the senses, which will help in reduction of indulgence in unhealthy lifestyle habits.

Modalities like color therapy, aroma therapy can be utilized [19]

#### 4. Vijnyamaya Kosha

Knowledge is the key it will allow an individual for the necessary adaptation. Meditation and gaining knowledge about the disease will help in this aspect.

#### 5. Anandamaya Kosha

Being happy inside out and will reduce the stress thus help in the management of blood sugar levels.

## Discussion

##### ▪ Annamaya Kosha

A healthy lifestyle is important in the management of the diabetes.

**Diet:** In *Ayurvedic* science diet has been given a lot of importance and has been termed as *Mahabeshaja* by *Acharya Kashyapa*. Here the dietary pattern should be the frame work of what an individual has to consume including the timing of eating, the portion size, and number of times that individual has to consume the food. Consideration on the food type and all the macro and micro nutrients has to be done.[20] Food which has low glycemic index has to be consumed.

**Vihara:** walking helps in the maintenance of blood glucose levels.[21]

**Shatkriya:** It repairs abnormalities in metabolism and restore normal functions of all tissue.[22]

**Asana:** They decrease the blood sugar levels by improving the functioning of the glands, internal organs.[23]

**Mudras:** Consistent practice of these mudras enhances metabolic rates, supports weight loss, and lowers sugar levels.[24]

#### ▪ *Pranamaya Kosha*

Engaging in controlled breathing techniques like *Pranayama* positively impacts an individual's mental state by reducing anxiety and stress, enhancing feelings of well-being, and helping to maintain hormonal balance.[25]

**Acupuncture:** Acupuncture and other agents which reduce the blood glucose were proven to be effective in the management of blood glucose levels. [26] Acupuncture may be a beneficial complementary approach for managing type II diabetes mellitus.[27]

**Acupressure:** Self-acupressure can serve as an effective, easy-to-use, and cost-effective complementary treatment for regulating blood glucose levels in people with type 2 diabetes, enabling patients to carry it out on their own without requiring a visit to a healthcare provider. [28]

#### ▪ *Manomaya Kosha*

**Color therapy:** In chromotherapy, diabetes is often associated with a deficiency of orange and yellow hues in the body. Treatment methods include using light filtered through different colored glasses and utilizing water infused with these colors for external or internal application.[29]

It enhances their awareness of the disease and refine their management strategies across various levels.[30]

**Aroma therapy:** As stress is one of the main factors in the manifestation of diabetes Aroma therapy helps in the improvement of a person's mood and intern reduce the stress.[31]

#### ▪ *Vijnyamaya Kosha*

**Meditation:** Meditation benefits those with diabetes and promotes overall health. It helps mitigate the stress response by decreasing plasma cortisol levels, leading to better glycemic control.[32]

#### ▪ *Anandamaya Kosha*

**Happy:** Happiness is a vital aspect of human health that helps individuals navigate challenges and maintain good health. Despite the chronic nature of diabetes, those living with the condition can lead productive and fulfilling lives without being consumed by it.[33]

## Conclusion

*Pancha Kosha* a unique concept explained by our *Acharyas*. It can be applied for the non-pharmacological management of the Diabetes. Each layer has its own role in the management of the diabetes. These strategies play a vital role in improving patient outcomes and enhancing overall quality of life. They encompass lifestyle changes like dietary adjustments, consistent physical activity, weight control, and stress management, enabling individuals to engage proactively in their health. By emphasizing holistic and preventive techniques, these approaches aid not only in regulating blood sugar levels but also in minimizing the risk of complications related to diabetes.

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