



# International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 0.415

ISSN:2581-785X

Review Article

Volume: 3

Issue: 7

**A review on Effect of Lifestyle Changes and Yoga in the Prevention of *Madhumeha***

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## **ABSTRACT:**

Ayurveda describes the importance of preventive aspects of health rather than curative. For this Ayurveda describes the concept of *Dincharya*, *Ritucharya*, and *Sadvritta* as well as established guidelines for healthy lifestyle. Diabetes is lifestyle disorder that can be managed by medical treatment. Lifestyle intervention and yoga may play a significant role in management of weight, controlling blood glucose level. As yoga including *asanas* and *pranayam* provide an ideal care for prevention and management of *Madhumeha*.

**Keywords:** Diabetes, Yoga, Lifestyle, *Asanas*, *Pranayam*.

Article received on-1 July

Article send to reviewer on-5 July

Article send back to author on-16 July

Article again received after correction on -24 July

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**How to Site the Article** : Dr. Milind Godbole, Dr. Kalpana Jadhav, Dr. Shubhangi Kodag, A review on Effect of Lifestyle Changes and Yoga in the Prevention of *Madhumeha*, IRJAY, July: 2020 Vol- 3, Issue-7; 177- 182 . <https://doi.org/10.47223/IRJAY.2020.3712>

## INTRODUCTION:

Ayurveda is a holistic science of life<sup>1</sup>. The main aim of Ayurveda is to maintain health of the healthy person and to cure the illness of diseased person<sup>2</sup>. The basic concept of Ayurveda about the healthy person is to maintain the equilibrium of *Sharirika* and *MansikaDosha*.

*Madhumeha* is described in ancient Ayurveda text like *Charaka Samhita*, *Sushruta Samhita*, *ashtang hrudayetc*. Ayurveda referred *Madhumeha* as *Ashtamahagad vyadhi*<sup>3</sup>. *Prameha* is a *tridoshaj kapha* predominant disease<sup>4</sup>. It can be correlated with diabetes mellitus type 2.

The main causes are taking heavy caloric food with lack of exercise, eating frequently and in excess quantity, *snigdha* and guru

*gunatmak* food like fish, cured, new rice and sweet items, butter, ghee, milk etc. increases *kapha*, *meda* and urine which are the main etiological factors<sup>5</sup>.

Its main feature according to Acharya *Vagbhat* is *prabhuta and avil mutrata* i.e. increased quantity and turbidity of urine and this all causes due to vitiated *kapha dosha*<sup>7</sup>

So it is the need of time to review the ancient systems of medicine in order to apply measure prevalent in these systems in preventing the coming epidemic of lifestyle disorders which are preventable with changes in lifestyle, and environment.

## AIMS AND OBJECTIVES

To assess the effect of *Yoga* and lifestyle guidelines for prevention of *Madhumeha*.

## MATERIAL AND METHODS

Lifestyle intervention and *Yoga* schedule was prepared on the basis of *Ayurvedic* principles. Material is collected from *Charak samhita*, *sushruta samhita* and from other Publications.

## ETIOLOGY

-*Asayasukham and Swapana-sukham* as described in *Charak chititsa*.

-*Deevaswapan, Avayayam and Aalsya* as described in *Sushruta nidaan satha*.

## SIGN AND SYMPTOMS

1. *Prabhuta Mutrata*(Polyuria)
2. *Trishnaadhikyata*(Polydipsia)
3. *ksudhaadhikyata*(Polyphagia)
4. *Daurbalya*(Weakness)
5. *Avil Mutrata*(Turbidity in urine)
6. *Kara-pada daha suptata*(Numbness)

## CLASSIFICATION

### 1. Classification according to causes of diabetes

- a) *Sahaja Prameha*
- b) *Apathyannimitaja Prameha*

### 2. Classification as per body type

- a) *Sthoola*
- b) *Krusha*

### 3. Classification as per Dosha Predominance

- a) *Kaphaja Prameha* (10 types)
- b) *Pittaja Prameha* (6 types)
- c) *Vataja Prameha* (4 types)

### 4. Classification of Diabetes mellitus

- a) Type 1 Diabetes
- b) Type 2 Diabetes

## SOME IMPORTANT LIFESTYLE MODIFICATION POINTS:

1. *Brahama Muhurta Jagrana*- Get-up early in morning.
2. *Chakramana*- Brisk Walking.
3. *Abyanga*- Light Massage.
4. *Asana and Pranayam*.
5. After lunch walking for 15 minutes.
6. After dinner slow walking for 15 minutes.
7. Sleep only 6-7 Hours during night time.
8. Avoid sleep in day time.
9. Avoid excess intake of sweet, meat, chocolate, milk products.
10. Avoid cold drinks, alcohol substance.

## YOGA

Yoga provides an appropriate lifestyle intervention that would be greatly helpful in regeneration of beta cells of pancreas may be taking place, which may increase utilization and metabolism of glucose in peripheral tissues, liver and adipose tissue through enzymatic processes. Various type of Yoga Asana performed as preventive therapies are<sup>9</sup>,

1. *Suryanamaskar* (increase blood supply and improving insulin administration),
2. *Mandukasan* (stimulate pancreas to secrete insulin),
3. *Dhanurasana* (improves functioning of pancreas and intestines),
4. *Sarvangaasana*(improves blood circulation),
5. *Halasana*(stimulates pancreas and activate immune system).
6. *Pranaym* – it reduces the over activity of central and autonomic nervous system
7. *Kapalbhati* - This is a very effective form of Pranayama. In this stimulation of vagus nerve by contraction of abdominal muscles has a beneficial effect in the

reduction of depression and normal insulin secretion from pancreas.

8. *Anulom vilom* - It is also known as alternate nasal breathing. It has the calming effect on the nervous system, which reduces stress level, helping in diabetes.
9. *Bhastrika*
10. *Ujjayi Pranayam*--are the best options for diabetic because it is believed that these *pranayam* practices reduces stress hormone like adrenaline and cortisol which in turn lowers blood glucose level

## DISCUSSION

Avoiding of etiological factors (*Nidan Parivarjana*) through change in Life style And by practice of Yoga we can prevent and manage the *Madhumeha*. *Yoga asanas* are ideally suited for both types of *Prameha*. In insulin Dependent diabetes Mellitus, *asanas* help to prevent and increase in insulin required over the years. In NIDDM, *asanas* help to normalize blood sugar due to the high intensity workout. Yogic exercises can either be of high or low intensity, depending on the clinical condition. Yoga is microcellular in its action. When the internal organs massaged,

sensitivity to insulin and sugar uptake by muscles is enhanced. *Asanas* also pressurize the pancreas in an effort to improve the secretory status. The massage of pancreas by forward bending and twisting helps to release more insulin with respect to food intake. Backward bending being very strenuous, help to reduce blood glucose. It improves blood supply to all abdominal and pelvic organs. Forward bending increases the gastric fire and help healthy digestion of food. This prevents fluctuations of glucose levels in diabetic patient. The excess sugar burned immediately by stimulation of gastric fire. Therefore yoga therapy is also very useful for all complications of Prameha (Diabetes Mellitus).

## CONCLUSION

*Ayurvedic* guidelines of lifestyle for adopting a healthy dietary pattern along with physical activity those are valuable tools in the prevention of D.M. Though yoga and lifestyle intervention may counter the complex pathology of NIDDM and it

only ensures good glycemic control but also help in delay of diabetic complications. Yoga therapy stimulates auto healing systems of body to increase the insulin sensitivity and also removes the complications of the *prameha*. It is metabolic disease in which primary problem is the defective utilization of sugar by the body. The sufficient insulin is produced by pancreas with the massage by yoga *asanas* which controls the body's ability to store and utilize sugar. Pranayama definitely increases the natural immunity of body and vital capacity of lungs which also removes stress while improving oxygen perfusion to tissues. Therefore specific yoga asanas and pranayama should be done daily. Yoga life style is very useful for all complication of prameha. The aerobic exercises like swimming, cycling, running, rowing, jumping rope should also performed to control the endocrine hormone secretions like insulin which controls diabetes mellitus.

**Acknowledgement:- Nil**

**Financial Assistant:- Nil**

**Conflict of interest :- Nil**

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