

## ROLE OF AYURVEDA (PREVENTIVE ASPECT) IN PRAMEHA (SAHAJ) WSR TO JUVENILE DIABETES

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### ABSTRACT

It is estimated that India is housing about 97,700 children with type 1 diabetes mellitus (T1DM). Prevalance rate of 0.26/1000 children is approximately noted, peak age of which are diagnosed around 12years. T1DM has a huge impact on growth and development of a child. Juvenile DM is primarily caused due to destruction of insulin producing islets of pancreas.<sup>[1]</sup> Prameha is mentioned as one of the *aushto maha gad* by acharayas. According to acharya Charaka, *Beej dushti, Matru ahar vihar, Kaal, Karmas* etc play an key role in formation of any disease, same applies to prameha.<sup>[2]</sup> Ayurveda resting on its principle of " *Swasthya rakshanam*" forms a basis in prevention of prameha.<sup>[3]</sup> Pre-conceptual pancha karma shuddhis, role of proper diet, yoga etc are all beneficial for a healthy progeny. As *Nidan/hetu* has a basic role in forming any *vyadhi*, its prevention forms the basis of treatment. So, *Nidan parivarjan* in case of T1DM would be helpful in decreasing its prevalance.

**KEYWORDS:** Prameha, *Aushto maha gad, Beej dushti, Matru ahar vihar, Kaal, Karmas, Swasthya rakshnam, Nidan parivarjan.*

### INTRODUCTION

Ayurveda a branch of *Atharva Veda* is the eternal science of life, conferring to all spectrs of life from confinement to fatality. Kaumarbhritya is among the eight branches of Ayurveda. As specialists in the field of kaumarbhritya, it is our prime duty to provide children with the best care possible as they are the future of family and our nation.

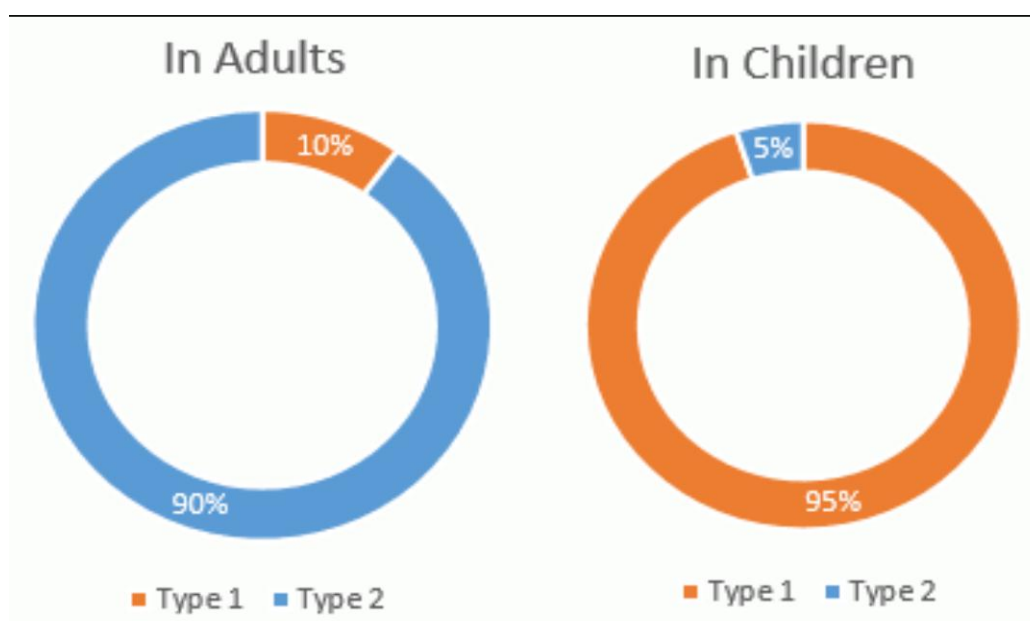
Prameha(Sahaj or Madhumeha) is a maharoga<sup>[4]</sup> (major disease), formed by the union of 13 dosha-dushya sangraha and mainly "*bahu drava shelshma*", "*bahu abadh meda*". There are 20 types of prameha due to interaction of 3 doshas and 10 dushayas.

According to sushrutacharya, Vyadhis are classified as *adhyatmik*, *adhibhautik* and *adhidevik*. Adhyatmik according to preponderance of prameha can be simplified as below.

- आदिबलप्रवृत्त (Genetic factor) **T1-DM**
- जन्मबलप्रवृत्त (Congenital factor) **Congenital DM**
- दोषबलप्रवृत्त (Dietetic & Environmental factor) **T1-DM, T2-DM.**

### Juvenile Onset Diabetes

Mellitus (कुलज प्रमेह)



### Prevalence & Incidence

4.5% of world diabetic population is Type 1

India ranks 59<sup>th</sup> in list of countries by incidence of Type 1 DM (Age 0 - 14 yrs)

In UAE 1/4<sup>th</sup> diabetic population is Type 1

In US 1/300 develops DM Type 1 by 16 years

DM is a set of related diseases in which the body cannot regulate the amount of sugar in the blood. It is a metabolic disease in which primarily body doesn't produce enough insulin or cell is resistant to it.

**REVIEW OF LITERATURE**

Occurrence of DM is increasing day by day, due to changing lifestyles, genetic and environmental factors. In Ayurveda T1DM is mostly co-related to *Sahaj/Jataj* prameha & it is mostly seen in children. T2DM is mostly *apathyanimmitaj* and so proper basis of prevention must be thought off.

Three main types<sup>[5]</sup> of DM associated with children--

- Type 1 DM/IDD/Juvenile DM
- Type 2 DM
- Gestational DM.

Here as discussed the focus is mainly on type 1 diabetes and its preventive aspect, so beginning with the etiology and onset as follows

- Results from the body's failure to produce insulin due to destruction of beta-cells
- Genetic, Environmental and Auto-immune factors are believed to result in the development of Type 1 DM.
- According to 6<sup>th</sup> edition of International Diabetes Federation diabetes atlas, India has 3 new cases of T1DM/100000 children of 0-14 years.
- Although the prevalence is less, it is increasing by 3% /year particularly amongst reported cases
- Median age is 7-15 years, but may present at any age.

Definition of Type 1-DM

- Absolute low or absent levels of insulin
- Requires insulin therapy to prevent life threatening complication as Diabetic Ketoacidosis

**प्रमेह व्याख्या-**

"प्रकर्षेण प्रभूतं प्रचुरं वारंवारं वा मेहति मुत्रत्यागं करोति

यस्मिन् रोगे स प्रमेहः ॥<sup>[6]</sup>

मा.नि.१/१

"गौरवं बद्धतां जाड्यमकस्मान्मूत्रनिर्गमः ।

प्रमेहे माक्षिकाक्रान्तं मूत्रं श्वेतं घनं तथा ॥<sup>[7]</sup>

का.सू.२५/२२

तयोः पुर्वेणोपदृतं कृशो रुक्षो अल्पाशी।

पिपासुभृशं ..... ||<sup>[8]</sup> सु.चि.११/१

**प्रमेह प्रकार--**

**बीज दोष** (Genetic Predisposition)

- यस्य अंगावयवस्य बीजे बीजांशो वा उपतप्त भवति तस्य तस्यांगावयवस्य विकृतिरुपजायते दोष जायते ||<sup>[9]</sup>

अं.स.शा.२/४७

- द्वौ प्रमेहो भवतः |... (सुश्रुत)

सहजो अपथ्यनिमित्तश्च, तत्र सहजो “**मातृपितृ बीज दोष कृतं**” ||<sup>[8]</sup>

[TYPE----1]

- तत्र सहजाः शुकार्तवदोषान्वयाः ।

कुष्ठार्शमेहादयः ||<sup>[10]</sup> अं.स.शा.२/२

- स्थूल प्रमेही बलवान् हि एको कृशस्तथैकः परिदुर्बलश्च ||<sup>[11]</sup>

च.चि.६/१५

बीजात्मकर्माशयकालदोषैः।

मातृस्तथाऽऽहारविहारदोषैः ॥

कुर्वन्ति दोषा विविधानि दुष्टाः।

संस्थानवर्णेन्द्रियवैकृतानि ||<sup>[12]</sup>

- च.शा. २/२९

**Beeja dosha (Artava / Shukra)**

**Aatma karmaj**

**Ashaya dosha**

***Kaala dosha***

***Matu: aharam***

***Matu: viharam***

As mentioned by Ayurveda, *beejbhagdushti* or *beejdushti* of parents play an important role in the defect in the respective organ, a part of the whole body of their children's. Hence proper shuddhi kriyas can to some extent be beneficial for healthy progeny.

### **PREVENTIVE ASPECT (CUT DOWN THE COURSE OF ILLNESS)**

As childhood is the most important and delicate phase of our life, to maintain its quality is also an important part. To maintain the health of otherwise disease free person, is the main aim of Ayurveda.

- प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणं आतुरस्य विकार प्रशमनं च ॥<sup>[13]</sup>
- संक्षेपतः क्रियायोगो निदानं परिवर्जनं ॥<sup>[14]</sup>

As nidan/ hetu has basic role in the forming of any disease. Its prevention is key role. So, nidan parivarjan in case of DM would be helpful in decreasing its prevalence. As type 1 DM is more common in children than type 2, *nidan parivarjan* plays an important role. Type 1 is mostly caused due to genetic/ congenital factors, therefore parents play a root cause in passing it on to the progeny.

Following measures can be thought in case of prameha.

- **Pre conception Sharir Shuddhi---** (*Shodhan, Rasayana, Vajikaran, Garbha Sanskara*) Panchakarma plays an important role to balance the vitiated *doshas* in body. Prameha being *kapha* pradhan vyadhi role of *vaman* is absolutely important. Also, as *apan vayu* controls the region of reproductive system and that role of *uttarbasti* is mentioned in the classics, it can also be very effective in *beej shudhi* in parents.

- **Role of matu ahar-vihar during pregnancy**

During pregnancy matu ahar & vihar play a key role in the sequelae of prameha vyadhi.

- **Avoidance of genetic mutating factors**

Not an Auto-immune disease, commonly caused by genetic defects.

- स्तन्यपान

मातुरेव पिबेत्स्तन्यं....।

(दूषयन्ति पयस्तेन शरीरा व्याधयः शिशोः।)

(Many researchers have proved that short breast feeding duration and early administration of cow's milk results in type 1 DM).

- Concept of TEDDY

The Environmental Determinants Of Diabetes in the Young---looking for causes of T1DM.

Newborns less than 4 months of age with either a high risk HLA haplotype or a first degree relative affected with T1DM.

## DISCUSSION

Prameha being a major metabolic disorder has an impact on the nation's health. Growth and development of children, who are going to be the future of our country primarily rests on shoulder of clinician. Proper preventive aspect can help to reduce the prevalence of T1DM.

## CONCLUSION

Maintaining sharir *dosh-dhatu-mala* samyata is the mainstay of nidan parivarjan in any disease, so does it in prameha.

So, by this research paper I would like to put forward the preventive aspect in T1DM. I have given utmost importance and highlighted the aspects which can help to reduce the prevalence of juvenile diabetes/ Sahaj prameha.

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