

# Analytical Study of Pathya Apathya in Madhumeha

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**Abstract:** Ashtanga Hridaya has classified Madhumeha into two groups i.e., Dhatu-Kshaya-Janya Madhumeha and Avarana Janya Madhumeha. Charaka has given the etiological factors for Avarana Janya Madhumeha, which causes Sthaulya also. This type of Madhumeha is considered as Krichchha Sadhya. For Sthoola Pramehi, Charaka has advised Shodhana Chikitsa. For Avarana Janya Madhumeha being Kapha in nature, Vamana Karma may be first choice. But prior to the administration of Vamana Karma, administration of Sneha is must, but it may further increase the Kapha. Perhaps taking this point into consideration Vagbhat has advised to perform Rookshana-Purvaka Snehana prior to performing Shodhana particularly in case of Mamsala, Medura, Bhurishleshma and Vishamagni patients.

**Index Terms:** Madhumeha, Dhatu-Kshaya-Janya Madhumeha, Avarana Janya Madhumeha, Sneha, Rookshana-Purvaka Snehana, Shodhana Chikitsa, Vamana Karma, Vishamagni etc.

## I. INTRODUCTION

Ashtanga Hridaya has classified Madhumeha into two groups i.e., Dhatu-Kshaya-Janya Madhumeha and Avarana Janya Madhumeha<sup>1</sup>. Charaka has given the etiological factors for Avarana Janya Madhumeha, which causes Sthaulya also<sup>2</sup>. This type of Madhumeha is considered as Krichchha Sadhya<sup>3</sup>. For Sthoola Pramehi, Charaka has advised Shodhana Chikitsa<sup>4</sup>. For Avarana Janya Madhumeha being Kapha in nature, Vamana Karma may be first choice<sup>5</sup>. But prior to the administration of Vamana Karma, administration of Sneha is must, but it may further increase the Kapha. Perhaps taking this point into consideration Vagbhat has advised to perform

Rookshana-Purvaka Snehana prior to performing Shodhana particularly in case of Mamsala, Medura, Bhurishleshma and Vishamagni patients<sup>6,7</sup>.

## II. NIDANA (CAUSATIVE FACTORS) OF MADHUMEHA

1. Ahara Sambandhi –

a) Guru, Snigdha, Sheeta, Manda, Slakshana, Sandra, Sthira and Pichchhila Guna Ahara Ati Sevana<sup>8,9</sup>

b) Madhura, Amla and Lavana Rasa Ahara Ati Sevana<sup>10,11</sup>

c) Nava Anna-Pana Ati Sevana<sup>12,13,14,15</sup>

d) Guda-Vikara Ati Sevana<sup>16,17</sup>

e) Dadhi Ati Sevana<sup>18</sup>

f) Anoopta<sup>19</sup>, Audaka, Gramya Mamsa Ati Sevana<sup>20,21</sup>

g) Medo-Vardhaka Ahara Ati Sevana<sup>22</sup>

h) Kapha-Kara Ahara Ati Sevana<sup>23</sup>

These Nidanas increases Kapha intern affects Meda and Kleda leading to Madhumeha (Sthaulya) due to Avarana<sup>24,25,26,27,28,29,30</sup>.

2. Vihara Sambandhi –

The following Viharas have been implicated as Kapha-Medokara, i.e.-

a) Divaswapna<sup>31</sup>

b) Avyayama<sup>32,33,34</sup>

c) Asya Atisukha<sup>35,36,37</sup>

d) Alasya<sup>38</sup>

e) Chinta Tyaga<sup>39</sup>

(f) Samshodhana Varjana<sup>40</sup>

g) Mrija Varjana<sup>41</sup>

These Ahara and Viharas, that aggravates Kapha Dosha are to be considered as Madhumeha Nidana. The above factors are explained in the text are for

Prameha in general, still the same factors are held responsible for the causation of Madhumeha, as Madhumeha is told as one of the type of Prameha. In this view, these causative factors are considered as the Nidanas of Madhumeha. Above said Nidanas can be classified under Apathy-Animittaja Madhumeha (Swakrita)<sup>42</sup>.

Vagbhata describing the Nidana of Prameha focuses light that whatever cause increases the bodily Medas, Mutra and Kapha<sup>43</sup> like Nava Dhanya, Sura, Anooa Mamsa, Ikshu and Guda will cause Madhumeha<sup>44</sup>.

### III. GUNA KARMA VIVECHANA OF PRAMEHA NIDAN

(Table no. 1)

In brief, the above chart reveals that the Madhura Rasa, Sneha Dravya etc. along with the sedentary habits are having direct bearing on the provocation of Kapha Dosha which attains "Aparipakva Avastha" which intern effects Meda and Kleda leading to enveloping of Vayu and Ojas and this leads to further aggravation of Vayu, which takes Ojus into Vasti, causes Avaranajanya Madhumeha<sup>99</sup>.

### IV. PATHYA -APATHYA OF MADHUMEHA:

Pathya is that which is good for Srotas and accustomed to the nature of mind and body, also having qualities of Hitakara, Swasthyakara and opposite to that is called Apathya<sup>100</sup>. Acharya Sushruta told that by taking Pathya the disease can be cured even in Sanchaya, Prakopa and Sthana-Samshtya stage i.e., before the onset of disease<sup>101</sup>. Even after manifestation of the disease, if Pathya is followed then there will not be any progress of disease and may be easily cured. Thus Pathya and Apathya is very essential for prevention and cure of diseases like Madhumeha. It is well supported by Acharya Lilimbraj in Vaidyajeewanam i.e., if a person is taking pathya (wholesome diet), there is no need for Aushdhi (medicine), similarly if a person is taking Apathya (unwholesome diet), in such cases Aushdhi (medicine) will not show the desirable results<sup>102</sup>.

### V. PATHYA IN MADHUMEHA

Nidana Parivarjana is the first and for most Pathya for Madhumeha. In Sthoola Madhumeha there is Margavarodha of Vata by Vriddha Kapha and Meda, hence to rectify the imbalance of Doshas and to reduce to the Meda, usage of Jangala Mamsa Rasa of

Vishkira, Pratuda and Vihanga varieties, Shyamaka, Uddalaka, Kodrava, Godhuma, Chanaka, Adhaki. Tikta Rasa Pradhana Shakas grown in Jangala Desha, Yavanna, Madhu, Kulattha, Purana Dhanya Sevana, Purana Shali, Laja Sevana is also beneficial<sup>103</sup>.

Acharya Sushruta mentioned Vyayama, Niyudha (rastling), Krida (Sports), riding elephant and horse, Rathacharya, Padaticharya, Bhramana and Ashastra-Shastra Abhyasa are beneficial<sup>104</sup>. Tikta and Kashaya Rasa Dravyas are beneficial in Madhumeha<sup>105</sup> because Tikta is Laghu and Ruksha where as Kapha is Guru and Snigdha<sup>106</sup>. Tikta Rasa helps in decreasing Kapha, Shareera Kleda and Meda<sup>107</sup>, which's known as the important factor involved in Madhumeha. It helps in reducing the Dravatva Guna of Mutra in term decrease the Saratva Guna hence the frequency of Mutra will be reduced. Karavella, Bhumyamalaki etc are to be used for this purpose. Yava is Ruksha and Laghu, helps in bringing Kapha Dosha to normalcy<sup>108</sup>. Yava, Vatya, Vishkira Mamsa, Pratuda Mamsa are the Pathya, which are beneficial for Krishna Madhumehi<sup>109</sup>.

### VI. APATHYA IN MADHUMEHA:

All the Nidanas which are mentioned for Madhumeha and Prameha are Apathya, hence Nidan Parivarjanama is the first line of treatment for Prameha except Kulaja Prameha<sup>110</sup>. Mutra Vega Dharana, Dhoompana, Sweedana, Shonitamokshana, Sadasana, Divaswapana, Navanna, Dadhi, Anooa Mamsa, Nispava, Pishtanna, Maithuna, Talasthimajja, Viruddhanna, Kushmanda, Ikshu, Dushtambu, Madhur-Amla-Lavana Rasayukta Ahara, Abhishyandi Padartha are contraindicated in Madhumeha<sup>111</sup>.

### VII. CONCLUSION

One should careful about the normal physiology of their body<sup>112</sup>. Charaka has supported saying that one should take the food articles, which are ever beneficial to maintain health of a healthy individual and it also prevents from the diseases<sup>113</sup>. Basically excessive intake of Guru and Snigdha Ahara, Madhura, Amla and Lavana Rasa and Kshira, Dadhi (Amla Rasa, Paka and Medakrita), Ghrita is the main causative factor in Madhumeha. Acharya Sushruta has told that the first line of treatment is Nidan-Parivarjana. So, one should take care of dietetics regimen, mentioned by different Acharyas, until the urine of Pramehi becomes Pichchhiltarahita (clear), Vishad (clear), Ruksha (dry), Tikta, Katu<sup>114</sup>.

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Table no. 1

Nidana	Predominant Mahabhuta	Rasa, Guna, Veerya, Vipaka etc.	Vitiates
Guru Ahara	Jala & Prithvi <sup>45</sup>	Madhura Rasa	Kapha <sup>46</sup> & Medas
Snigdha Ahara	Jala & Prithvi <sup>47</sup>		Kapha <sup>48</sup> & Kleda <sup>49</sup>
Drava Ahara	Jala & Teja <sup>50</sup>		Kleda <sup>51</sup>
Picchila Ahara	Jala <sup>52</sup>		Kapha <sup>53,54</sup> & Kleda
Sheeta Ahara	Jala		Udaka & Vata
Madhura Ahara	Jala & Prithvi <sup>55</sup>		Kapha & Medas <sup>56</sup>
Snigdha Guru Ahara <sup>57</sup>			Kapha <sup>58</sup> & Rasa, Rakta <sup>59</sup>
Sheeta Veerya <sup>60</sup>			Mamsa, Medas & Majja <sup>61</sup>
Madhura Vipaka <sup>62</sup>			Shukra & Ojas <sup>63</sup>
Lavana Rasa Ahara			Kapha, Kleda <sup>64</sup> & Vilayana
Dugdha & Dugdha Vikaa (Milk & its products)			
Go-Ksheera			Kapha <sup>65</sup> & Medas
Mahisha-Ksheera		Ati Sneha <sup>66,67</sup>	Kapha & Medas, Atinidra Mandagni <sup>68</sup>
Aavika-Ksheera			Pitta and Kapha <sup>69,70,71</sup>
Dadhi			Kapha & Medas <sup>72,73</sup>
Avika-Dadhi		Abhishyandi	Kapha <sup>74</sup>
Mandaka		Mutrala	Tridosha <sup>75,76</sup>
Ghrita			Kapha & Medas <sup>77,78</sup>
Mahisha-Ghrita			Kapha <sup>79</sup>
Piyusha, Kilata		Agnimandya, Vishtambhi	Kapha <sup>80</sup>
Navneeta			Kapha & Medas <sup>81</sup>
Ikshu & Ikshu Vikaa (Sugarcane & its products) <sup>82,83,84</sup>			
Ikshu		Madhura Rasa Sheeta Veerya Snigdha-Sara Guna and Vidahi	Kapha
Phanita		Guru Guna Abhishyandi	Tridosha
Guda		Kshara, Madhura Rasa, Snigdha Guna Sheeta Veerya	Kapha & Medas
Matsyandika		Snigdha, Guru	Kapha & Medas
Khanda Sharkara		Guru, Madhura Rasa	
Madhusharkara (Crystals of honey)		Rooksha Guna, Kashaya & Madhura	Liquefies Kapha Dosha



		Rasa, Chhedana in action, Madhura Vipaka	
Shaka (Vegetables) <sup>85,86,87</sup>			
Trapusha (Cucumis sativa)		Guru Guna	Kapha, Medas
Irvaruka (Cucumis memordika)		Madhura Rasa, Sheeta Veerya	Kapha, Medas
Keluta		Vishada in Guna	Kapha, Medas & Mutra
Kadamba (Adina cardifolia)		Sheeta Veerya	
Nadi Masha		Abhishyandi	
Shrungataka (Trapabis spinosa)		Guru Guna	Kapha & Medas
Shaluka (Nymphase lotus)		Sheeta Veerya	
Krounchadana (A water tuber)		Vishtambhi	
Kamuda (Nymphae lotus)		Sheeta Veerya	Kapha & Vayu
Utpala, Nala, Phala & Pushpa (A blue lotus)		Madhura & Kashaya Rasa	
Vidarikanda (Convolvulus paniculatus)		Madhura Rasa, Sheeta Veerya, Balya & Mutrala in action	Mutra & Kapha
Upodika (Basella cordifolia)		Madhura Rasa, Madhura Vipaka, Snigdha in Sheeta Veerya	Kapha
Chhatraka		Sheeta Veerya, Madhura Rasa, Guru Guna	Kapha
Ardra		Tikta & Madhura Rasa, Mutrala in action	Mutrala
Palandu (Alium cepa)		Snigdha Guna, Madhura Rasa & Vipaka, Guru Picchila in action	Kapha
Tanduliyaka (Amaranth prickly)		Sheeta Veerya, Madhura Rasa and Vipaka	Kapha
Munjataka		Guru, Snigdha, Sheeta Guna, Madhura Rasa, Brimhana in action	Kapha & Medas
Kooshmanda (pumpkin)		Madhura Rasa & Madhura Vipaka	Kapha
Kalinja		Vishtambhi & Abhishyandi	
Karkaru (Cucumis utilismen)		Vishtambhi & Abhishyandi	
Tindisha (A kind of cucumber)		Vishtambhi & Abhishyandi	
Chanaka (Pancium miliaceum)			
Chirbhata (Cucumis memordica)			
Hayanaka (A red variety of rice)		Madhura Rasa, Guru Guna	Kapha & Mutra
Yavaka (Hordeum vulgare)		Snigdha Guna	
Uddalaka (Phaseolus aconitifolium)		Snigdha, Guru Guna, Madhura Rasa, Balya	Kapha & Medas
Breehi		Madhura Rasa, Mutrala Guru Guna	

Tila (Sesamum indicum)		Snigdha Guna, Madhura Rasa	Kapha
Krtanna Varga (Prepared Food Items) <sup>88,89,90</sup>			
Vilepi (variety of Cooked food)		Prepared with Mamsa & Shaka is Amla in Vipaka	Kapha & Medas
Krishara			Kapha and Pitta
Payasa (Food like Rice, wheat boiled With milk and sugar)		Guru Guna, Vishtambhi Balya in action	Kapha & Medas
Palala (Tila Churna Preparation)			Kapha
Pishtanna		Abhishyandi	Kapha
Madhya	Agni Mahabhuta	Drava Guna	
Gramya, Anoop & Audaka Mamsa <sup>91,92,93</sup>			
Koolachara (living at river side) e.g. Gaja, Gavaya, Mahisha etc.		Madhura Rasa, Madhura Vipaka, Sheeta Veerya, Snigdha Guna	Mutrala & Kapha Vardhaka
Plava (Birds Which swim) e.g. Hamsa, Krouncha etc.		Sheeta Veerya, Snigdha Guna, Madhura Rasa, Madhura Vipaka	Mutrala & Kapha Vardhaka
Koshastha (Live in burrows) e.g. Shanka, Shukti Shambooka etc.		Madhura Rasa, Madhura Vipaka, Sheeta Veerya, Snigdha Guna	Kapha Vardhaka
Padina (which have limbs) e.g. Koorma, Khumbeera, Shishumora etc.		Balya	Mutrala
Matsya Nadeya (Fishes of river)		Madhura Rasa, Guru & Snigdha Guna	Shleshma
Samudra (Fishes of sea) e.g. Timingala Kulisha etc.		Guru, Snigdha, Ushna Guna, Madhura Rasa & Madhura Vipaka	Shleshma
Vihara <sup>94</sup>			
Nidra-Sukha		Increases Tamoguna	Shleshma Vardhana
Asya -Sukha		Increases Tamoguna	Shleshma Vardhana
Tyakta-Chinta			Kapha & Meda
Tyakta-Vyayama		Increases Agnimandya, Sharira Gaurava	Kapha & Meda
Samshodhana Akurvatom			Tridosha
Mruja-Varjana <sup>95</sup>		Inactiveness, laziness	Kapha & Meda
Alasya-Prasakta <sup>96</sup> Diva Swapna		Increases Tamoguna	Kapha
Vataja Prameha Aharaja Nidana <sup>97</sup>			
Katu Rasa Ahara Ati Sevana	Agni, Vayu Mahabhuta		Dhatu Kshaya, Pipasa, Karapada Daha
Kashaya Rasa Ahara Ati Sevana	Vayu, Akasha Mahabhuta		Glani, Trishna Dhatu Kshaya
Tikta Rasa Ahara Ati Sevana	Vayu, Prithvi Mahabhuta		Rasa, Rakta, Meda Majja, Shukra & Oja
Laghu, Rooksha, Sheeta Guna Ahara Ati Sevana			Rooksha, Rasa, Rakta, Meda, Majja, Shukra & Oja
Vataja Prameha Viharaj Nidan <sup>98</sup>			
Vyavaya Ati Sevana			Shukra Kshaya Dhatu Kshaya
Vyayama Ati Yoga		Klama, Shrama	Vitiates Vata

Shodhana Ati Yoga			Dhatu Kshaya
Vegasandarana			Vitiates Vata
Anashana		Dosha Paka (Initial Stage)	Later Dhatu Paka & Dhatu Kshaya Vata Vriddhi
Jagarana		Rooksha Guna Vriddhi	Vitiates Vata