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 \textit{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 \textit{asanas and pranayam} provide an ideal care for prevention and management of Madhumeha.

Keywords: Diabetes, Yoga, Lifestyle, \textit{Asanas}, \textit{Pranayam}.
INTRODUCTION:

Ayurveda is a holistic science of life. The main aim of Ayurveda is to maintain health of the healthy person and to cure the illness of diseased person. 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. Prameha is a tridoshaj kapha predominant disease. 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.

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.

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.

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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. ksudhaadhikya (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:
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 are⁹,
1. Suryanamaskar (increase blood supply and improving insulin administration),
2. Mandukasan (stimulate pancreas to secrete insulin),
3. Dhamurasana (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. Bhashrika
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 secretary 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.

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REFERENCES


