

**A LITERARY REVIEW ON RELATIONSHIP BETWEEN  
SWASTHA VRRITHA AND THE DIET AND LIFESTYLE  
FACTORS IN THE ONSET OF MADHUMEHA (DIABETES  
MELLITUS) ACCORDING TO AYURVEDA CONCEPT**

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**Introduction**

Diet and lifestyles are important factors in all the systems of medicine. Ayurveda has different approach in the inter-relationship of diet and health<sup>13</sup>. It emphasizes importance of food. The protection of the body as well as the disease formation due to the food. Wholesome and unwholesome foods are responsible for happiness and misery of a person respectively.

Āhārasambavamvasturogaścāhārasambhavāḥ  
Hitāhitaviśeṣāccaviśeṣaḥsukhaduḥkhalo  
(Ca/Sū/28/45)

AcāryaCaraka has stated that, If a person uses a wholesome diet and practice a good lifestyle, doing activities with alert mind without attachments to the sensual pleasure as well as always having qualities like forgiveness, speaking truth, donator, and associated with intelligent said to be a free from diseases.

Narōhitāhāravihārasēvīsamēkṣyakārīviśayeṣvasaktaḥ  
Dātāsamahṣatyaparaḥkṣamāvānāptasēvī ca bhavatyarōgaḥ  
(Ca/Śā/2/46)

It also hashighlighted the importance of a healthy diet and regimen on preventing causative factors and predisposing factors of Madhumeha due to misuse and malpractice of diet and regimen. Madhumeha and Diabetes Mellitus (DM) both are characterized by polyurea (PrabhūtaMūtratā) and turbid urine (ĀvilaMūtratā)and having similar causative factors and symptomatology. Therefore DM is correlated with the disease alternatively called Madhumēha in Ayurveda. DM refers to a

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group of common metabolic disorders that share the phenotype of Hyperglycemia. In Madhumēha also hyperglycemia and urine sugar are observed.

Nearly 415 million people have diabetes in the world. 78 million people in the South East Asian Region; by 2040 this will raise to 140 million. Two thirds of the estimated people with DM live in low and middle income countries. Recent data indicates that South Asia is one of the major sites of this epidemic of DM. Sri Lanka is a middle income country in Asia with a population of 20 million. There were 1.16 million cases of diabetes in Sri Lanka in 2015.

### **Research Objectives**

The main objective of this research study is to identify the diet and lifestyle factors in the onset of Madumēha (Diabetes Mellitus) and the Swastha vritha mention on Ayurveda for wellbeing of a person.

Specific objectives

1. To collect the literature of Diet and lifestyle factors of Madumēha (Diabetes Mellitus).
2. To find the dietic and the lifestyle regimen mention on Svasthavrittita and how it correlated with the Causative Factors on of Madumēha
3. To prepare a guide for healthy Diet and Lifestyle.

### **Methodology**

#### **I. Literature study**

Literature study was done by using collected data from selected text books, such as CarakaSamhithā, AshtangaHridaya, SuśruthaSamhithā, MādhavaNidāna, SwasthaVrittita books on Diabetes Mellitus in Indian Medicine, Davidson's Principles and Practice of Medicine, Harrison's Principles of Internal Medicine, etc. research papers, and search engines "Google" "Yahoo" etc.

Finally prepared a guide according to the results obtained.

## Conclusion

Ayurveda has emphasizes the importance of a healthy diet and well on cure for the preservation of causative factors and predisposing factors of Madhumha due to misuse and malpractice of diet and regimen. Madhumha is defined as a disease occurs due to Polly urea and the turbid urea. Depending on the etiological factors of the DM, factors contributing to hyperglycemia include reduced insulin secretion, decrease glucose utilization and increase glucose production.

In Ayurveda, it has been suggested that many dietary and lifestyle factors such as excessive intake of fatty food, sweets, curd, sugar cane product etc. affects the Madhumha . The loss of exercise, sleepless nights etc. are also involve in this matter.

The results of this study prove that, not only the diet and the lifestyle factors, but also the excessive anger, emotional stress conditions, sadness etc. are also associated with the occurrence of Madhumha.

Therefore, Madhumha can be identified as a disease that is initiated and provoked by the diet and life style. Food and lifestyle plays major roles in occurrences of Madhumha by avoiding or minimizing the factors which maintain the equilibrium of the body.

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