Research Article

CONCEPT OF SHODHANA AND LIFE STYLE MODIFICATIONS IN UNCONTROLLED DIABETES

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ABSTRACT

Diabetes mellitus is a chronic metabolic disorder that affects majority of population. Type-2 diabetes mellitus possesses a major risk factors for various other diseases. DM has grown to such a status of global epidemic, the prevalence of DM is increasing day to day due to change in lifestyle activities, stressful life, etc. As per the estimate of WHO, atleast 171 million people presently suffer from DM and this number is expected to rise to 366 million by the year 2030. Uncontrolled diabetes is a blood sugar level are above recommended targets ranges including HbA1c level above 7.0%. Uncontrolled diabetes can lead to major complications such as heart attack, stroke, eye disease, kidney disease, nerve disease if left untreated. Ayurveda literature describes about the prevention, prognosis, complication and management of DM. Panchakarma is an integral part of ayurvedic treatment, it is designed to eliminate vitiated doshas through the nearest route and maintain a state of its equilibrium. DM is correlated to madhumeha. Treatment mainly involves panchakarma, dietary modifications and life style changes for healthy life, exercise, yoga, and pranayama which in turn play a major part in prevention and management of uncontrolled diabetes which is very much necessary in present era.

INTRODUCTION

Uncontrolled diabetes is blood sugar level are above recommended target ranges including an HbA1c level above 7.0%.

It can lead to major complications such as heart attack, stroke, eye disease, kidney disease, nerve disease and infection if left untreated. In ayurveda it is correlated as madhumeha, which is mainly need shodhana therapy, panchkarma is specialised modality of ayurveda, which eliminates excess dosha from the body. Ayurveda is the only science which has incorporated different detoxification methods in daily routine. This works as preventive as well as curative. The term ayurveda means science of life which has prescribed healthy lifestyle. Vagbhatachary has explained this life style in his ancient compendia Astanga hrudaya and Sangraha by a separate chapter called dinacharya.

Review of Literature The information about the concept of shodhana in madhumeha and its importance is mentioned in Ayurvedic Samhita Granthas. The detailed study of shodhana and life style modification had been reviewed for collection of study material.

Approach of Treatment

Sthula Pramehi (caused due to over nutrition) - Avaranajanya samprapti - Apatarpana chikitsa Krusha Pramehi (caused due to under nutrition) - Dhatukshyajanya samprapti - Santarpana chikitsa

Chikitsa under the Heading of
1. Nidana parivarjana
2. Shodhana / Apatarpana chikitsa
3. Santarpana chikitsa
4. Aavastika chikitsa
5. Bahirparimarjana chikitsa
6. Shaman chikitsa – a) Dosha pratyanika b) Vyadhi pratyanika
7. Rasayana chikitsa
8. Pathyaapathya

Nidana Parivarjana

In all disease 1 st line of treatment is avoiding the causative factor. Here it specially it mention because Prameha is a chirakalanubandhi vyadhi it seems to be important step to avoid all such factors which causes further increase of Dosha and there by increase the Vyadhi.
**Importance of Shodhana**

Bahudoshya vyadhi - quantitatively the vikruta dosha (kapha) and vikruta dushyas (kapha vargiya dushyas) are high and qualitatively the combination of kapha and medas (due to guna, karma samanya) is very difficult to disintegrate. Santarpana janya vyadhi where the main pathology is kleda

**Shodhana / Apatarpana**

Treatment plan for Pramehi differs from all other diseases by categorizing the patients into - stula and karshya. stula: Balavan- Samshodhana karshya: paridurbala- Brimhana

After रोग एवं रोगी परीक्षा-(दोष, दृष्ट्य, बल, काल, प्रकृति, अनल, बय) adopt the treatment

**Shodhana Brihmanam**

1. VAMANA
2. VIRECHANA
3. ASTHAPANA BASTI
4. RAKA MOKSHANA

**Sneha Purva Rukshana Chikitsa**

- In kapha and pittaja prameha before snehana, rukshana is indicated
- Mamsala purusha - upachita mamsa
- Medasvi purusha
- Bhuri sleshma - kapha predominat purusha
- Vishamagni purusha
- Snehochita - sneha satmya
- Rational - To avoid the sneha vyapad lakshanas during the shodhananga sheha paana

**Rooskhana**

Bahya
Nishi jagarana
Ghada vyayama
Ghada udwartana
Abhyantara
Kali, pinyaka ,takra, madhudaka
Triphala, Musta, Kustadi choora, trayoshanadi mantha, vyoshdya saktu.

**Purva Karma for Shodhana**

Deepana and pachana
Rational - Help in absorption of shodhananga Sneha.
SNEHANA During snehapaana only koshta snigdha is needed.

Common grita are - Dhanwantaram ghrita
Trikantakadya grita
Vatsaymantaka grita
Kalyanaka grita
Trikantakadya taila
Sarshapa taila
Atasi tail

**Swedana Karma**

Don’t go for Agni swedana, always prefer Anagni swedana. Among 10 type- usna sadana and guru pravarana can be adopted to get the sarvanga swedana effect, in remaining swedana some are localised and some are contraindicated during the shodhana karma. Ushna jala snana can be advised.

**Vamana**

Madana Phala - Amashaya sthitha kapha and pitta - M.P choorna+jeemutakaadhi qwatha
- Balvat Sleshma - M.P Vati - M.P choorna+Kovidaraadhi kasyha
Dhamargava - Amashaya sthitha kapha and vata
- Manasika vikara - D kalka+Jatyadhi kasaya (ex. Rajani, Jati, Vacha, Shweta punarnava, Kasamarda)
Kutaja
Kritavedhana
Ikshavaku - I bija kalka+mamasa rasa (Na Cha Daurbalyam Ashnute)

**Role of Vamana Karma**

All these drugs are having kapha hara, ushna, tikshna, vyayvay,vikasi guna in predominant. Help in elimination of excessive kleda. After vamana karma bahadurava shlesma is removed, Helps in stimulation of dhatvagni (vamite vardate vanhi) thereby help in formation of prakruta meda dhatu

**Virechana**

- As Madhumeha is considered as durvirechya,
- Teekshna virechana should be administered
- According to Sushrutha,
- Jayapalabeeja, Arkaksheera
- Manibhadraguda,Abhayadimodaka
- Probably Virechana lowering down the hepatic glucose production and by promoting insulin secretion helps to control blood sugar.

**Basti Chikitsa**

If basti is administered without removing the kleda, dosha get aggravated further and vitiate mamsa and rakt dhatu which cause the shopha and produce various upadравas.
Basti yogas - Rasnadi niruha basti,Saindhavadi niruha basti, Vidangadi niruha basti
Panchatikta prasrutika basti, Somavalkala basti, Mustadi yapana basti, Madhu tailika basti

**The Shodhana Dravya Help in Removing the Avarana of Kapha and Meda Dhatu.**

**Mode of Action of Shodhana in Madhumeha**

In samprapti of Madhumeha dominance of kleda, meda, kaphadosha are involved. Shodhana procedure explained in madhumeha improves and stabilizes agni, and reduces the excess of kapha, meda,and kleda. Vamana and virechana procedure specifically removes the kapha and kleda from the shareera there by removing the sanga and help in samprampti vighatana. Vamana karma by reducing kapha and medha helps to minimize insulin resistance, where as virechana by lowering down the hepatic glucose production and by promoting insulin secretion helps to control blood sugar. Basti clears the Avarana of vata and normalizes the functions of vyana and apana.

**Life Style Changes**
Food according to dosha, Diet is a basic part of management in every case. Treatment cannot be effective unless adequate attention is given to ensuring appropriate nutrition. Dietary treatment should aim at- Ensuring weight control, providing nutritional requirements. Allowing good glycaemic control with blood glucose levels as close to normal as possible. Avoid the sugar- sweetened drinks.

Decreases the saturated fats and trans fatty acids which are the increasing the risk.Increases the polyunsaturated and monounsaturated fat which are decreasing the risk. Avoid the lots of white rice

Exercises- Physical activity promotes weight reduction and improves insulin sensitivity,thus lowering the blood glucose levels.

Lack of exercise is believed to cause 7% of cases.

Yogas

Benefits: lowering stress levels, Improving emotional well being

Improving strength and balance, Improving heart health

Yoga mudras
1. Surya mudra 2. Linga mudra
3. Prana mudra, 4. Apana mudra 5. Gyana mudra

Dinacharya

Ayurveda as science of life is a part of culture of indian lifestyle. Wake up early exercise, bath, head massage all these were included in indian life style. Pathogenesis of lifestyle disorders are mainly vitiated kapha dosha, dushita rasadhatu,agnidusti, and amapradosa. Pathogenesis occuring due to western life style can be prevented by fallowing rasadhatu, agnidusti, and amapradosha.

**Dinacharya**

Shodhana ( Low caloric diet)
Shook dhanya Travelling on elephants Shimbhi dhanya
Shaka vargas Different types of rice preparations, anupa grama and aadaka naresa
Mamsavarga
Udaka varga Roaming in different places
Kritanna varga
Madhu, hingu,
Saindhava, Using umbrella
Maricha, Following sadrvrata
Lashuna

CONCLUSION

Ayurvedic treatment differs from person to person. It is one among the Mahagada having poor prognosis, incurability and development of complications hence early diagnosis and Proper treatment will give better results. Ahara is one among the trayouapashthambha which supports the body. So proper consumption of food by following proper pathya and apathya is beneficial in preventing the disease madhumeha. Panchakarma plays a vital role in preventing the disease (rutu shodhana) and to support the line of treatment in avoiding the complications. Shodhana helps in removing the kledatwa which is the main culprit in vyadhi samprapti and hence is of prime importance. The rational use of shodhana not only protects from the disease but also helps live a longer life there by achieving Hitayu and Sukhayu. Life style modifications also plays a vital role in uncontrolled diabetes .The ayurvedic approach gives hopes to diabetics.

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5. Choukambha Sanskrit Sansthan. 2015;76
6. Prameha nidanam 6th chapter (Prameha nidanam) - the term ‘kshaudra meha’ is used.
7. The body constitution and symptoms related to Sahaja prameha and Apathya nimitajia prameha are mentioned in prameha chikitsa 11th chapter.
8. The ayurvedic approach according to each type of prameha is mentioned
9. Pameha pidaka and Madhumeha chikitsa are mentioned in 12th and 13th chapter of chikitsa sthanam respectively.
11. Categorized the disease under the heading ‘Mutra Atipravrttija Rogam’
12. Sutra sthana 2nd chapter (Dinacharya Adhyaya)