

## Role of Pathya Kalpana in Prameha – (Type 2 Diabetes Mellitus): An Ayurvedic Perspectives

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### ABSTRACT

**Background:** *Prameha* is a metabolic disease in classical Ayurvedic literature as a type of *Santarpanajanya vikaras* and in community correlated with Type – 2 Diabetes Mellitus based on clinical features. Diet and Lifestyle are considered major determinants in the pathogenesis and management of this condition.

**Objective:** To Analyse the Role of *Pathya Kalpana* (wholesome dietary preparations described in Ayurvedic texts in the management of *Prameha*.

**Methods:** Classical Ayurvedic texts and other Authoritative treatises were reviewed to identify dietary preparations recommended for *Prameha*. The Pharmacological attributes of these preparations were analysed in relation to metabolic regulation.

**Result:** Several *Pathya Kalpanas* including *Yava* preparations, *Kulattha Yushas Mandas* and *Shali* based diets are recommended. These dietary preparations possess properties such as *Kaphahara*, *Medohara*, *Agnideepana* and *Lekhana* which may contribute to metabolic regulation and glycemic control.

**Conclusion:** *Pathya Kalpana* plays an essential supportive role in the management of *Prameha*. Integration of intervention may help improve metabolic balance and reduce disease progression.

**Keywords:** *Prameha*, *Pathya Kalpana*, *Ayurveda* Dietetics, Diabetes Mellitus, *Yava*, *Kulattha* etc

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### INTRODUCTION

According to WHO, India is among the nation's most affected by lifestyle disorders, with Diabetes Mellitus being one of the major conditions.<sup>1</sup> *Prameha* has held an important place in therapeutics since ancient times and is commonly correlated with Type 2 Diabetes Mellitus due to similarities in clinical features. It is a metabolic disorder of varied etiology characterized by hyperglycemia and glycosuria.<sup>2</sup>

Diabetes Mellitus is a major public health challenge of the 21st century, and India ranks among the top five countries with the highest number of diabetic patients. The number of

people living with diabetes has increased drastically from about 200 million in 1990 to nearly 830 million in 2022. The rise is more rapid in low- and middle-income countries due to urbanization, lifestyle changes, and limited healthcare access.<sup>3</sup> In 2021, diabetes and diabetes-related kidney disease caused over 2 million deaths worldwide, while elevated blood glucose contributed to nearly 11% of cardiovascular deaths, emphasizing its severe global burden.<sup>4</sup>

With technological advancements, researchers continue to explore better management strategies to reduce the high mortality and morbidity associated with diabetes. India is now often called the "Diabetic Capital of the World,"

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highlighting the urgent need for effective management. Classical *Samhita*'s provide extensive treatment modalities and lifestyle regimens for *Prameha*. Their acceptance in modern practice depends on scientific interpretation of Ayurvedic principles. This article highlights the importance of *Pathya* (wholesome regimen) and *Apathya* (unwholesome regimen) in the prevention and management of *Prameha*.

The term *Prameha* literally means “to flow,” derived from the Sanskrit root “*Mih-Sechane*” (to urinate or flow). “*Meha*” denotes micturition, while the prefix “*Pra*” indicates excess in quantity and frequency.<sup>5</sup> *Sushruta* and *Vagbhata* describe *Prameha* as a condition involving excessive passage of cloudy or turbid urine, varying according to the predominance of *Dosha*'s and *Dushyas*. *Acharya Charaka* explains its origin mythologically through the disruption of *Daksha Prajapati's Yajna*.<sup>6</sup> He stated that *Prameha* developed due to excessive intake of *Havish*, rich in carbohydrates and fats, emphasizing the role of *Ahara* (diet) and *Vihara* (lifestyle) in both the pathogenesis and management of the disease.

*Prameha* is classified into 20 types based on *Dosha* predominance: *Kaphaja*, *Pittaja*, and *Vataja Prameha*.<sup>7</sup> *Sushruta* further classified it etiologically into two categories:<sup>8</sup> *Sahaja* (hereditary), caused by *Bija Dosha* or genetic factors, and *Apathyanimitaja* (acquired), resulting from unwholesome *Ahara* and *Vihara*. The acquired type includes *Aharaja Nidana* (dietary causes) and *Viharaja Nidana* (lifestyle causes).

*Acharya Kashyapa* described *Pathya Ahara* as “*Mahabheshaja*.”<sup>9</sup> Ayurveda emphasizes disease prevention and health maintenance more than disease treatment. It highlights the importance of proper diet for sustaining health, and such appropriately prepared food is termed *Pathya*.<sup>10</sup> The term *Pathya* is derived from “*Patha*,” referring to the body channels or *Srotas*.<sup>11</sup> *Pathya* is considered an essential component of *Chikitsa*, possessing significant therapeutic value. Proper adherence to *Pathya* can both prevent and manage diseases, while neglect of *Pathya* may lead to illness. Therefore, effective management of *Prameha* depends not only on medication

but also on strict adherence to *Pathya* and avoidance of *Apathya*. *Pathya-Apathya* plays a vital role in controlling blood sugar levels and reducing body weight in *Prameha* (diabetes).

**AIMS** – To Analyse the role of *Pathya Kalpana* in the management of *Prameha* based on Classical Ayurvedic Literature.

**Objectives** –

To Review the concept of *Prameha* in Ayurvedic Text.

*Nidhana* –

1. *CHARAKA*<sup>12</sup> - *Asyasuka* (sitting in a comfortable position), *Swapnasuka* (*Swapnasuka*), *Dhadhini*(excess intake of curds), *Dhadhini*(excess intake of curds), *GramyauhdhakaRasa* (Soup of meat of domesticated and aquatic animals and animals from marshy land), *Payasi* (excess intake of milk and its products preparations), *Navaannapana* (freshly harvested grains), *Gudavikruthi*(preparations of jaggery).
2. *SUSRUTHA*<sup>13</sup> – *Divaswapna*, *Avyayama*, *Alasya*, Excessive and regular consumption of foods and drinks which are cold, unctuous, sweet, fatty and liquid.
3. *ASTANGA HRIDHAYA*<sup>14</sup> - *Atisnigdhabhara*, *Atimadhura*, *Atiamabhojanat*, *Atiyoga of Kapha* and *Meda*, *Guru Ahara*, *Divaswapna*, *Manasika Krodha*, *Shoka*, *Bhaya*.

Symptoms of *Prameha* –

1. *Charaka Samhita*<sup>15</sup> - Different types of *Prameha* are characterized with *Varna*, *Rasa*, *Sparsha*, *Gandha*, *Shyava aruna varna mutra*, *Shoola*, *Majjadi sadgunya*.
2. *Sushruta Samhita*<sup>16</sup>- *Avila mutrata* (turbidity of urine), *Prabhuta mutrata* (increased quantity of urine).
3. *Ashtanga Hrudya*<sup>17</sup>- Symptoms depends of all the types depends on quantity and turbidity of urine.

Types of *Prameha* –<sup>18</sup>

KAPHAJA	PITTAJA	VATAJA
Udakameha	Kshara Meha	Vasa Meha
Ikshu Meha / Ikshuvalika Meha	Kala Meha	Majja Meha
Sandra Meha	Neela Meha	Hasti Meha / Lasika Meha
Sandra prasada Meha	Rakta Meha	Madhu Meha
Shukla Meha	Manjista Meha	
Shukra Meha	Haridra Meha	
Sheeta Meha		
Sikata Meha		
Shanair Meha		
Alala Meha		

*Pathya for prameha -*

Sl No	According to	Ahara	Vihara
1.	<i>Bhaishajyaratnavali</i> <sup>19</sup>	<i>Nirava, kangu, Yava</i> (barley),soft bamboo, <i>kulattha</i> (wild variety of kulattha), <i>Mukundaka</i> (variety of rice),Old wheat grains, <i>Shali</i> (variety of rice), <i>kalma</i> (variety of rice) <i>Yusha</i> of pulses of the <i>kulattha, mudga</i> and pigeon pea, <i>lajja</i> of paddy, honey, <i>vatyamanda</i> ( <i>manda</i> prepared by cooking barley in water measureing 4 times), <i>Takra</i> (buttermilk), <i>karavellaka</i> , palm fruit, garlic pearls, fresh <i>kapittha, jambu, kaseru, kamala kanda, kharjura, trikatu, khadira</i> , watermelon .	<i>Langana</i> (fasting), <i>Virechana</i> (purgation), <i>Udhvarthana</i> (powder massage), <i>Vyayama</i> (exercise), Wandering under the sun.
2.	<i>Sushruta</i> <sup>20</sup>	<i>Shashtika shali</i> (red rice), <i>Yava, godhuma, kodrava/uddalaka</i> along with soup of <i>Canaka, Adhaki, Kulattha</i> and <i>Mudga</i> , vegetables of bitter and astringent tastes, groups of vegetables and oil of <i>Nikumbha, Ingudi, Sarsapa</i> and <i>Atasi</i> .	

*Pathya Kalpana in Prameha –*

1. *Shali manda*<sup>21</sup> – Ingredients like *Shali* – 1 part, *Jala* - 14 part are taken, then for 1 part of shali, 14 parts of water is taken kept under mild flame, till the rice is cooked well & keep it for a while. As *Shali - Laghu, Snigdha, Madhura rasa, Kashaya anurasa, Kaphagna* properties where as *Manda* is having *laghu & agni vardaka* property, Hence this may be used in *Sthula pramehi*.
2. *Sheetodana*<sup>22</sup> - Ingredients like *Shali* – 1 part, *Jala* - 10 part are taken, then for 1 part of *Purana Shali*, 10 parts of water is taken and cooked well under mild flame. The supernant watery part is drained out & remaining portion is known as *Odana*. Lather it is kept aside until it is cooled, this is considered as *Sheetodana*. As *Shali - Laghu, Snigdha, Madhura rasa, Kashaya anurasa, Kaphagna* properties where as *sheetodana* is having *Laghu guna, Sheeta veerya, Pitta shamaka, Kaphagna*, used in condition like *Murcha* etc. Hence it may be used in *Sthula pramehi* and who is having *Anubanda vedana* like *Padadaha, Angadaha* etc.,
3. *Masura yusha*<sup>23</sup> – Ingredients like *Masura*– 50 gms, *Shunti churna* – 3 gms, *Pippali churna* – 3 gm, *Jala* - 16 parts. *Yusha* will be prepared with 50 gms of *masura*. Then mixed with *shunti & pippali churna* 3 grams each. Later boiled with 16 times of water until it attains semi solid consistency.

*Masura-Madura katu rasa, Madura vipaka, Laghu, Rooksha, Balya, Sheeta, Kapha pitta shamaka .Shunti – katu rasa, Laghu snigdha guna, Madhura rasa, Ushna veerya and Kapha vata shamaka .Pippali – Katu rasa, Laghu snigdha guna, Anushna sheeta, Medhokapha*

*shamaka and Kapha-vata shamaka*, hence it may be used in *Sthula pramehi*.

4. *Kulattha yusha*<sup>24</sup> - Ingredients : *Kulattha* – 50 gms, *Shunti churna* – 3 gms, *Pippali churna* – 3 gms, *Jala* - 16 parts. *Yusha* will be prepared with 50 gms of *Kulattha*. Then mixed with *Shunti & Pippali churna* 3 grams each. Later boiled with 16 times of water until it attains semi solid consistency. *Yusha* will be prepared with 50 gms of *Kulattha. Kulattha - Kashaya Rasa, Amla vipaka, Laghu, Rooksha, Medohara & Mehagna*. Hence indicated in *Mehagna, Medohara, Swasa, Kasa* etc.

5. *Yava pupalika*<sup>25</sup> – Ingredients : *Yava, Yava* (barley flour) dough is taken. It is made into flattened round shape. It should be cooked under steam until it puff up. *Yava* is having *Ruksha, Sara, Pureesha kruth, Lekhana, Medohara* property & it is one among the best diet in *Madhumeha* etc. *Yava Pupalika* may be used in *Sthula pramehi*. Barley is best in Type 2 DM as it is rich in fiber content & beta-glucan which slows the absorption of sugar by binding with it in digestive tract. Thus may help in lowering blood sugar & insulin level. Hence indicated in *Prameha, Kantaroga, Kasa, Peenasa, Medoroga*

Food Treatment for *Prameha -*

According to *Charaka Samhita*<sup>26</sup> –

1. *Mantha* (flour of different of corn mixed with water).
2. Barley powder.
3. *Avaleha* prepared with barley.
4. *Yavaudhana* (cooked barley) without adding any dry articles.
5. *Vatya* (barley porridge).
6. *Saktu* (roasted corn flour) .
7. *Apupa* ( pan cake ) – mixed with the soup of meat soup of gallinaceous and pecker birds and *Jangala* ( animals of arid land )

8. *Purana Shali* – old rice cooked and mixed with the soup of Green gram and preparations of bitter vegetables.
9. Cooked *Shashtika* rice and *Truna dhanyas* mixed with oil of *Danti*, *Ingudi*, *Atasi* and *Sarshapa*.

#### DISCUSSION-

- As Per Ayurvedic principles, Diet plays a central role in the management of *Prameha*. Many of the primary *Pathya kalpana* described in Classical texts are rich in dietary fiber, possess low glycyemic index and help improve digestive metabolism barley (*Yava*) ( *Hordarium Valgaris* / Red wheat is repeatedly emphasized as the most beneficial dietary component for *Prameha*. It possess *Lekhana* and *Medohara* properties which helps reduce excess adipose tissue and *Kapha* accumulation. Modern nutritional research also indicates that barley contains beta- glucan, a soluble fiber known to improve glycemic control and insulin sensitivity.
- Similarly, legumes such as *Kulattha* and *Masura* are protein rich and helps in regulate metabolism while preventing excessive calorie intake. Preparations such as *Yusha* Improve digestion and enhance *Agni* without increasing *Kapha*. This, Ayurvedic dietary recommendations demonstrate remarkable similarity with modern dietary strategies used in the management of metabolic disorders including Diabetes Mellitus.

#### CONCLUSION –

- *Prameha* is a chronic metabolic disorder strongly influenced by dietary habits and lifestyle patterns. The detailed comprehensive guidelines explained in Ayurveda literature regarding *Pathyaahara* and *Pathya Kalpanas* which may help in regulating metabolic imbalance.

Dietary preparation such as *Yava Ratika*, *Kulattha Yusha*, *Masura Yusha* and *Vatya Manda* possess *Kapha* reducing and *Medohara* properties that support glycemic control and metabolic balance. Incorporating these traditional dietary properties along with life style modifications may provide a holistic approach for the management of *Prameha*

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