

# Role of Pathyapathya in Madhumeha WSR to Geriatric Diabetes Mellitus

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## Abstract

*The Jara Awastha presents with its own difficulties and complications. After the age of 60 years there is gradual diminution Bala, quality of Dhatus etc. This leads to the occurrence of many diseases and one among them is diabetes mellitus. According to a 2023 study, of all those suffering from Diabetes, 43% of patients belong to the age group of 60 years and above. When this is not controlled properly, it further leads to complications like neuropathy, nephropathy, retinopathy etc. Hence diagnosis and management of this condition is necessary at the earliest phase in the geriatric age group. Diabetes mellitus is correlated to Madhumeha. Pathyapathya plays a crucial role in the management of the disease. Pathya should be decided by considering general principles of both Madhumeha and Vruddhawastha. Hence diet, which is Vatashamak, Brumhana, Agnideepak, Ojokara, Balya, Rasayana as well as that which balances Pitta and Kapha should be considered.*

## Keywords

Pathyapathya, Diabetes, Vruddha, Geriatrics

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## 1. Introduction

Ayurveda, the science of life, has always emphasized maintaining the Swasthya of the Swastha person and then treating the Vyadhi of the patient. Swasthya is achieved when there is Samata in the Dosha, Dhātu, Mala, Agni and Prasannata of Atma, Indriya and Mana. To maintain this equilibrium in the body, appropriate Ahar and Vihar play a crucial role. When this daily regimen is not followed, it leads to the formation of Vyadhi. One such Vyadhi is Prameha. It is considered one among the Ashta-Mahagada and is characterised by increased quantity and frequency of urination [1]. In Ayurveda classics, 20 types of Prameha are discussed in which Madhumeha, often correlated to diabetes mellitus, is considered as a subtype of Vataj Prameha. In Madhumeha the patient passes urine, which is Kashaya, Madhura, Pandu-Varni and Ruksha [2,3]. The pathogenesis occurs when Vata along with Pitta and Kapha gets vitiated and in turn vitiate dhatus (Meda, Rakta, Shukra, Ambu, Vasa, Lasika, Majja, Rasa and Ojas). These get drawn to the urinary bladder leading to Prameha. Based on whether the patient is a Sthula Pramehi or Krusha Pramehi the treatment is either Brumhana or Samshodhana [4].

According to 2023 ICMR study, it is estimated that around 101 million people in India have diabetes of which 43% of patients belong to the age group of 60 years and above. Geriatrics has been mentioned as one of the 8 branches of Ayurveda. The Jara Awastha presents with its own difficulties and complications. After the age of 60, there is gradual diminution in the Sapta Dhatus, Indriya, Bala, etc [5,6]. There is Vata predominance due to increased Rukshata resulting from depleting dhatus. Old age presents with multiple issues related to the ageing process, long term illnesses and psychological problems. Uncontrolled diabetes further leads to complications like neuropathy, nephropathy, retinopathy etc. Hence management of the disease at the earliest and prevention of complications is very necessary. This can be achieved by following proper Pathya Ahara and Vihara as it has been mentioned that without Pathya there is no use of medicine and by following Pathya there will not be any need for the medicine.

## 2. Materials and Methods

This research is purely literary and various Ayurvedic texts have been used for this study as source materials. These are Charak Samhita, Sushruta Samhita, Astanga Hridaya, Madhav Nidana, Bhav Prakash. Apart from this, relevant research/review articles and websites have also been used [7,8].

### 2.1. Nidana of Prameha according to Ayurveda

**Table 1.** Nidana of Prameha according to Ayurveda.

Criteria	Acharya Charaka	Acharya Sushruta	Ashtanga Hridaya	Madhava Nidana
<b>Ahar</b>	Shleshma Meda mutra Sanjanana Karmas.	Medhya	Medamutrakaphava-ham-Ahar that causes vitiation of Meda, Mutra, Kapha.	Kaphakruta Hetus
<b>Rasa</b>	Madhura	Madhura	Madhura, Amla, Lavana	



Guna	Drava	Sheeta, Snigdha, Drava	Snigdha, Guru, Picchila, Sheeta	
<b>Plant based Dravya</b>	Excessive intake of Hayanaka, Yava, Chinaka, Koddalaka, Naishadha, Itkataka, Mukundaka, Mahavrihi, Pramodaka, Sugandhaka, Harenu with excessive ghee, Masha, Soupya, Shaaka, Tila, Pishtanna, Payasa, Krushara, Vilepi, Ikshu preparation, Madya		Nava Dhanya, Ikshu, Guda, Sura	Navannapanam, Guda preparations
<b>Animal based Dravya</b>	Gramya, Anupa, Audaka Mamsa, Dugdha, Mandaka, Dadhi,		Gorasa, Anupa Mamsa	Gramya, Anupa, Audaka Mamsa, Dugdha, Dadhi
<b>Vihara</b>	Avyayam, Swapna Shayan asana	Diwa Swapna, Avyayam, Alasya,	Ekaasthana Asana Sitting at one place	Asyasukha, Swapna Sukha
			Vidhi Varjita Shayana-Improper sleeping pattern	

## 2.2. Types of Prameha

**Table 2.** Types of Prameha.

Sr No.	Charaka	Sushruta	Vagbhata	Madhava Nidana
1	Udakameha	Udakameha	Udakameha	Udakameha
2	Ikshuvalikameha	Ikshuvalikameha	Ikshuvalikameha	Ikshuvalikameha
3	Sandrameha	Sandrameha	Sandrameha	Sandrameha
4	Sandrprasadmeha	Surameha	Surameha	Surameha
5	Suklameha	Pishtameha	Pishtameha	Pishtameha
6	Shukrameha	Shukrameha	Shukrameha	Shukrameha
7	Sheetameha	-	Sheetameha	Sheetameha
8	Sikatameha	Sikatameha	Sikatameha	Sikatameha
9	Shanairmeha	Shanaimeha	Shanairmeha	Shanairmeha
10	Alalmeha	Lalmeha	Lalmeha	-
11	-	Lavanmeha	-	-
12	-	Phenameha	-	-

## 2.3. Purvarooopa of Prameha

- Matting of hair.
- Sweetness in the mouth.
- Numbness in hands and feet.
- Burning sensation in the hands and feet.
- Dryness in the mouth, palate and throat.
- Increased thirst.



- Laziness
- Accumulation of wastes in Hrudaya, Netra, Jivha, Karna
- Ants are attracted towards the urine of the person.
- Foul smell from the body.
- Nidra, Tandra.
- Looseness of body.
- Patients tend to seat and sleep.
- Excessive growth of Kesha, Nakha.
- Desire for Sheeta substances.

## **2.2. Samanya Lakshana of Prameha**

The Samanya Lakshana of Prameha is increased quantity and turbidity in the urine.

## **2.3. Madhumeha**

When the patient's mutra is as sweet as Madhu and there is presence of Madhuryata in his body, when these characteristics are seen in the Pramehi he is called Madhumehi [9].

### **2.3.1. Nidana of Madhumeha**

Excessive consumption of Guru, Snigdha, Amla, Lavana, newly harvested Dravya, newly prepared alcohol, sleeping for a long time, sitting for a long period, not performing Vyayam, Chintana, Vamanadi Shodhana, Accumulation of excessive Kapha, Pitta Meda, Mamsa.

### **2.3.2. Nidana in terms of Vruddhawastha**

The Vata Prakopa seen in Madhumeha can be categorized into two, resulting from two different pathologies, Dhatukshayajanya and Margavarodhajanya/avarana by Kapha Pitta.

In Vruddhawastha due to Swabhava there is Saptadhatu Kshaya which further serves as a cause of Vata Vruddhi.

### **2.3.3. Samprapti of Madhumeha**

#### **2.3.3.1. Dhatukshayajanya Madhumeha**

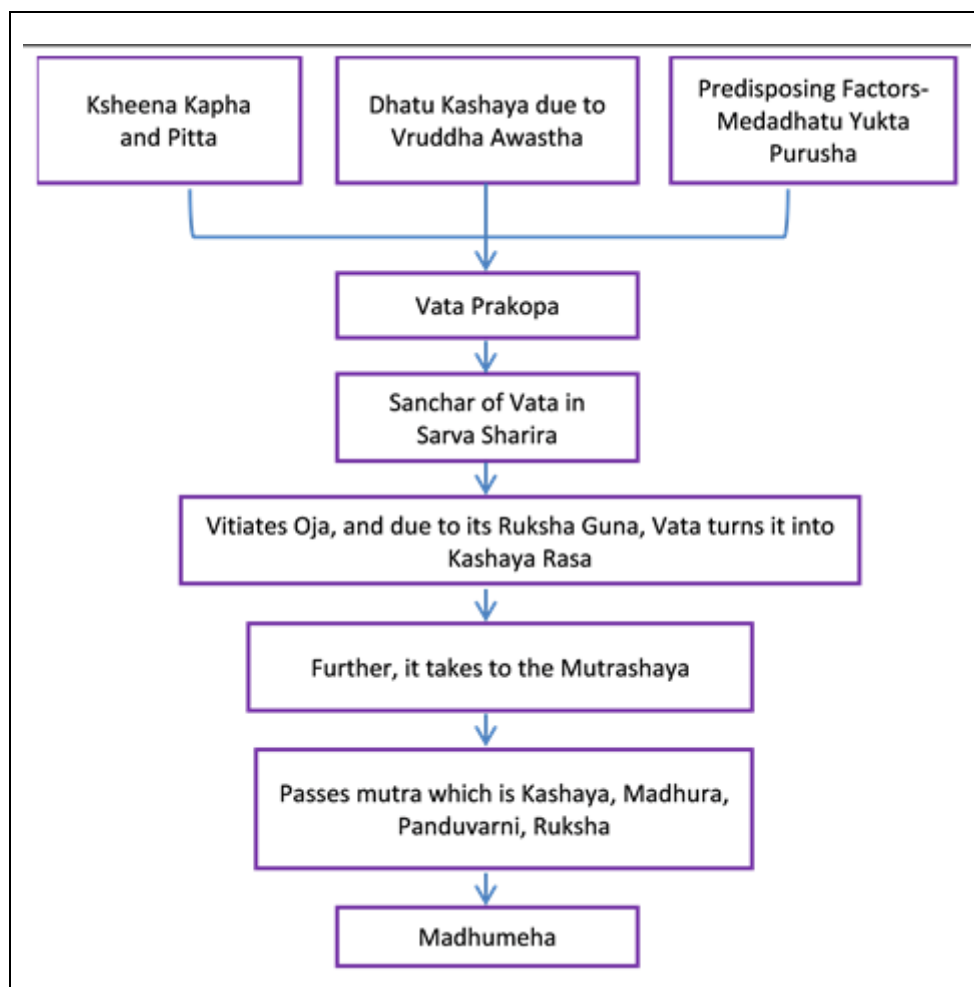


Figure 1. Dhatukshayajanya Madhumeha

### 2.3.3.2. Margavarodha Janya Prameha

When the vitiated kapha and pitta does Avarodha to normal Gati of Vata, it leads to Vata Prakop leading to Madhumeha.

### 2.4. Samanya Chikitsa of Prameha

The Pramehi patients can be divided in 2 categories

1. Sthula Pramehi
  2. Krusha Pramehi
- Sthula Pramehi being obese and strong, and who has more vitiated doshas in the body should be given Samshodhana Chikitsa.
  - Krusha Pramehi being emaciated and weak, should be given Brumhana Chikitsa. Various Kalapa's mentioned in Kal-pasthana should be used to carry out Malashodhan for oleated patients and then Santarpana Chikitsa should be given.
  - If the patient is not indicated for Samshodhana Chikitsa, Samshamana Chikitsa should be given.

### 2.5. Pathyapathya in Ayurveda

Dravya's which when consumed do not cause obstruction to the Patha- pathways [ Srotasas] and are pleasant to the mind are called as Pathya Ahar. On the contrary, those which cause adverse action are termed as Apathya Ahar.

### 2.5.1. Importance of Pathya in Madhumeha

- Nidana Parivarjana: The factors that cause Madhumeha should be avoided since Nidana Parivarjan i.e. avoiding the factors that cause the disease is the first line of treatment.
- People who excessively indulge in unwholesome foods, excessive Snigdha Ahar, excessive quantity of food, who avoid bathing and walking, who are obese, lazy, such people are more likely to get Prameha.
- But those who follow wholesome Ahar and Vihar which keep the dhatus in equilibrium, such individuals have less chances of getting Prameha and live a healthy life.

### 2.5.2. Pathya in Vruddhawastha

After the age of 60 years, Sapta Dhatu, Indriya, Bala, Veerya, Paurusha, Parakrama, Grahana, Dharana, Smarana, Vachana and Vigyan Shakti start to diminish. The power of Dhatus is not optimum. There is a predominance of Vata Dosha.

Due to Vata, the Agni is also affected. Agni acquires Vishamata. When it becomes Manda, there is formation of improper Ahar Rasa further leading to Ama formation and Srotorodha. When Agni becomes Tikshna, there is Dhatukshaya.

In Vruddhawastha, the important factors to consider are:

- Vata Shamaka
- Rasayana
- Ojokara
- Balya
- Brimhana
- Agni Deepana
- Pachana
- Anulomana

### 2.5.3. Pathya in Geriatric Type II Diabetes Mellitus

Considering the general principles of Ahar for Madhumeha and Vruddhawastha, the following Ahara and Vihara should be considered in geriatric diabetes mellitus.

### 2.5.4. Pathya Ahara

**Table 3.** Pathya Ahara.

	Name	Properties
Shuka Dhanya	1. Shashtika Shali	Tridoshaghna, Laghu, Madhura, Sheeta, Snigdha, creates Sthirata in the body.
	2. Godhuma	Vatahara, Sandhanakruta, Madhura, Jeevaniya, Brumhana, Vrushya, Snigdha, Guru, Sthairyakara. [Wheat should be used in appropriate quantity such that it will not increase Kapha]
Shami Dhanya	1. Kulatha	Vatanashaka, Ushna Veerya, Kashaya, Amla Vipaki, Kapha, Shukra Nashak, Grahi.
	2. Tila	Vataghna, Balya, Snigdha, Ushna Veerya, Madhura, Tikta,



		Kashaya, Katu, Kapha Pittavardhaka.
Shimbi Dhanya	Chakramarda and Avalguja	Kapha-Vatanashaka
Mamsa Varga	1. Kukkuta Mamsa	Vatanashaka, Balya, Ushna Veerya, Snigdha, Vrushya, Brumhana, Swedakara, Swaravardhaka.
	2. Rohita Matsya Mamsa	Vatanashaka, Atyadhika Balya, Ushna Veerya, Agnideepak, Laghu.
Other Mamsa which are suitable are Hamsa Mamsa, Mayur Mamsa, Lava bird Mamsa etc.		
Shaka Varga	1. Rajakshavaka	Tridoshaghna, Grahi, Laghu
	2. Changeri	Agnivardhaka, Ushna Veerya, Grahi, Vata Kaphahara.
	3. Guduchi	Vatashamak
	4. Shatavari, Bala, Jeevanti	Vatapittanashak
	5. Kushmanda	Tridoshaghna, Ksharayukta, Madhura, Amla, Laghu, Mala-mutra Virechaka.
	6. Vidarikanda	Jeevaniya, Vrushya, Brumhana, Rasayana, Kanthya, Balya, Mutrala, Madhura, Sheetta.
Phala Varga	1. Dadima	Vatashamak, Deepana, Amla, Kashaya, Madhura, Snigdha, Ushna, Stambhaka, Ruchikara, Kaphapitta Avirodhi.
	2. Amalaki	Pancharasatmak, Sweda, Meda, Kapha-Pittahara.
	3. Mrudvika	Vata-Pittanashak, Vrushya, Brumhana, Madhura, Snigdha, Sheetta Veerya.
	4. Badama, Pista, Akrod	Vatahara, Vrushya, Brumhana, Balya, Madhura, Snigdha, Ushna, Guru, Kapha-Pittavardhaka.
Harita Varga	1. Ardraka	Rochana, Deepana, Vrushya, Kapha-Vatashamak, Avibandhakara.
	2. Jambira	Rochana, Deepana, Kapha-Vatashamak, Pachaka, Kruminashaka, Mukhashuddhikara.
	3. Bala Mulaka	Tridoshaghna,
	4. Onion	Vatashamak, doesn't increase Pitta, Kaphakarak, Vrushya, Balya, Ruchya.
	5. Garlic	Vatashamak, Katu, Snigdha, Ushna Veerya, Guru, Vrushya,
	6. Black Jeeraka	Kapha-Vatanashaka
Gorasa Varga	Go Ghutra	Vata-Pittanashak, Smruti, Agni, Buddhi, Oja, Shukra, Kapha Vardhaka.
	Takra	Kashaya, Madhura, Laghu, Grahi, Ushna Veerya, Agnideepak, Vatanashaka, Truptikarak, Veeryavardhaka.
Aharopayogi Varga	Taila	Madhura, Kashaya, Sukshma, Ushna Veerya, Vatanashaka, doesn't cause Kapha Vruddhi, Balya, Agni, Medhavardhaka, Pittavardhaka.
	Shunthi	Sasneha, Deepana, Vrushya, Ushna Veerya, Katu but Madhura Vipaki, Hrudy, Ruchikara, Vatakapaghna.
	Maricha	Not Atiushna, Laghu, Ruchya, Chedana, Deepana, Kaphavatanashaka.
	Hingu	Vata-Kaphanashaka, Katu, Ushna Veerya, Laghu, Deepana, Ruchya, Avibandhakara.
	Saindhav	Tridoshanashaka, Rochana, Deepana, Vrushya, Avidahi, Lavana, Madhura, Chakshushya.



### 2.5.5. Apathya Ahara

The consumption of Ahar Dravya mentioned in the Nidana of Madhumeha has to be avoided. The following Ahar Dravya's are to be avoided.

- Koradusha, Shyamaka, Yava [if used excessively will cause vitiation of Vata], Vrihi.
- Rajamasha, Kalaya, Chanaka.
- Adhaki.
- Beef.
- Kalaya shaka, Sarshapa Shaka.
- Kharjura,
- Amra, Banana, Jackfruit.
- Dadhi, Mahisha Dugdha

### 2.6. Pathya Vihara

The person should follow an active lifestyle. The following activities should be followed.

- Vyayam; physical exercise has to be done by the person suffering from Madhumeha. But since heavy physical exercises are contraindicated in Vruddhawastha, the person can perform Chankramana. It improves Ayu, Bala, Medha, Agni and does Indriya Bodhana.
- Udvartana- Proper Udvartana by applying great Bala can be performed.
- Snana should be performed daily.
- Lepa- of Twak, Ela, Agar and Chandana can be done

### 2.7. Apathya Vihara

The person should avoid a sedentary lifestyle and adopt an active lifestyle. The following activities should be avoided.

- Sitting/ lying down for a long period of time without many movements.
- Vidhi Varjit Shayan -Improper sleeping pattern, sleeping at akala and Ati Prasanga Sleeping on odd times during the day and for a long time.
- Diwa Swapna; Sleeping during the daytime.
- Not performing Vyayam, Snana, Walking.

## 3. Results and Discussion

The study highlights the importance of Pathyapathya in geriatric diabetes mellitus. Jara Awastha being Vata dominant stage of life presents with its own complications. The condition of Dhatus is not optimum, there is Vishamata in the Agni and there is reduction in Bala, Indriya etc. making them more susceptible to various disorders including diabetes. 43 % of total people suffering from diabetes belong to the geriatric age group.

Pathyapathya plays a significant role in the management of diabetes and prevents its further complications. A wholesome diet and suitable activities help in maintaining the equilibrium of dhatus and hence reducing the risk of complications. Considering Madhumeha and Vruddhawastha, Ahar, which is beneficial in both aspects, has to be followed. Ahar, which is Vatahamak, Rasayana, Balya etc should be followed like Shastika Shali, Kulatha, Amalaki, etc. Lifestyle modifications such as Vyayam, Chankramana, Udvartana, Snana are recommended and the Nidanas that cause the Madhumeha are to be avoided.





#### 4. Conclusion

Pathyapathya is an important aspect for management of Madhumeha in the geriatric age group. Since in Vruddhawastha, the dhatus are weakened due to age factor, Shodhana treatment is not indicated. Hence managing the disease by Shaman Aushadhi and Pathyapathya is crucial. When Pathyapathya is followed carefully the disease can be managed and the complications like diabetic neuropathy, nephropathy etc can be prevented promoting healthy ageing in diabetic geriatrics.

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