



An observational study of *Atyambupan* as *Hetu (nidan)* in diabetes mellitus (*Madhumeha*) and its preventive treatment

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ABSTRACT:-

It is common lifelong health disease. India had more diabetics than any other country in the world, according to the International Diabetes Foundation, although the country has now been surpassed in the top spot by China. Diabetes currently affects more than 62 million Indians, which is more than 7.1% of the adult population. The average age on onset is 42.5 years. Nearly 1 million Indians die due to diabetes every year¹. According to WHO Diabetes is a Life style disorder. The main cause of diabetes is there is restless lifestyle, stress, unnatural dietary factor. It has turned out biggest silent killer today's in world. In *Ayurveda* diabetes can be correlated with *Madhumeh* which is a *Vata* predominant disease. Causes of *Madhumeh* are *Diwaswap*, *Atyaambupan*(excessive water intake), *Guru*, *Madhur*, *Shita*, *Snighatdh*, *Ahara Sevan*² etc. Now a day most of people think drinking large amounts

of water is helpful for proper skin health, Digestion, and Health, etc? Claims have been made that excessive drinking water gives you a radiant skin, and healthy while others people say it has no effect and it causes many disease and side effect .so here is effort to highlight the *Atyambupan* (Excessive water intake) as *Nidan* of Diabetes given in *Ayurvedic* text as well as occurring at present and make aware the society to prevent the disease through *Nidanparivarjan*.

KEYWORDS: - Diabetes militias, *Madhumeha*, *Atyambupan*, Preventive treatment (*Nidan parivarjan*)

INTRODUCTION:-

Water is life of living Kingdome .It is passes ability to treat various diseases and this watery therapy established as important non invasive therapy in medical field. It is source of Health if taken in right time and

appropriate quantity³. It is also source of disease if taken in unacceptable time and inappropriate quantity. The general recommendation water intake from The U.S. National Academies of Sciences, Engineering, and Medicine is about: 11.5 cups (2.7 liters) a day for women, 15.5 cups (3.7 liters) a day for men. This includes fluids from water, beverages like teas and juice, and from food etc.⁴

Water has verity *Hrudya, Jivan, Tarpan, Budhiprabhodana, Tanu, Shita, Laghu*⁵ if used judicially, in an appropriate quantity act like nectar otherwise act like poison. The quantity of water is *Samyak Yog* is always good for health. In *Charak Samhita* the *Ayoga, Mithyagoga, and Atiyoga of Kal, Endriya, Budhi*⁶ are mentioned. It causes Physical and Mental disease. Here we discuss about the *Atiyoga* of Drinking water, even in condition of thirst, it lead to increase *Kapha* and *Pitta Dosha*. It also increase *Ama, Trishna, Nidra, Tandra, Aadhaman, Gaurava, Kasa, Agnisada, Praseka, Shwas, and Pinasa*⁷. Drink the water should be in moderate amount in disease such as *Pratishaya, Praseka, Khalitaya, Mandaagni, Kushta, Jwar* and *Madhumeha*⁸. Water is very important in our body which forms about 50 - 65%. If a person consume water more than that, then the balance of *Mahabhutas* in our body is disturbed which cause the diseases. The quantity of water intake differs for different person. *Atyambupan* - leads to *Agnimandya* - Food not digested properly - *Aahar Rasa* is not formed properly - *Aamoptapatti* - *Kledvridhi* - *Kapha Prakop* - *Sheet & Drav Guna* increased - *Strotorodha* leads to all

types of *Santarpanjanya Vyadhis*. Like *Diaeties*⁹

AIM AND OBJECTIVE:-

To observe the influence of *Atyambupan* in of diabetes mellitus (*Madhumeha*)

MATERIAL AND METHOD:-

Selection of Patients

A group included 60 Patients who came to OPD of Primary health centre *Pombhurna* Hetus were studied with keen questionnaire survey of their diet, life-style and habits of *Atyambupan* and daily regimen were noted of 20-75 year of age group.

Inclusive Criteria:-Known case of Diabetes Mellitus Patients with irrespective age and sex. All Patients and their relative who wake up After 6 Am in the morning and drink water more than 500 ml at time of *Ushapan*, before food, within food, after food and *Nishapan*.

Exclusive Criteria: -

1. AIDs, Hepatitis, T.B. and infections disease.
2. Pregnant, lactating mother, child
3. Patients and Other having age below 20 years and above 75 year.

Place of Study: Study was conducted OPD of Primary Health centre *Pombhurna*.

Methods for the study

For the study, a standardized questionnaire in the form of Performa was prepared. Study subjects were asked about his daily routine to know quantity of excessive water intake and deviation from rules for taking water. In

the questionnaire, following questions were asked, water drinking habits like *Ushapan*, before food *Atyambupan*, *Atyambupan* with food, *Atyambupan* after food, *Nishapan* to patients and their relatives.

Statistics: - On basis of Percent.

Observation and Result: - Showing distribution of *Hetusevana* (Causative factors) Common for *Madhumeha* Observed in patients¹⁰.

Showing distribution of <i>Hetusevana</i>	Total N-60	Percentage (%)
<i>Atyaambupan</i>	55	91
<i>Diwaswap</i> (Day time sleep)	36	60
<i>Avyayam</i>	45	75
<i>Guru ,shita, madhur ,anna, paan</i>	46	76
<i>Mandak,dadhi</i> (Curd)	29	48
<i>Surasevana</i> (Alcohol consumption)	15	25

Showing distribution of <i>Atyaambupan</i> in whole day ¹¹	Total	Percentage (%) N=100
<i>Ushapan</i> (Intake of water Early in morning more than 500ml after 6 am)	49	81.66
Intake of water more than 500ml after food	40	66.66

Intake of water more than 500ml before food	37	61.66
intake of water more than 500ml with food	30	50
Intake of water more than 500ml before the sleep	47	78.33

Discussion:

Showing distribution of *Hetusevana*

55 Patients (91%) were taking *Atyambupan*, 36 Patients (60%) were taking *Divaswap*, 45 Patients (75%) were not doing exercise, 29 Patients (48%) taking *Manda* and *Dadhi*, 15 Patients(25%) were taking *Surasevan*, 46 Patients(76%) were taking *Guru ,Shita, Madhur ,Anna, Paan*

Showing distribution of *Atyaambupan* in whole day

49 Patients (81.66%) were taking *Ushapan*, 40 Patients (66.66%)were taking more than 500 ml water after food, 37 Patients (61.66) were taking more than 500 ml water before food, 30 Patients (50%) were taking more than 500 ml water with food, 47 Patients (78.33%) were taking more than 500 water before sleep.

Conclusion: -

The observation during survey showed patients with “*Atyambupan*” mostly suffer with *Agnimandya* which are responsible for causing *Madhumeh*. According to modern view, excess intake of water dilutes the

sodium level. Osmosis takes place, blood goes into cells, swelling of cells occur. Lead to Hyponatremia which is called as water intoxication.¹²

Limiting of diabetes mellitus without any side effects is a challenge still to the medical system. In ancient time *aacharya shushrut* gives best preventive treatment is '*Nidan parivarjan*'. *Ayurveda* gives more importance to the etiological factors as the avoidance of these factors can itself prevent manifestation of any disease. By following the main *Ayurvedic* principle of *Nidanparivarjan* in case of *Madhumeh* i.e., by avoidance of the above mentioned etiological factors that has been mentioned in our *Ayurvedic* texts one can prevent and manage diabetes very well. *Nidan parivarajan* look better way to prevent disease in people who have never had disease or to prevent a disease from returning.

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