

A study on diet as a causative factor for *Apattyanimittaja Madhumeha* (Type II Diabetes Mellitus)

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Abstract

Diabetes is one of the non-communicable diseases in modern era. But it has ancient history runs over to Vedic era. According to Ayurveda 20 types of *Prameha* diseases has described. They are categorized in to two, *sahaja* and *apattyanimittaja*. The *Madhumeha* is a *Vatajaprameha*. As per Ayurveda the main causes of *Apattyanimittaja Madhumeha* are diet and regimen. According to modern medicine excess calorie intake and without or lack of exercise support to make type II Diabetes Mellitus. The aim of this study was to identify the role of diet as a causative factor for *Madhumeha*. This study was conducted in OPD and IPD level, at the National Ayurveda (Teaching) Hospital, Colombo, in 2010. The total number of 24 Diabetic patients in both sexes was included. Following observations were found. Sex wise distribution 19(79.16 %) were female and 5(20.83%) were male. Distribution of age revealed that the maximum 11 (45.83 %) were in 46 -55 age group. Considering the habitat, the maximum 11 (45.83 %) was found in urban area. The consumption of diet was inquired by considering their dietary menu in consecutive three days and special attention was given to the diet which has mentioned in *CarakaSamhita*. The results revealed that the regular use of *Dadhi*, or other milk products, was 21 (87.5%); meat or other meat products (e.g. *Gramya*, *Udaka*, and *Anupa Mansa or rasa*-soup) was 14 (58.33%); *Navannapana*, e.g. raw rice or other starchy food was 14 (58.33%) and *Gudavaikruta*, e.g. cane sugar or sugar included products was 21 (87.5%); oil (*Sneha* or *Sneha* included food e.g. Often use oil for cooking and big amount of coconut milk was 20 (83.33%) It can conclude that the diet plays an important role in the onset of *Madhumeha* and to get rid of this disease it is necessary to think twice about the diet.

Keywords: *Mdhumeha*, Diet, Diabetes Mellitus

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