

YOGA WITH PRAKHAR

Ayurvedic Diabetes Management (Madhumeha / Prameha) & Diet Plan

SENIOR AYURVEDA CONSULTANT: PRAKHAR GARG

Pranam! Ayurveda mein Diabetes ko **Prameha** aur high blood sugar level stage ko **Madhumeha** kaha gaya hai. Yeh mukhya roop se ****Agni Mandya (Weak Digestion)****, ****Medas Dhatu (Fat Tissue) Imbalance****, aur ****Tridosha (mukhya roop se Kapha aur Vata)**** ke vitiated hone se hota hai. Sirf blood sugar suppress karne ki jagah Ayurveda ka lakshya ****Insulin Sensitivity badhana****, ****Pancreatic Beta-cells ko rejuvenate karna****, aur ****Target Organs (Eyes, Kidneys, Nerves) ko neuropathy se bachana**** hai. Yeh comprehensive guide Sabhi Types of Diabetes aur Age Groups ke liye customized diet, herbs, aur lifestyle plan pradan karti hai.

1. TYPES OF DIABETES ACCORDING TO TRIDOSHA & MODERN CLASSIFICATION

Ayurveda mein Prameha ke 20 prakar bataye gaye hain, jo 3 main Tridoshic categories mein aate hain:

KAPHAJA PRAMEHA (Early / Type 2 / Overweight)

Symptoms: Lethargy, excess sleep, weight gain, heavy feeling, cloudy urine, sweet taste in mouth.

Treatment Focus: 10 sub-types (Sadhya / Curable). Focus on ***Apatarpana*** (reducing excess tissue), Bitters (***Tikta Rasa***), Dry herbs (***Rooksha***), and vigorous physical exercise.

PITTAJA PRAMEHA (Inflammatory / Metabolic Disorder)

Symptoms: Excessive thirst (***Trishna***), burning sensation in body, acidity, sweating, yellowish or red-tinted urine.

Treatment Focus: 6 sub-types (Yapya / Manageable). Cooling bitters like Guduchi, Neem, and Amla to pacify metabolic heat and clean blood.

VATAJA MADHUMEHA (Type 1 / Lean / Chronic Degenerative)

Symptoms: Rapid weight loss, extreme fatigue, dry skin, muscle wasting, nerve numbness, frequent urination.

Treatment Focus: 4 sub-types (Asadhya / Chronic management). Nourishing (***Santarpana***) yet anti-diabetic care using Shilajit, Ashwagandha, and Vata-pacifying herbs.

2. COMPREHENSIVE AYURVEDIC DIABETES DIET PLAN (ALL TYPES)

Yeh daily meal plan Low Glycemic Index (GI), High Fiber, aur Bitter/Astringent (***Tikta-Kashaya***) taste par based hai jo natural insulin action ko boost karta hai.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
Early Morning (6:00 AM - 6:30 AM)	1 glass Luke-warm Water. • <i>Kapha (Overweight/Type 2)</i> : Warm water + 1/2 tsp Methi (Fenugreek) powder + 1 tsp Jamun seed powder OR soaked Methi seeds water. • <i>Pitta (Inflammatory/High Heat)</i> : Warm water + 15 ml Amla + Aloe Vera Juice. • <i>Vata (Lean/Type 1/Elderly)</i> : Warm water + 1/2 tsp Haldi + 1/2 tsp Vijaysar water.	Methi and Jamun seeds improve peripheral glucose uptake. Amla acts as a potent antioxidant protecting beta-cells.
Breakfast (8:00 AM - 8:30 AM)	Low-GI, Fiber-rich breakfast: • Jowar / Besan / Oats Chilla with vegetables (Spinach, Methi, Lauki). • Roasted Barley (Jau) Dalia cooked with vegetables. • 1 cup Herbal Cinnamon-Tulsi Tea (without sugar/jaggery).	Barley (*Yava*) is the single best grain mentioned in Charaka Samhita for Prameha due to its dry (*Rooksha*) and Kapha-reducing qualities.
Mid-Morning (11:00 AM)	Astringent / Low-Sugar Fruits: 1 small bowl Green Apple, Jamun, Guava, Pomegranate (Anar), or Papaya. • <i>Plus</i> : 4 Soaked Almonds + 2 Walnuts + 1 tsp Roasted Flaxseeds.	Soluble fibers slow down sugar absorption in the intestine and prevent sudden post-meal sugar spikes.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
Lunch (1:00 PM - 2:00 PM)	Multi-grain Chapatti (Jau + Chana + Wheat flour in 2:1:1 ratio) OR Brown/Samba Wheat Rice. • 1 bowl Moong Dal / Masoor Dal / Kulthi Dal (Horsegram). • Green Vegetables: Karela (Bittergourd), Bhindi, Methi, Lauki, Parwal, Cucumber salad.	Karela and Parwal stimulate insulin secretion and purify blood (*Rakta Shodhana*). Kulthi Dal cleans kidney filtration channels.
Evening Snack (5:00 PM)	Roasted Chana (Bengal Gram) OR Roasted Makhana (Foxnuts) with Black Pepper + 1 cup Green Tea / Vijaysar Tea / Neem-Tulsi Kadha.	Protects against evening hypoglycemia (low sugar) while keeping caloric density extremely low.
Dinner (7:00 PM - 7:30 PM)	Very Light & Digestible Dinner: Moong Dal Vegetable Soup OR Jau (Barley) Vegetable Khichdi OR Methi Roti with Lauki Sabzi. Strictly complete dinner before sunset or by 7:30 PM.	Late night eating severely hampers nocturnal metabolic rate, causing high fasting blood sugar (*Dawn Phenomenon*).
Bedtime (9:30 PM)	• <i>General / Kapha</i> : 1/2 glass Warm Water + 1 tsp Triphala Churna. • <i>Vata / Weakness</i> : 1/2 cup Warm Cow Milk (toned/skimmed) + 1/2 tsp Haldi + pinch of Cinnamon.	Triphala cleans colon toxins (*Ama*) and improves morning insulin sensitivity. Haldi prevents diabetic vascular damage.

3. KEY AYURVEDIC MEDICINES FOR DIABETES (MADHUMEHA AUSHADHI)

Classical & proven Ayurvedic formulations for glucose control, pancreatic rejuvenation, and complication prevention:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	CLINICAL ACTION & BENEFITS
Chandraprabha Vati	1-2 Tablets twice daily	After meals with warm water	Master formulation for urinary & kidney health. Prevents diabetic nephropathy, burning urination, and general weakness.
Vasant Kusumakar Ras	1 Tablet daily (under medical supervision)	Morning after breakfast with Honey/Milk/Water	Gold-standard Rasayana for chronic/Vataja Diabetes. Rejuvenates vital organs, treats severe diabetic neuropathy & muscle wasting.
Nisha-Amalki Churna (Haldi + Amla)	1 tsp twice daily	30 mins before meals with warm water	Classical combination (*Haridra + Amalaki*). Exceptional anti-glycation agent, preserves eye retina and micro-vessels.
Shilajit / Shuddha Shilajit	250-500 mg resin OR 1 Capsule daily	Morning with warm water or milk	Increases cellular ATP energy, reduces chronic weakness, enhances insulin sensitivity, and purifies metabolic channels (*Srotas*).
Jambvasava / Asanadi Kwath	15-20 ml with equal water twice daily	After meals	Made from Jamun, Vijaysar, and Asana. Directly lowers postprandial blood sugar levels and digests excess Kapha/Fat.
Gudmar Churna (Gymnema Sylvestre)	1 tsp twice daily	30 mins before major meals	Known as "Sugar Destroyer". Blocks sugar receptors on the tongue and intestine, supporting pancreatic beta-cell health.
Saptarangi / Vijaysar Wood Water	Soak wood stick in water overnight, drink morning	Empty stomach	Reduces intestinal glucose absorption and regulates hemoglobin A1c (HbA1c) naturally.

4. DIABETES MANAGEMENT GUIDELINES ACROSS DIFFERENT AGE GROUPS

1. Children & Teenagers (Juvenile / Type 1 Diabetes) - Vata-Pitta Focus

- **Primary Concerns:** Autoimmune destruction of beta cells, rapid weight loss, growth faltering, fear of hypoglycemia.
- **Management:** DO NOT stop insulin. Combine with gentle Ayurvedic Rasayanas like Amla, Chyawanprash (sugar-free), Bramhi, and Giloy to reduce autoimmune stress. Ensure adequate healthy proteins (Moong, Ragi) and Ghee in small amounts to prevent muscle wasting.
- **Lifestyle:** Daily outdoor play, stress reduction, routine sleeping habits.

2. Young & Working Adults (Age 20 - 45 Years) - Metabolic & Stress-Induced Type 2

- **Primary Concerns:** Sedentary lifestyle, visceral belly fat, high work stress, irregular eating, high HbA1c.
- **Management:** Strict *Apatarpana* (calorie/fat reduction). Daily consumption of Nisha-Amalki, Jamun seed powder, and Gudmar. Replace refined wheat/rice with Jau (Barley) and Chana.
- **Lifestyle:** 45 minutes brisk walking daily, Yoga (Surya Namaskar, Mandukasana, Paschimottanasana), avoiding late-night snacking and alcohol.

3. Elderly Citizens (Age 45+ Years) - Chronic Diabetes & Complication Prevention

- **Primary Concerns:** Diabetic Neuropathy (foot numbness/tingling), Retinopathy (vision loss), Nephropathy, joint pain, extreme weakness.
- **Management:** Balance sugar control with tissue nourishment. Use Chandraprabha Vati, Shilajit, Vasant Kusumakar Ras, and Ashwagandha. Foot massage with warm Sesame oil (*Pada Abhyanga*) daily to protect nerve endings.
- **Lifestyle:** Mild walking, Pranayama (Anulom Vilom, Kapalbhati under supervision), regular kidney/eye checkups.

5. PATHYA & APATHYA (DO'S AND DON'TS FOR DIABETES)

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Old grains: Barley (*Jau*), Roasted Chana, Bajra, Ragi, Foxtail millet. • Bitter & Astringent vegetables: Karela, Parwal, Methi, Drumstick, Neem. • Warm water, Vijaysar water, Amla-Haldi juice. • Daily regular exercise, Yogasanas (Mandukasana), Pranayama. • Early dinner (by 7:30 PM) and 7-8 hours sound sleep.	• Sugar, Jaggery (*Gud*), Honey (heated), Sweets, Bakery items. • Refined flour (*Maida*), White Rice, Potato, Yam (*Arbi*), Sweet Potato. • Daytime sleeping (*Diva-swapna*) – severe Kapha aggravator. • Freshly harvested grains, curd (*Dahi*), heavy creamy milk. • Sedentary lifestyle (*Aasya Sukham*) and chronic mental stress.

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* ke dwara educational aur awareness purpose ke liye banaya gaya hai. Diabetes ke patients apni ongoing Allopathic medicines ya Insulin ko bina doctor ke consultation ke sudden stop na karein. Blood sugar level regular monitor karein aur Ayurvedic medicines certified practitioner ke supervision mein hi start karein.