



## Diabetes Mellitus in View of Ayurveda W.S.R. To Prameha

### KEYWORDS

Prameha , Kleda , Diabetes mellitus, Beejadushti

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### ABSTRACT

*Diabetes Mellitus is the silent killer is projected to be the 7th leading cause of death in 2030 as per WHO. India currently has 62.4 million people having Diabetes as per the studies conducted by Indian of Medical Research. In long term, patients of Diabetes suffer from lot of complications. So they are also susceptible to many other diseases. Modern medical science is trying its best to overcome this problem but it has got its own limitations. As per the modern medicine, not the complete cure but a prolonged remission, is what one can expect as the out-come of the treatment. This background highlights the necessity of Ayurvedic treatment of diabetes, in the present era.*

### INTRODUCTION

Diabetes Mellitus (DM) refers to a group of common metabolic disorders that share the phenotype of hyperglycaemia. Several distinct types of DM are caused by a complex interaction of genetics and environmental factors. Depending on the aetiology of the DM, factors contributing to hyperglycaemia include reduced insulin secretion, decreased glucose utilisation, and increased glucose production. The metabolic irregularity associated with DM causes secondary patho-physiological changes in multiple organ systems that impose a tremendous burden on the individual with diabetes and on the health care system.

DM comes under the umbrella of Prameha which is one among Ashta Mahagada. Prameha as per Ayurveda is marked by 'Prabhut avil mutrata'(polyuria and urine contains abnormal constituents).The word 'Prameha' means 'Prakarshena Mehati'that is frequent urination and increased quantity of urine. Ayurveda has describe basically two types of Prameha namely Sahaj(congenital) and Apathyanimitta(acquired).The present classification of type 1& type 2 diabetes quite resembles with it .Sahaj type, in which genetic factors are involved, cannot be cured totally but can be improved and maintained with proper treatment. Whereas the other type can be cured .Prabhut avil mutrata, the cardinal feature of Diabetes is the outcome of kleda vikruti in the body.

### Concept of Kleda in DM

Kleda is an essential bhava in human body as kledaka kapha. Charakacharya identified this as one among the 6 Ahar Parinamkar Bhava .According to 'Prakledane Sandra' kleda consists of Sandra guna. It is the medium of conduction during and after digestion and metabolism .Any alteration in its quality renders it as dushya or mala as in Prameha ,Kushtha,etc. According to vaidyaraj Datarshashtri, only drava guna of kapha is the main cause of Prameha which is nothing other than kleda .In other words it is called as 'Bahudravashleshma'that causes agnimandya and disturbs tej mahabhuta in dhatwagni. This is responsible for dhatushaithilya in prameh .Increased kleda in body causes increased amount and frequency of urine.Kleda being drava in nature, it affects all the drava or kapha pradhan dhatu in the body .Thus only Asthi dhatu is spared in the pathology of Prameha .Prameha is a disorder of im-

paired agnivyapara at dhatu level .Prameha passes through distinct stages .When it manifests as santarpana Prameha ,it is generally kapha dominant .Apatarpana Prameha is vata related .Kaphaj Prameha is generally having Avarana as the key samprapti .Vataj Prameha on the other hand is caused by dhatukshaya .

One of the unique features of Prameha is the involvement of multiple dooshyas in its samprapti .Starting from soumya dhatu in the initial stage, passing through aagneya dhatu -rakta in the middle stage and ending with vata related dhatu and Oja..Due to multiple involvement of dooshyas, there is a good number of updravas associated with Prameha .

All Prameha will terminally become Vataja Pramehas with definite signs of Dhatukshaya and Ojokshaya .Samprapti of Prameha according to Ayurveda can be concised in following points-

Imbalance of Dhatwagni

Association of Beejadushti

Kleda vikruti

Multiple complications in various strotas

### COMPLICATIONS OF DM

#### Diabetic Retinopathy

According to Ayurveda ,Eye is Tej Mahabhuta pradhan which means it is highly vascular in nature.The Pitta-Rakta composition of eye is essential for its normal functions. The Kapha prakopa and kleda leads to vascular changes in the eye which are later manifested as diabetic retinopathy .The events related with retinal vessels are initially caused by kapha and kleda .Latter event with haemorrhage in eye is Pitta-Rakta related phenomenon .The final stage of retinal detachment and vision loss is mainly caused by Vata .

#### Diabetic Neuropathy

In DM related neuropathy, dhatu & updravas are involved at a specific level .In Prameha purvarupa Acharyas have mentioned "Karapada daha"which is th direct reflectin of neuropathy Padaharsha & Padadaha ,described in Vatavya-

dhi are similar to peripheral neuropathy .Supti due to vata is also relevant while dealing with DM related peripheral neuropathy.

### Diabetic Nephropathy

Basti is one amongst the Tri-marma, when a mahagada like Prameha affects an important marma ,the severity of resulting disease increases. Kledavahana is the main function of mutra.In prameha, there is bahumutrata ,but in diabetic neuropathy the kledavahana is also impaired .As a result the kleda & other waste products start accumulating in the body leading to toxicity .Urea & creatinine are the markers of kledavruddhi in the body .Ultimately ,diabetic neuropathy will result in dhatupaka in the form of Diabetic pyelonephritis.

### PRINCIPLES OF TREATMENT OF DM

Treatment of DM according to Ayurveda is not merely the control of BSL treatment should be done after assessment of dominating dosha in the samprapti .Sanshodhana and sanshamana treatment will depend upon the type of patient of DM .Agnideepan ,Aampachana,Kleda shoshan and Strotas shodhan are commonly involved in the treatment And last but not the least , Ojovruddhikar medicines should also be used taking into consideration the 'kashayatva of Oja' in Madhumeha .Rasayana therapy should be implemented accordingly .The summation of all these therapies will result in Beejshuddhi which will prevent the hereditary transport of DM to next progeny

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