



LITERARY STUDY OF PRAMEHA WITH SPECIAL REFERENCE TO VIKALPA SAMPRAPTI

Dr. Samartha Kotasthane

Associate Professor, Sanskrit Samhita Department, Tilak Ayurved Mahavidyalaya, Pune.

Dr. Prajakta Rakh*

MD Scholar, Dept. of Dravyaguna Vigyana, Bharati Vidyapeeth (Deemed To Be University) College Of Ayurved, Pune. *Corresponding Author

ABSTRACT Diabetes mellitus is one of the challenging diseases due to its increased prevalence. Globally it affects over 311 million people and estimated that this would be exceed 470 million by 2030. 1 Symptoms of diabetes mellitus can be correlated to that of Prameha explained in Ayurveda.

Understanding of etiopathogenesis (Samprapti) of a disease is necessary for its treatment. Among the 6 types of Samprapti, Vikalpa Samprapti deals with aggravated Dosha with its Guna (attributes) correlation. Vitiating of these Guna, is occurs due to causes having same Guna. Thus physicians can choose Dravyabhoota Chikitsa or Adravyabhoota Chikitsa of opposite Guna as treatment according to Vikalpa Samprapti.

In conclusion of study, it is found that along with Drava Guna of abundantly raised Kapha, Guru, Snigdha, Picchil, Manda and Sthira Guna of Kapha vitiating more due to Hetu having same Guna.

KEYWORDS : Prameha, Vikalpa Samprapti, Guna, Hetu.

INTRODUCTION:

Ayurveda emphasizes that good health of human is always depends on normal state of Dosha, Dhatu and Mala. For maintaining proper state of these, Ayurveda gives daily and season wise regimen in detail. But now-a-days because of modernization, people are fails to follow them and suffer from lifestyle disorders. Growing urbanization, unhealthy lifestyle, fast food habits and lack of exercise these factors are acts as slow poison for lifestyle disorders like obesity, diabetes mellitus, insomnia etc. Among them, diabetes mellitus has quite importance as globally people are more prone towards the diabetes mellitus². Its symptoms which are more nearer to Prameha mentioned in Ayurveda.

Acharya Charaka included Prameha among 8 major disorders in Charak Nidan shows significance of Vyadhi. Prameha is a Kaphapradhan Tridoshaj Vyadhi and a group of many other clinical disorders. To treat Prameha Vyadhi as per Ayurveda principles, it is necessary to study Nidana Panchaka with correlation of Guna, which are vitiating more in Prameha.

Samprapti is a process from causes to formation of symptoms. Acharya Charak mentioned six various types of Samprapti for understanding a disease. Among them Vikalpa Samprapti is a type which deals with Guna - the attributes of vitiating Dosha. It helps to identify the aggravation of Dosha with its Guna correlation.

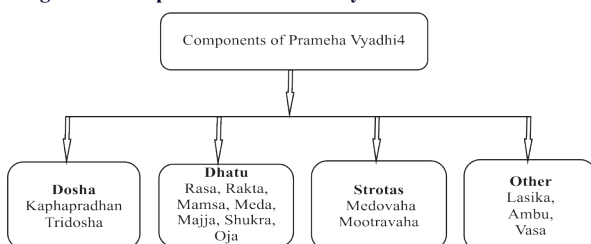
As Prameha is Tridoshaj in nature with involvement of nearly all bodily tissues – the Dhatu. it is really challenging job for Vaidyas to treat it. Hence it is necessary to understand Vikalpa Samprapti of Prameha in details.

Prameha Vyadhi:

All Ayurvedic classical texts mentioned in detail about Prameha Vyadhi. Even though Prameha is a Tridoshaja Vyadhi, it is basically a disease with Kapha predominance. Due to vitiating of Guna of Kapha Dosha i.e. Bahudrava, Kapha dushti occurs in Prameha. As per Chakrapani, vitiating Drava Guna of Kapha Dosha must be Bahu (abundant) in nature and less quantity of Dravatva or liquidity is not responsible for pathogenesis of Prameha³.

Components of Prameha:

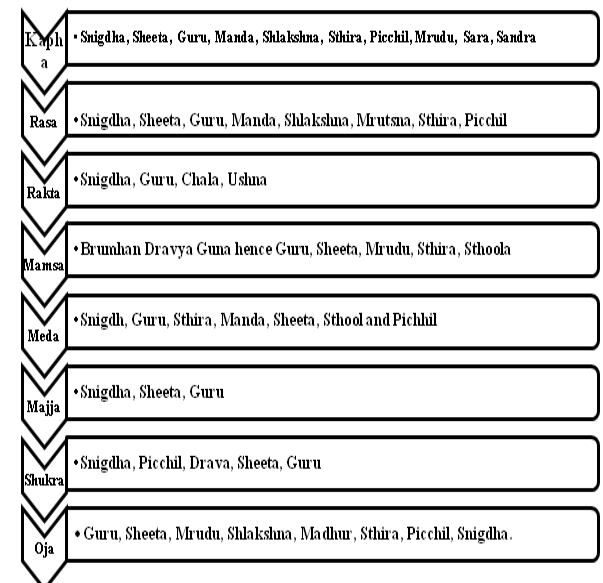
Diagram 1: Components of Prameha Vyadhi



Prameha occurs due to Tridosha Dushti but it is a Kaphapradhan in nature. Hence Kapha Dosha plays pivotal role in the Samprapti of Prameha. It has similar Guna with Rasa, Rakta, Mamsa, Meda, Majja, Shukra and Mootra which are also vitiating in Prameha. Along with Kapha dominance there is Meda Dhatu Dushti also an important factor. Meda in Prameha is Bahu (abundant in quantity and not well digested) and Abaddha (not well formed), most of the Guna of Kapha which is vitiating is as same as of Meda, so these two - Kapha (Dosha) and Meda (as Dushya) becomes main component of Samprapti of Prameha Vyadhi.

Following diagram shows Guna are associated in all these factors.

Diagram 2: Components of Prameha Vyadhi and its associated Guna



Hetu and Samprapti of Prameha:

Hetu of Prameha from various Ayurvedic classical texts can be divided into Aharaj and Viharaj groups.

Aharaj Hetu:

Excessive consumption of Shali Dhanya, Gramya-Aanoop-Audak Mamsa, Shaka, Til palal, Pishtanna, Krushara, Payas, Vilepi, Ikshu and Ikshuvikar, Ksheer, Nava Madya, Mandak Dadhi, Drava, Madhur, Navann, Sheet-Snigdha-Guru-Picchil Aahar all these are Aaharj Hetu of Prameha. ^{(5),(6),(7)}

Shali Dhanya:

Excessive intakes of Shali Dhanya increases Guru, Sthira, Manda Guna in the body, same Guna of Kapha Dosha are getting vitiated. It hampered the function of Dhatu, Mala having same Guna which leads to Prameha.

Gramya –Aanoop –Audak Mamsa:

Gramya Mamsa means Mamsa of Ashwa, Ushtra, Gavya etc. these increases Manda, Sthira, Guru Guna of Kapha Dosha.

Aanoop Mamsa means Mamsa of Mahisha, Varah, Gaja etc. which have habitat near water source increases Guru, Sthira, Manda, Snigdha Guna of Kapha. Acharya Sushrut also mentioned that Aanoop Mamsa is Mahabhishyandakar⁷. Hence Atisevan of Aanoop Mamsa causes Prameha.

Audak Mamsa means Mamsa of Aquatic animals i.e. fish. They have Guru, Snigdha, Ushna properties with Balya, Brumhan Karma⁸. Regular consumption of these Mamsa causes vitiation of Kapha and leads to Prameha.

Shaka:

In general Shaka are Madhur Rasa and Madhur Vipaki. Hence they have Snigdha, Sheeta, and Guru Guna. Unwholesome intake of Shaka increases these Guna of Kapha.

Tila-Palal:

Tila palal is a made up from Tila by grinding it, which contains more oil. Guru, Snigdha, Ushna Guna are associated in it¹⁰. Hence excessive intake of Tila-Palal increases these Guna of Kapha which become cause for Kaphavridhhi and Prameha.

Krushara:

Krushara is Balyakar food item¹¹. It is having Guru Guna predominance. Because of excessive intake of Krushara, Guru, Snigdha Guna of Kapha Dosha increases which causes Kapha Vriddhi.

Vilepi:

Rice and water are the ingredients of Vilepi. Which is Madhur Rasatmak, Drava in nature, Balavardhak, Santarpak and Vrushya¹². Being Madhur, it increases Guru, Snigdha, Picchil, Drava Guna of Kapha.

Ikshu Vikar:

Ikshu (Sugarcane) and preparations made up from Ikshu having Guru, Snigdha, Drava, Sara, Sheeta Guna⁽¹³⁾⁽¹⁴⁾. Hence excessive intake of Ikshu and Ikshu Vikar forms vitiated Kapha which is a important part of Prameha Samprapti.

Payas:

Payas is a sweet serving which contain milk, rice and sugar. Due to Atisevan of Payas, increases Guru and Snigdha Guna of Kapha Dosha. Hence Kaphavridhhi and Medovridhhi also occur.

Ksheer:

Generally all types of Dugdha from Ashtavarga are Guru, Snigdha, Picchil, Sheeta, Shlakshna, Sara, Mrudu Gunatmak⁽¹⁵⁾⁽¹⁶⁾. Due to Atisevan of Dugdha, these Guna of Kapha are vitiated and causes Kaphavridhhi and it is responsible for Prameha.

Nava Madya:

Aacharya Charak and Sushrut mentioned about Nava Madya, it is mainly a Guru, Abhishyandakar and Ahrudya⁽¹⁷⁾⁽¹⁸⁾. As it is mentioned Ahrudya, Rasa Dhatu gets vitiated. Hence Atisevan of Nava Madya increases Guru, Snigdha, Picchil Guna of Kapha and Meda, leading to Prameha Vyadhi.

Mandak Dadhi:

Dadhi which is not prepared in proper form is termed as Mandak Dadhi. It increases Ushna, Guru, Manda Guna in body. Due to atisevan of Mandak Dadhi these Guna of Kapha Dosha are mainly affected. It is also mentioned as Tridoshakar⁽¹⁹⁾⁽²⁰⁾ and causes Prameha.

Drava Paan:

Excessive intake of liquid is also important cause of Prameha. Water, Cold drinks, Juices and many more liquids are considered as Drava Paan. As it is Aap Mahabhut Pradhan it has Adhogamitva property and possesses Drava, Snigdha, Guru, Manda, Sara, Mrudu, Picchil Guna.

Hence more intake of liquid vitiates these Guna of Kapha Vyadhi and Agnimandaya occurs, which results in the formation of Prameha.

Madhur Aahar Sevan:

Madhur Rasa has Snigdha, Sheeta and Guru Guna²¹. Madhur Rasa and Kapha-Meda have similar properties. According to Saman Guna Bhuyishtha, an excessive consumption of Madhur Rasa causes vitiation of Kapha and Meda. Madhur Rasa has Panchabhautik Sangathan of Prithvi and Aap Mahabhut²². Hence with considering it, due to Atisevan of Madhur Rasa Guru, Manda, Sthira, Sthool, Snigdha, Picchil, Sheeta these Guna are vitiated, predominantly Kapha Dushti occurs and causes Prameha.

Amla Rasatmak Aahar Sevan:

Amla Rasa has Panchabhautik Sangathan of Prithvi and Agni Mahabhut²³. Mainly Amla Rasa possesses Snigdha Guna in it. Due to Prithvi Mahabhut Sangathan it has Balya and Brimhan action on Dhatu. Along with these it has Kledan property also. Excessive intake of Amla Rasa causes Trushna, liquification of Kapaha, Mamsavidah, lack of firmness (Sharir Shaithilya) etc.²⁴ Hence more use of Amla Rasa in diet, vitiates Snigdha, Picchil and Drava Guna of Kapha which leads to Prameha Vyadhi.

Lavan Rasatmak Aahar Sevan:

Lavan Rasa has Snigdha and Guru Guna. It has Panchabhautik Sangathan of Aap and Agni Mahabhut²⁵. Lavan Rasa increases Lalastrav (mouth secretions). It has Kledan, Sara, liquification of Kapha (Kapha Vilayan) property. Excessive intake of Lavan Rasa causes Trushna, Mamsa Kotha etc. in body²⁶. Hence use of Lavan Rasa in abundance increases Snigdha, Guru, Drava, Mrudu, Picchil Guna of Kapha also causing deformity in Mamsa, Rakta, Meda and person lands in the Prameha.

Navanna:

Guru, Snigdha and Picchil these Guna are associated in Navanna. It is also an abhishyandakar²⁷. Due to frequently and prolong intake of Navanna these Guna of Kapha are getting affected and occurs Kapha Dushti which leading to Prameha Vyadhi.

Sheeta Aahar Sevan:

Veeryatmak Sheet Guna mainly occurs Brumhan Karma i.e. increases Guru, Shira, Sthool Guna in body and vitiates these Guna of Kapha Dosha. Hence Ati Sevan of Sheeta Aahar increases Kapha with these attributes.

Snigdha Aahar Sevan:

Snigdha Guna has Jala and Prithvi Mahabhut Sangathan. Hence Snigdha Gunatmak Ahar increases Guru, Manda, Sthira, Sthool, Snigdha, Sheeta, Picchil and Sandra Guna of Kapha and Meda. Both are Dosha and Dushya in Prameha respectively

Guru Aahar Sevan:

Heavy to digest food many times leads to indigestion. Guru Guna has Panchabhautik combination of Prithvi and Aap Mahabhut, Hence Ati Sevan of Guru Gunatmak Ahar increases Guru, Sthira, Sthool, Manda, Snigdha, Picchil, Sheeta Guna of Kapha. Thus it is responsible for Kapha Vriddhi and plays a chief role in Samprapti of Prameha Vyadhi. Also it is responsible for Medo Dushti which is an important milestone of Prameha samprapti.

Picchil Aahar Sevan:

Picchil Guna is mainly Aap Mahabhut Pradhan, having Guru, Snigdha, Sandra, Manda, Sheeta Guna. Continuous intake of Picchil Gunatmak Aahar increases Kapha with similar Guna and Prameha Vyadhi occurs.

Viharaj Hetu:

Amruja, Avyayam, Aasyasukha, Swapnasukha and Diwaswap are included in Viharaj Hetu of Prameha.

Amruja:

Amruja is synonym for Udavartan. It mentioned in daily regimen which decreases Kapha – Meda²⁸. Amruja leads to increase in Lethargy, laziness, heaviness in body along with this muscles looses sturdiness. Which leads to abdhata in body and increases Singdha, Guru, Picchil guna of Kapha.

Avyayam:

Laghavata, Agnipradeepan, Medakshaya are the benefits of regular

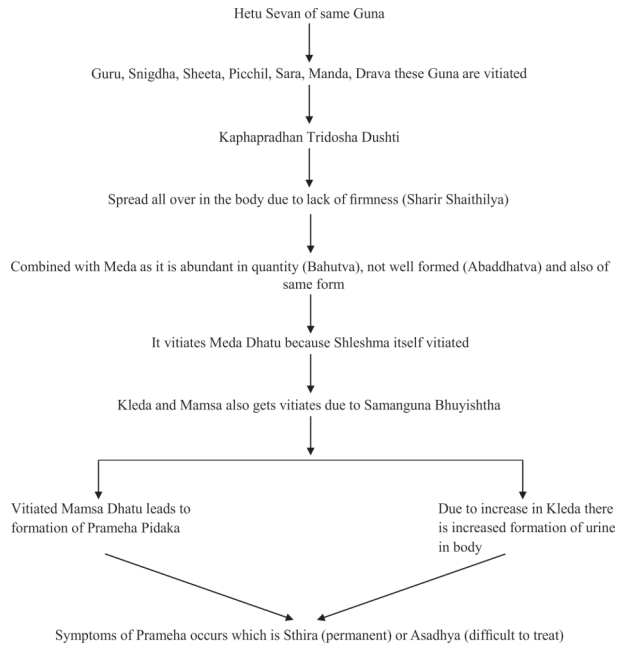
exercise³⁹. Lack of exercise increases Guru, Sthool, Sthira and Manda Guna. So Agnimandya, Medavridhhi and Gauravata these symptoms occurs. Kapha and Meda are vitiated and symptoms of Prameha are creeps in.

Aasyasukha:

Less physical activity, more seating jobs with relaxed mind these factors have more contribution in Samprapti of Prameha. Due to Aasyukha for prolong time increase Guru, Sthira, Manda Guna of Kapha. Hence there is Kapha and Meda Dushti occurs.

Samprapti of Prameha:-

Diagram 3: Samprapti of Prameha



Swapnasukha:

Enjoying the pleasure of excessive sleep on soft beds or day sleep is one of the important reason of Prameha. Due to Swapnasukha increases Guru, Sthira, Manda Guna in body and Kapha Gets vitiated leads to Prameha.

Diwaswap:

Day sleep is termed as Diwaswap. Acharya has mentioned that due to Diwaswap, Snigdha Guna is an increase in body. Hence due to Diwaswap Snigdha, Guru, Manda and Sthira Guna increases, Kapha and Meda Dushti occurs which results in Prameha.

Observations:-

Following table shows Guna associated in each Hetu which is responsible for Prameha.

Table 1: Vitiated Guna due to different causative factor

| Sr. No. | Hetu | Snigdha | Sheeta | Guru | Manda | Sthira | Shlakshna | Picchil | Mrudu | Sara | Sandra |
|---------|----------------------------|---------|--------|------|-------|--------|-----------|---------|-------|------|--------|
| 1. | Shali Dhanya | | | + | + | + | | | | | |
| 2. | Gramya Mamsa | | | + | + | + | | | | | |
| 3. | Aanoop Mamsa | + | | + | + | + | | | | | |
| 4. | Audak Mamsa | + | | + | | | | | | | |
| 5. | Shaka | + | + | + | | | | | | | |
| 6. | Tila-Palal | + | | + | | | | | | | |
| 7. | Krushara | + | | + | | | | | | | |
| 8. | Vilepi | + | | + | | | | + | | | |
| 9. | Ikshu Vikar | + | + | + | | | | | | + | |
| 10. | Payas | + | | + | | | | | | | |
| 11. | Ksheer | + | + | + | + | | + | + | | + | |
| 12. | Nava Madya | + | | + | | | | + | | | |
| 13. | Mandak | | | + | + | | | | | | |
| 14. | Drava Paan | + | | + | + | | | + | + | + | |
| 15. | Madhur Aahar Sevan | + | + | + | + | + | | + | | | |
| 16. | Amla Rasatmak Aahar Sevan | + | | | | | | + | | | |
| 17. | Lavan Rasatmak Aahar Sevan | + | | + | | | | + | + | | |
| 18. | Navanna | + | | + | | | | + | | | |
| 19. | Sheet Aahar Sevan | | | + | | + | | | | | |
| 20. | Snigdha Aahar Sevan | + | + | + | + | + | | + | | | + |
| 21. | Guru Aahar Sevan | + | + | + | + | + | | + | | | |
| 22. | Picchil Aahar Sevan | + | + | + | + | | | | | | + |
| 23. | Amruja | + | | + | | | | + | | | |
| 24. | Avyayam | | | + | + | + | | | | | |
| 25. | Aasyasukha | | | + | + | + | | | | | |
| 26. | Swapnasukha | | | + | + | + | | | | | |
| 27. | Diwaswap | + | | + | + | + | | | | | |

Table 2: Evaluation of Guna of Kaphavitiated in Prameha

| Snigdha | Sheeta | Guru | Manda | Sthira | Shlakshna | Picchil | Mrudu | Sara | Sandra |
|---------|--------|------|-------|--------|-----------|---------|-------|------|--------|
| 20 | 7 | 26 | 14 | 11 | 1 | 11 | 2 | 3 | 2 |

Table 3: Comparison of vitiated Guna of Kapha dueto Hetu according to Brihatrayi

| | Snigdha | Sheeta | Guru | Manda | Sthira | Shlakshna | Picchil | Mrudu | Sara | Sandra |
|-------------------------|---------|--------|------|-------|--------|-----------|---------|-------|------|--------|
| Charak Samhita | 14 | 4 | 20 | 9 | 7 | 1 | 7 | 2 | 3 | 0 |
| Sushrut Samhita | 3 | 2 | 7 | 6 | 6 | 0 | 3 | 1 | 1 | 1 |
| Ashtang Hridayam | 11 | 6 | 12 | 6 | 6 | 1 | 8 | 2 | 1 | 2 |

CONCLUSION:

It is observed that, Guru, Snigdha, Picchil, Manda and Sthira Guna of Kapha increases more than other Guna. So dominance of these Guna observed in the symptoms of Prameha according to Vikalpa Samprapti. Dushya which have same attributes gets vitiated and leads to formation of various types of Prameha.

Among Hetu, Ksheer, Atidravapaan, excessive intake of Madhur, Sheetta and Guru Aahar are prime Hetu responsible for vitiation of almost all Guna of Kapha as compare to other Hetu. While planning for the treatment of Prameha as per Hetu and Vikalpa samprapti, a physician can choose Herbs or Pathyapathya concept accordingly.

REFERENCES:

- (1), (2) Preeti Sharma, K. S. (2017, July). An overview of Prameha w.s.r to its Nidanapanchak. *IAMJ*, 2602-2611.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Nidansthana 4, verse 6.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Nidansthana 4, verse 7.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Nidansthana 4, verse 5
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Nidansthana 6, Verse 3.
- Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Nidanasthana 10, verse 1-3.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 46, verse 125.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 27, verse 81.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 46, verse 39-40.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 46, verse 348.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 46, verse 344-346.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 27, verse 237.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 45, verse 148.
- Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 5, verse 20.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 45, verse 48.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 27, verse 193.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 45, verse 192.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 27, verse 228.
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 45, verse 66.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha, Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 26, verse 43(1).
- Sushrut Samhita, Kaviraaj Ambikadutta Shastri, Part -1, Chaukhmbha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 42, verse 4.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 26, verse 40.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 26, verse 43(2).
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 26, verse 40.
- Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthana 26, verse 43(3).
- Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 6, verse 25.
- Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 2, verse 15.
- Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 2, verse 10.