



“A REVIEW ARTICLE ON PRAMEHA – AN AYURVEDIC PERSPECTIVE”

Ayurveda

Dr. O.P. Vyas	Professor & HOD in Kayachikitsa department at Govt. (Auto.) Dhanwantari Ayurvedic College & Hospital Ujjain (M.P.).
Dr. Preeti Parmar	PG. Scholar in Kayachikitsa department at Govt. (Auto.) Dhanwantari Ayurvedic College & Hospital Ujjain (M.P.).
Dr. Muraree Girare*	PG. Scholar in Kayachikitsa department at Govt. (Auto.) Dhanwantari Ayurvedic College & Hospital Ujjain (M.P.). *Corresponding Author

ABSTRACT

Diabetes is spreading as a dreadful disease worldwide. 463 million in the world and 77 million in India are affected by this disease. one in six people with diabetes in the world is from India. Prameha affects a large population in our society. Prameha is a metabolic disorder. Heredity, sedentary life style, lack of exercise & Yoga, stress and improper diet habits are the main reasons for occurring diabetes mellitus.

According to modern medical system lifelong medication is needed for this disease. injection of insulin is a very much annoying factor there. Modern medicine is ineffective for the management of complication of diabetes.

At present due to the influence of Corona heart disease and diabetes increased at a very rapid rate due to fear and anxiety. Ayurveda aimed at rejuvenating the body for not only controlling blood sugar level but also ensure that no further complication should be caused. Ayurvedic treatment for diabetes is based on entire change in lifestyle of the person, along with proper medication and diet & the patient is advised to lead healthy and active life.

KEYWORDS

Ayurveda, Prameha, Diabetes, Diet.

INTRODUCTION –

Ayurveda mentions three major vital places of the body as *Trimarma*, which includes *Hridaya*, *Sirsa* and *Vasti*¹. *Prameha*, which is a group of diseases of *Vasti* is characterized by excessive passing of turbid urine. The word *Prameha* is derived from the '*Miha - Sechane*' which means watering². *Pra* means excess of urine in both frequency and volume. *Prameha*, thus becomes self-explanatory and holds the twin meaning of "*Prabhut-mutrata*" or excessive urination and "*Aavil - mutratha*" or turbid urine. Any of the *Prameha* if neglected ultimately it ends up in *Madhumeha* due to nature of the illness³. The ayurvedic texts have explained the involvement of *Ama*, *Agni*, *Meda* and *Ojas*, which plays a vital role in the development. *Prameha* is a fast-growing global disease and silent killer. Round Ten types of *kaphaja*, six types of *Pittaja*, and four types of *Vataja*⁴. Even though the three groups are described, there is vitiation of all the three '*Doshas*' in all the *Prameha Vyadhi*⁵. *Prameha* is called as *Mahagada*. It is difficult to cure⁶.

All the *Doshas* and almost all *Dhatus* are involved in it. *Ayurveda* considered *Prameha* as *Sadhy* (curable), *Yapya* (paliable), and *Asadhy* (incurable) depending upon the involvement of *Dosha*⁷. *Shushruta* described it depending on physical appearance as, *Sahaja Prameha* and *Apathyanimittaja*. *Sahaja Prameha* mainly relates to *Bija Dosha* while *Apathyanimittaja* related to aging and disturbed life style⁸. *Ayurveda* mentioned that *Bahudrasleshma* and *Bahuabadhameda* are the main pathological factors for *Prameha*⁹, further *Ayurveda* described that *Nidana Sevan* aggravates *kapha* which vitiates *Meda Dhatu* and clinical manifestation of diabetes may occur¹⁰.

AETIOLOGICAL FACTOR¹¹ –

Common etiological factor of *Prameha Roga*.

A. Aahar or Diet-

1. Excess intake of curd.
2. Eating flesh of wild animals, water dwelling animals and animals staying nearby water.
3. Eating food prepared from fresh grain.
4. Excess eating of jaggery or sugar.

B. Vihar or Life style factor –

1. Sitting idle or lack of physical exercise.
2. Persistent of sedentary habits.
3. Excessive sleep.

C. Manasik Or Psychological Factor-

1. Avoidance of mental activities or any kind of mental exercise.
2. Over thinking and anxiety.

3. Excessive stress and strain etc.

PRAMEHA AS GENETIC DISORDERS (BEEJDOSHA JANYA)– *Prameha* produced in early childhood or *Prameha* produced due to defective genes in the parents, is incurable. The hereditary cause is mentioned while describing the prognosis of *Prameha*¹².

PRAMEHADOSHADUSHYA¹³ –

Doshas like *kapha*, *Pitta* & *Vata* and *Dushya* like *Medas*, *Shukra*, *Ambu*, *Vasa*, *Lasika*, *Majja*, *Rasa*, *Ojas* and *Mamsa* are responsible for the causation of *Prameha* which is of 20 types.

SAMANYASAMPRAPTI¹⁴ –

Due to Aetiological factor, there is an increase in the amount of *kleda* in the body, as a result of which there is an increase in the amount of *Sleshma*, *Pitta*, *Meda*, and *Maamsh*.

Through the *Sleshma* etc, there is a blockage of the *Prakrit Gati* of *Vata*. Due to which this *Aavrit Vata* by brings the essence of the *Dhatus*, *Oja*, into the *Vasti* region, produces *Prameha* Disease.

This disease produces *Vatik*, *Pattik*, *Sleshmik* symptoms depending on the intensity of the *Doshas*. In this way, the body attains decay by the release of *Ojas*.

VISHISTASAMPRAPTI¹⁵ –

Kaphaja Prameha's –

The vitiated *Kapha* contaminates the fat, flesh and the body fluids accumulated in the urinary bladder and causes 10 types of *Prameha*'s.

Pittaja Prameha's –

Similarly, *Pitta* aggravated by consumption of hot foods and other etiological factors contaminates the fat, flesh and body fluids causing 6 types of *Pittaja Prameha*'s.

Vataja Prameha's –

When *Pitta* and *Kapha* get deteriorated in quality and quantity in comparison to *Vata*, the *Vata Dosha* gets aggravated and pulls the *Dhatus* i.e., *Vasa*, *Majja*, *Oja* and *Lasika* into the urinary bladder causing 4 types of *Vataja Prameha*'s.

SAMPRAPTI GHATAKA¹⁶ –

Dosha - *Drav sleshma* *Pradhan tridosh*

Dusya - *Meda*, *Sukra*, *Ambu*, *Rasa*, *Vasa*, *Ojas*, *Majja*, *Lasika*

Srotas - *Mutravaha*, *Medovaha*

Srotodusti - *Sang*, *Ati Pravritti*

Adhithana - Vasti & Sarvsharir
 Agni - Dhatwagnimandya
 Vyadhiswabhaw – Chirkari
 Sadhyata and Asadhyata¹⁷ – Kaphaja - Sadhya
 Pittaja – Yappa
 Vataja - Asadhyata

PURVARUPA¹⁸ –

Sweda, Angagandha
 Shithilangta
 Shayyasana
 Ghana Angata
 Keshha, kha, Nakha Ativridhi
 Sheeta Priyata
 Gala Talu Shosha
 Madhura Aasya
 Kara Pada Daha
 Mutre Pipilika

RUPA¹⁹ –

1. Prabhotha Mutrata
2. Aavil Mutrata
3. Stickiness of body
4. Excess thirst
5. Burning of hands & feet
6. Heaviness
7. Lethargy
8. Sweetness of urine

TYPES²⁰ –

According to the type of urine, various types of Prameha are described.

	Charak	Sushruta	Vagbhata
Vataja Prameha	Vasa-meha Majja- meha Hasti- meha Madhu-meha	Vasa-meha Majja-meha Hasti -meha Kshaudra-meha	Vasa-meha Majja-meha Hasti-meha Madhu-meha
Pittaja Prameha	Kshar-meha Kaal-meha Neel-meha Lohit-meha Manjishtha-meha Haridra-meha -	Kshar-meha - Neel-meha Shonita-meha Manjishtha-meha Haridra-meha Amla-meha	- Kaal-meha Neel-meha Rakta-meha Manjishtha-meha Haridra-meha -
Kaphaja Prameha	Udaka-meha Ikshuvalika-meha Sandra-meha Sandra-prasad-meha Shukla-meha Shukra-meha Sheeta-meha Sikata-meha Shanair-meha Alal-meha - -	Udaka-meha Ikshuvalika-meha Sandra-meha Sura-meha Pishta-meha Shukra-meha - Sikata-meha Shanair-meha - Lavana-meha Phena-meha	Udaka-meha Ikshu-meha Sandra-meha Sura-meha Pishta-meha Shukra-meha Sheeta-meha Sikata-meha Shanair-meha Lala-meha - -

DIFFERENTIAL DIAGNOSIS²¹ –

If the color of the urine is yellow or if blood is excreted through the urine without the prior manifestation of premonitory sign and symptoms of Prameha, such a person should on the other hand be diagnosed as a case of Rakta-Pitta.

CRITERIA FOR THE DIAGNOSIS OF DM²² –

Blood Sugar	Normal Range	Diabetes
Fasting Glucose	70-110 mg/dl	110-126mg/dl - Impaired Fasting Glucose More than 126mg/dl - Diabetes
Post Prandial Glucose	110-140mg/dl	140-200mg/dl Impaired glucose tolerance More than 200mg/dl - Diabetes

Random Glucose	Less than 200	200mg/dl or more than 200
HbA1C	4-5.6 normal 5.7-6.4 prediabetes	6.5 or higher

SADHYA-ASADHYA²³ –

Kaphaj Prameha – Sadhya (Samkriyatvaat)
 Pittaja Prameha – Yaapya (Vishamkriyatvaat)
 Vaataj Prameha – Aasadhyata (Mahatyatvaat)

COMPLICATIONS²⁴ –

Thrishna
 Atisara
 Jwara
 Daha
 Dourbalya
 Aruchi
 Avipaka
 Pootimamsa
 Pramehapidaka
 Alaji
 Vidradhi
 Hrit Shola

LINE OF TREATMENT²⁵ –

1. If the patients are weak, their strength should be increased by giving tonics, and provoked Doshas should be pacified. if the patients are obese and having good strength purification procedures according to vitiated Dosha should be followed. The disease being chronic, after purification procedures, the strength of the patient should be increased in all the type of Prameha. Otherwise, complications are likely to develop.
2. In the pathogenesis of disease Kleda, Meda, Kapha are important factors, hence initially fasting, walking, exercise, bathing is properly advised.
3. Useful herbs - Drugs having Tikta, katu, and Kashaya rasa help to pacify kapha & Meda therefore recommended in diabetes. Haridra, Nimba, karela, Bela, Haritak, Patola, Guggulu, Amalaki.

TREATMENT –

1. Oshadha Kalpana Churna –

Karvellak Churn, Methika Churn, Meshshringi Churn, Jambubeej Churn, Palash Pushp Churn, Haridra Churn, Nishaaamlaki Churn, Vidangadi Churn, Nyagrodhadi Churn.

Vati –

Chandraprabha Vati, Shilajatvadi Vati, Shivagutika, Triphala Guggulu, Panchatiktaghrita Guggulu.

Kwath –

Meshshringi Kwath, Phalatrikadi Kwath, Triphaladi Kwath, Vidangadi Kwath, Katakakhadiradi Kwath, Nishakathakadi Kwath, Tiktaka Kashayam.

Aasav/Aarisht –

Lodhrasav, Madhwaasav, Dantyaasav.

Ghrit –

Dhanwantaraghrat, Triphaladi Ghrit, Trikantkadhy Ghrit.

Leha –

Salsaradi Leha, Kushavleha, Vangavleha.

Udak –

Sarodak, Kushodak, Madhudak, Triphalaras, Sidhu, Madhvikha.

Rasayana –

Shilajaturasayan, Guggulurasayan, Rasana.

2. Aadarsh Chikitsa Patrak –

1. Asantkusumak Rasa - 125mg
 Trivang Bhasma - 250mg
 1×2
2. Shilajatvadi Vati - 2×2
3. Phalatrikadi Kashayam - 20ml×2
4. Nishamalki Churna - 03gm×2

3. Suggested Diet²⁶ –

Pathya –

- i. *Laghu Lhaksha & laghu Ahara.*
- ii. *Mantha, Odana, Appopa, Purana Shali and Roti etc.*
- iii. *Mudga, Chanaka, Kulattha & Adhaki etc.*
- iv. *Tikta Shaka; Karela, Methi, Patola, Rasona and Udumbara etc.*
- v. *Jambu, Amalaki, Kapitta, Tala phala, Kharjura, Kamala & Utpala etc.*
- vi. *Harina Mamsa, Shashaka Mamsa, Kapotha & Titira etc.*

Apathya –

Shauviraka, Sura, butter milk, oil, *Ghee*, jaggery foods processed with sour sugarcane juice food prepared from flour, meat of animals of marshy regions should be avoided from use.

4. Vihara (Exercise) -

Pramehi should involve in physical exercise, wrestling, sports, riding, long walks & running etc.

Yoga

Yoga practices such as *Kriya Yoga, Surya Namaskara, Ardha-Matsyendrasana, Pawan-muktasana; Pranayamas, Nadisodhan Pranayama, Bhastrika Pranayama* and dhyana offer relief in *Prameha*. The asanas offer rejuvenation of the pancreatic cell due to abdominal contractions and relaxation therefore promotes insulin synthesis which helps in diabetes. The muscular exercise associated with Yoga practices help to reduces blood sugar level. Yoga practices reduce blood as well as urine glucose level. Yoga practices also boost glandular secretion, improve blood circulation, detoxification and open up *shrotas* therefore overall relief in *Prameha* symptoms observed.

Some recommended *yoga* poses for diabetes -

Vakrsana,
Matsyasana,
Mandukasana,
Ushtrasan,
Paschimotanasana ,
Mayurasana,
Ardha matsyendrasana

PRAMEHAMUKTILAKSHANA²⁷–

When the urine of *Pramehi* is free from filthiness, turbidity, bright, pungent and bitter juice is predominant, then a diabetic should be considered free from diabetes.

CONCLUSION –

Prameha is predominant in allied diseases and *Prameha* usually indicates *Madhumeha*. In initial stage of disease of strenthianous person the disease will cure through proper *Ayurvedic* medication. In older & weak patient's chronic disease, intensity of disease can reduces & complication of the disease may stop through proper *Ayurvedic* medication followed by the patients.

By following *Ayurvedic* routine, a person remains disease free and gets quick recovery in case of illness.

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