



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**“A REVIEW ARTICLE ON PRAMEHA – AN AYURVEDIC PERSPECTIVE”**

**KEY WORDS:** *Ayurveda, Prameha, Dosha, Prabhuta Mutrata, Lifestyle.*

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**ABSTRACT**

To study and explore the classification of *Prameha* given in various *Ayurveda* classics. *Pramehas* are a list of urinary disorders, especially characterized by profuse urination with several abnormal qualities due to *Dosh* imbalance. Although descriptions of this disease are scattered in different classics of *Ayurveda* but here importance has been given to *Brihatrayee*. In the present era, many people are suffering from this disease, and is often considered the silent killer. 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. The *Ayurvedic* concept regarding the classification of this *Roga* has vast information. Here a conceptual study is undertaken related to various aspects of *Prameha*.

**INTRODUCTION –**

The word *Prameha* is derived from the '*Miha - Sechane*' which means watering. *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 illness. 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. *Prameha* is considered as *Kapha Pradhan Tridoshaja Vyadhi*. The aggravated *Kapha* along with other *Doshas* is responsible for the clinical manifestation of *Prameha* "*Prakarsena Prabhutam Prachuram Varam Va Mehati Mutratyagam Karoti Iti*". Round Ten types of *Kaphaja*, six types of *Pittaja*, and four types of *Vataja*, where in *Kapha* – early stage, *Pitta* – acute stage, and *Vata* – chronic stage. Which acquires the *Varna* (colour), *Rasa* (taste), *Sparsh* (touch), and *Gandha* (smell). due to them according to the respective *Dosha*. Even though the three groups are described, there is vitiation of all the three '*Doshas*' in all the *Prameha Vyadhi*. *Prameha* is called as *Mahagada*. It is difficult to cure. All the *Doshas* and almost all *Dhatu*s are involved in it. *Ayurveda* considered *Prameha* as *Sadhya* (curable), *Yapya* (paliabile), and *Asadhya* (incurable) depending upon the involvement of *Dosha*. *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 style. *Ayurveda* mentioned that *Bahudravasleshma* and *Bahuabadhameda* are the main pathological factors for *Prameha*, further *Ayurveda* described that *Nidana Sevan* aggravates *Kapha* which vitiates *Meda Dhatu* and clinical manifestation of diabetes may occur. It is basically belonging to *Medovaha, Mutravaha, and Udakavaha Srotas*. *Prameha* is a *Santarpan Janya Vyadhi*.

**Aetiological Factor –**

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 (beejdoshajanya) –**

*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*.

**Prameha Dosha Dushya –**

*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.

**Samanya Samprapti –**

Due to Etiological 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 *Dhatu, 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*.

**Vishishta Samprapti –**

*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 *Dhatu*s i.e., *Vasa, Majja, Oja* and *Lasika* into the urinary bladder causing 4 types of *Vataja Prameha's*.

**Samprapti Ghataka –**

*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*  
*Sadyata and Asadyata –*  
*Kaphaja – Sadhya*  
*Pittaja – Yapya*  
*Vataja – Asadhya*

**Purvarupa –**

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

**Rupa –**

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

**Types –**

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

	Charak	Sushruta	Vagbhata
Vataja Prameha	Vasameha Majjameha Hastimeha Madhumeha	Vasameha Majjameha Hastimeha Kshaudrameha	Vasameha Majjameha Hastimeha Madhumeha
Pittaja Prameha	Ksharmeha Kaalmeha Neelmeha Lohitmeha Manjishthameha Haridrameha -----	Ksharmeha ----- Neelmeha Shonitameha Manjishthameha Haridrameha Amlameha	----- Kaalmeha Neelmeha Raktameha Manjishthameha Haridrameha -----
Kaphaja Prameha	Udakameha Ikshuvalikameha Sandrameha Sandraprasadme ha Shuklameha Shukrameha Sheetameha Sikatameha Shanairmeha Alalmeha ----- -----	Udakameha Ikshuvalikameha Sandrameha Surameha Pishtameha Shukrameha ----- Sikatameha Shanairmeha ----- Lavanameha Phenameha	Udakameha Ikshumeha Sandrameha Surameha Pishtameha Shukrameha Sheetameha Sikatameha Shanairmeha Lalameha ----- -----

**Differential Diagnosis –**

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.

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

**Criteria For The Diagnosis Of Dm –**

**Sadhya- Asadhya –**

Kaphaj Prameha – Sadhya (Samkriyatvaat)  
 Pittaja Prameha – Yaapya (Vishamkriyatvaat)  
 Vaataj Prameha – Aasadhya (Mahatyaatvaat)

**Complications –**

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

**Pramehamukti Lakshana**

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 -**

Diabetes is a slow killer with no curable treatment. In today's era people with diabetes have to face further complications like blindness, kidney failure, and cardiac disorders. However proper medications, awareness, and practicing daily exercise can reduce the severity of the disease. The goal of this article is to give general information about Prameha explained in the ancient text.

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