

DETAILED ANALYSIS OF PRAMEHA BASED ON DIFFERENT CLASSICAL AYURVEDIC TEXTS

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Article Received on
25 August 2023,

Revised on 15 Sept. 2023,
Accepted on 05 October 2023

DOI: 10.20959/wjpr202318-29840

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ABSTRACT

Ayurveda is a thousand year old medical science which beautifully describe the management of various disease by improving the lifestyle along with medicine in the classical texts. Prameha is one of the disease which has been described in our classical texts and Vedas. The review is expected to enrich the documentary evidences about the classical references of Prameha and Madhumeha. The aim and objectives of the paper review the well documented concept of the Prameha and Mahumeha as it is increasing like a pandemic in the society in last few decades. It has become a global burden due to its

mortality and morbidity. This review Article presented details description of prameha along with its management such as pathya apathy, single herbs sodhana karma and classical formulation.

INTRODUCTION

The word Prameha literally means “**to flow**” which is derived from the Sanskrit root “**Mih-Sechane**”. The Sanskrit term Meha literally means to micturate. The verbal Mehanam signifies urination. It (Prameha) is qualified by prefix “Pra” meaning excess both in quantity and frequency. According to Sushruta and Vagbhata, Prameha is characterized by copious flow of cloudy or turbid urine, although the turbidity of urine varies from type to type depending upon involvement of doshas and dhushyas in varying proportions.

Madhumeha is one of the types of Vataja Prameha that has been considered as Mahagada^[40]. Due to its indulgence in etiological factors its results in aparipakwa kapha and meda which further proceed downwards through the Mutravaha Srotas and get localized in Basti mukha and leading to the symptoms like prabhoota mutrata, avila mutrata etc.

Classification of prameha

According to dosha

1. Kaphaja prameha (10 types)- Udakameha, Ikshuvalikameha, Sandrameha, Sandraprasad meha, Shuklameha, Shitameha, Sanairmeha, Alalmeha, Sukrameha, Sikatameha
2. Pittaja prameha (6 types)- Kharameha, Kalameha, Manjisthameha, Laalmeha, Haridrameha, Nilameha.
3. Vataja Prameha (4 types)- Vastimeha, Majjameha, Hastimeha and Madhumeha.

• According to etiology

1. Sahaja- Matrija, Pitrija and both
2. Apathyanimittaja- Santarpanjanya and Dhatukshayajanya

• According to body constitution

1. Sthula pramehi
2. Krisha pramehi

• According to prognostic

1. Sadhya
2. Yapya
3. Asadhya

Nidan

आस्यासुखंस्वप्नसुखंदधीनिग्राम्यौदकानूपरसाःपयांसि।नवानपानंगुडवैकृतंचप्रमेहहेतुःकफकृच्चसर्वम्

IIC.Ci. 6/4

Sedentary life style, excessive sleep, curd, meat soup of domestic, aquatic and marshy animlas, milk products, freshly harvested food articles, fresh wine, jaggery preparations and all other kapha promoting substances, lazyness, intake of food which are cold, unctuous, sweet, fatty, and liquid. All etiological factors are responsible for the occurrence of prameha.

Samprapti of prameha

According to classic Ayurvedic literature, all types of Prameha start with the derangement of Kapha that spreads throughout the body and mixes with Meda. Meda is having properties similar to that of Kapha. Kapha mixed with fat passes into urinary system thereby interfering with normal urine excretion. Vitiated Pitta, Vata and other body fluids (Malas) also involve in

this blockage. This blockage is believed to be the cause of frequent urination observed in prameha.

1) Dosha	Tridosha, especially kapha,
2) Dushya	Specially Meda along with Rasa, Rakta, Mamsa, Vasa, Majja, Lasika, Kleda, Sukra and Oja
3) Agni	Jatharagni, Dhatvagni, Bhutagni
4) Srotas	Mutravaha, Medavaha, Raktavaha, Sukravaha, Udakavaha.
5) Srotadusti	Atipravritti
6) Adhithan	Vasti
7) Rogamarga	Madhyam Roga marga, Bahya Rogamarga
8) Vyadhiswabhava	Chirakari

Purvarupa of prameha

	Poorva roopa	C. S	S.s	A.h	A.s	M.n	Y.r
1.	Kesha jatilabhava	+	+	-	+	-	-
2.	Asyamadhurata	+	-	+	+	+	+
3.	Karapada daha	+	-	-	-	-	-
4.	Karapada suptata	+	-	-	-	-	-
5.	Mukhatalu kantha sosha	+	-	-	-	-	-
6.	Pipasa	+	+	-	+	+	+
7.	Alasya	+	-	+	-	-	-
8.	Kaye malam	+	-	-	+	-	-
9.	Angeshu paridaha	+	-	-	-	-	-
10.	Shatapadamutrashaya Abhisarana	+	+	-	-	-	-
11.	Visrasharira gandha	+	-	-	-	-	-
12.	Atinidra	+	+	-	+	-	-
13.	Tandra	+	-	-	-	-	-

Charak Samhita, S.S- Sushruta Samhita, A.H- Astanga Hridaya, A.S- Astanga Samgraha, M.N- Madhav Niddan, Y.R- Yogo Ratnakara.

Samanya lakshana of prameha

Cardinal features of Prameha are turbidity and increased frequency. Though the Doṣās and Dūsyās are similar, their combination being different, there occurs differences in colour etc. of urine based on these, different varieties of Prameha described.

- ❖ **Malina danta**- Tartar in teeth
- ❖ **Hasta pada daha**- Burning sensation of hands and feet
- ❖ **Deha chikkanata**- Excess glossy
- ❖ **Trishna**-Excessive thirst
- ❖ **Madhuryamasya**- Feeling sweetness in mouth

- ❖ **Prabhula mutrata**- Excessive urination
- ❖ **Avila mutrata**- Turbid urination
- ❖ **Madhu samana varna**- Urine having colour of honey
- ❖ **Sweda**- Exces perspiration
- ❖ **Anga gandha**- Bad body odour
- ❖ **Shithilangata**- Flaccidity of muscles
- ❖ **Shayana asana Swapna sukha**- desire for sedentary life
- ❖ **Shitapriyatwa**- Desire for cold food & environment
- ❖ **Gola talu sosha**-Dryness of palate and throat.

Management

Prameha is a metabolic disorder, which involves various body constituents, affecting the normal physiology of body organs. Thus to concentrate on the treatment modalities, it is prime concern to think about each and every factor involved in the pathogenesis, disease severity and associated complications in due regard to provide better management. Chikitsasutra (Principles of treatments) and Chikitsa (Proper management) are the two divisions, where the concepts and methods are different in different conditions, considering the Vyadhi Swabhava and patient.

- ❖ After considering above factors two types of management emphasized as:
 1. Samshodhana Chikitsa (Elimination Therapy)
 2. Samshaman Chikitsa (Normalizing Therapy)
- The other parameters are also important to choose the therapy, which includes
 - a. Nidanaparivarjanam
 - b. Treatment as per Dosha
 - c. Treatment as per Dushya
 - d. Treatment as per Mala
 - e. Treatment as per Complications

A. Nidanaparivarjanam-

This is the prime treatment principle narrated by every acharya before describing the treatment of every disease. Charaka enumerated that one should avoid the etiological factors, which are causing the disease Prameha and considered it as the prime treatment.

B. Treatment according to body constitution

In Krisha patient it is necessary to use such a foods, which are increasing the strength of patient without the vitiation of dosha. Later, after achieving the proper strength a mild purification measures in the form of shodhan Chikitsa can be applicable. In sthula patient the application of Apatarpana Chikitsa along with powerful purification measures are most suitable.

C. Treatment according to dosha predominance

Though the disease is of Tridosha predominant, but individual Dosha consideration for the treatment is important for good prognosis. This includes Samshodhan Chikitsa, where elimination of vitiated Doshas performed with the process of Vamana, Virechana and other allied therapies depends upon the condition and its utility. Samshaman Chikitsa is also necessary for proper management of the diseases. The selection of the therapies and allied medicines must correlate with the vitiation of Doshas and their severity.

D. Treatment according to dushya predominant

The main Dushya involved in the pathogenesis are Rasa, Meda, Mamsa and Kleda. They are closely related with each other because of same the qualities and same etiological factors, so the treatment principles are more or less same to alleviate them.

e. Treatment according to maladusti

The selection of proper therapy also considers the manifestation of Mala involved. The Dushti of Dushyas like sweda manifests in large extent in Madhumeha, so the treatment like Lepa, Jalavaseka, Udvartana can be applicable. In Dushti of Mutra a common Pramehahara therapies must be applied. In the Dushti of Purisha, mild purgatives and Basti are essential depends upon the requirement.

f. Treatment according to complications

If there is complication resulted in the patients then it should be necessary to use multiple treatment modalities for its management. The complicate measures mostly related with Pidaka. In this condition Vranaropana, Udvartana and Parisechana process are applicable. Thus the proper combination of above treatment modalities according to the consideration of each and every factor may prove beneficial for the patient of Madhumeha.

There are also various single herbal drugs which are described as Pramehahara in Bhavaprakasha, some of them like

Name of the herb	Scientific name
Amlaki	Emblica officinalis
Meshasringi	Gymnema sylvestre
Karavellaka	(Momordica charantia)
Methika	Trigonella foenum-graceum
Shilajit	
Vijayasara	Pterocarpus marsupium
Guduchi	Tinospora cordifolia
Goksura	Tribulus terrestris
Khadira	Acacia catechu
Guggulu	Commiphora mukul
Haridra	Curcuma longa
Nimba	Azadirachta indica
Devadaru	Cedrus deodara
Haritaki	Terminalia chebula

There are various compound Formulations and Their mode of administration is described in the text.

❖ Swarasa : Amalaki, Haridra, Nimbapatra, Bilwapatra, Guduchi
❖ Kwatha : Vidangadi, Phalatrikadi, Mustadi, Manjishthadi, Pathadi
❖ Churna : Triphaladi, Mustadi, Gokshuradi, Arkadi
❖ Gutika : Chandraprabha, Pramehantak Vati
❖ Gugglu : Gokshuradi Guggul
❖ Modaka : Kastur Modaka
❖ Avaleha : Kushavleha, Bangavleha
❖ Paka : Pugapaka, Ashwagandhadi Paka, Draksha Paka
❖ Asava-Arishta: Lodhrasava, Dantyasava, Madhukasava, Devadarvyadiarishta.
❖ Ghrita: Dhanvantar Ghrita, Trikantakadi Ghrita, Dadimadi Ghrita.
❖ Rasaushadhi: Vasant Kusumakar Rasa, Mehamudgar Rasa, Brihat Bangeshwar Rasa, Prameha Gajakesri Rasa, Tribanga Bhasma, Vasant Tilaka Rasa.

In Astang Hridaya it is mentioned that all types of Prameha can be treated with the following formulations

- ❖ Nisha (Haridra) and Amalkhi combination
- ❖ Formulation prepared with Sala, Saptaparna, Kutaja, kapitha, Kampillaka, Vibhitaki, Rohitaka flower, Haritaki
- ❖ Kwath of Triphala, Musta, devadaru, Haridra
- ❖ Kwath of Asana, Chitraka, Triphala, Darvi (Daruharidra), Indrayava, Guduchi swarasa or Amla swarasa.

Treatment of various types of prameha based on kasaya

	Prameha	Kasaya
1.	Udakameha	Parijata
2.	Ikshuvalikameha	Vaijayanti
3.	Sandrameha	Saptaparna
4.	Surameha	Nimba
5.	Pistameha	Haridra, Daruharidra
6.	Sukrameha	Durva, aivala, Plava, Haṭha, Karanja, Kaseruk, Candana
7.	Phenameha	Aragvadha, Mṛdvik
8.	Sanairmeha	Khadira
9.	Lavanameha	Paṭha, Aguru, Haridra
10.	Sikatameha	Citraka
11.	Nilameha	Salsadi gana or Aswatha
12.	Sonitameha	Guduchi, Tinduka. Gambhari, Khajura
13.	Manjisthameha	Manjistha, Chandan
14.	Haridramwha	Rajavriksha (Amlatash)
15.	Amlameha	Nyagradhadi gana
16.	Ksharameha	Triphala
17.	Vasameha	Agnimatha or Sishapa
18.	Sarpimeha	Kustha, Kutaja, Patha, Hing, Katu rohini kalka with Guduchi and Chitraka kasaya
19.	Hastimeha	Tinduk, Kapitha, Sirisa, Palasha, Patha, Murva, Duhsarpa
20.	Ksaudrameha	- Khadira, Kramuka (Supari) ^[68]

Pathya is having a key role in the management of Madhumeha, so before stepping to manage it should be necessary to consider for its implementation. These are classified as follows:

Pathya

The patient should be advised the following diet -

- ❖ The diet which can alleviated the kapha dosha and meda dhatu.
- ❖ The diet which inhibits the vitiation of vayu.
- ❖ The diet which gives strength (to other dhatus) to the body.
- ❖ The diet which is having low caloric value and low glycemic index are to be followed.

Aahara: Jeerna Shali, Shashtika, Kodrava, Yava, Godhuma, Uddalaka, and Shyamaka in Shuk Dhanya, where as Chanaka, Adhaki, Kulattha, Mudga in Shimbi Dhanya. The leafy vegetables predominant of Tikta-Kashaya Rasa like Patola, Karvellaka. Shigru, etc. under Shaka Varga should be selected. The Phala Varga includes Jambu, Dadima, Shringataka, Amalaki, Kapittha, Tinduka, Kharjura, Kalinga, etc. Vishkira Mamsa like Pratuda, and Jangala Mamsa are also useful in the disease. Taila Varga includes Danti, Ingudi, Sarshapa and Atasi, becomes the drug of choice. In UdakaVarga, Sarodaka, Kushodaka, Madhudaka

and in Kritanna Varga, Apupa, Saktu, Yavodana, Vatya, Yusha should be selected. The other category includes Madhu, Hingu, Saindhava, Maricha, Lashuna. etc are useful for the management of the disease.

Vihar

- Vyayama (Ch. Chi 6/50), (Su. Chi 11/11,12).
- Ruksha praghada udwartana
- Nitya kashaya snana
- Jalavaseka
- Sada shramabhashya
- Paridhavana
- Lapan of Agar, usheera, twaka, ela and Chandana.
- Nisa amlaki.

❖ Apathya

Aahara: Jala, Milk, Ghee, Oils, Curd, Sugar, different types of rice preparations, Anupa, Gramya and Audaka Mamsa, Ikshurasa, Pishtanna, Navanna must be avoided.

Vihara: Ek-sthana Asana, Divaswapa, Dhoompana, Sweda, Raktamoksha, Mutravega.

CONCLUSION

The above review article is a primary combination of data available in the ancient literature. Treatment protocols of ayurveda is not only based on medicine but also give importance to the dietary management which aimed to correct metabolic impairments and helps to live healthy life. The present review article based on Ayurveda classical texts maybe helpful to control prameha and in further studies on prameha.

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