

## **A CONCEPTUAL REVIEW OF LITERATURE OF MADHUMEHA WITH SPECIAL REFERENCE TO PRAMEHA**

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### **INTRODUCTION**

Ayurveda, the specialized knowledge of health sciences gradually evolved from Veda based on further observations systematized and recorded. Ayurveda can be defined as a system, which uses the inherent principles of nature, to help maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. Anyone who has studied Indian medicine knows the tremendous values of various Kalpa (combinations). Students, teachers and practitioners consider timeless classical yogas as vital tool in their practice. Medicine is an ever changing science. As new research and clinical experiences broaden our knowledge, changes in treatment and dietary supplement is required.

The incidence of lifestyle diseases like diabetes mellitus, hypertension, dyslipidemia and overweight/obesity associated with cardiovascular diseases is high on the rise. With rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders, the world is being attracted towards its potential. The holistic approach of Ayurveda, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological and spiritual well-being makes this science a wonderful option in lifestyle disorders.

**Pre- Diabetes**

Pre-diabetes is a condition in which the patients have high blood glucose level but not in the diabetic range. While in this preliminary stage, patients are at risk for not only developing type II diabetes, but also for cardiovascular complications. Ayurveda has also explained the Purvarupas (prodromal symptoms) of Prameha to diagnose the disease in its early stage. Pre-diabetes is a recently designated term by ADA which includes individuals who have impaired fasting plasma glucose (FPG 100-125mg /dL) and/ impaired glucose tolerance (plasma glucose level varies from 140 -199 mg / dL during OGTT) or impaired HbA1c (5.7 to 6.4).

**Diabetes Mellitus Madhumeha**

21st century is known as the era of metabolic or life style disorders with very few cases of infectious diseases. Life style of human being is considered under the Pragyaparadha concept of Ayurveda which is one of the main etiological factors mentioned in Ayurveda.

If Prameha is not treated at earlier stage, it can progress to Madhumeha which can be correlated with Diabetes Mellitus. Ayurveda says about prameha vyadhi as it is a disease of medovaha strotasa and all factors which vitiate the medovaha strotas is responsible for making the pathology of prameha. The people who seats in same position for long duration, who take high amount of high calorie food like Curd, Milk, Jaggery, prepared by sugarcane juice and various recipes made of sugar cane, they are more prone to suffer from Prameha which denotes that the sedentary life style has a great role to cause Prameha and these causes also play a role to cause Diabetes Mellitus. Acharya was very well aware about the prognosis of disease Prameha and mentioned in the category of hereditary disorders.

Indian council of Medical Research (ICMR) has recommended some guidelines for the Management of Type II Diabetes in the year 2005. Diabetes is rapidly spreaded like epidemic all across the globe.

**AYURVEDIC LITERATURE**

Ayurvedic system of medicine have very unique basic principles for approaching the disease. Condition of Atur bala and Vyadhi bala on the basis of various examination techniques developed from Trividha pariksha to Dasavidha pariksha by using prameha. Then discussed about the treatment of the diseases.

First of all examine the disease by various examination tools developed by our ancient scholars to know the disease and then advise the treatment. Diabetes Mellitus is a most leading metabolic disease due to the disturbed and unhealthy life style.

### **Etymology**

Prameha is made up of two words first pra is the prefix of meha, 'pra' suggest excessive frequency. The word Meha is derived from the root "Mih Secane" by adding 'Luet' Pratyaya to it "Mehati, Sinchati Mutraretansi" which means to excrete (Halayudhakosha). Rigveda mentioned this word first is Mehanasthanam Karanallium (Rigveda 10/163.15). The commentator of Rigveda, Shayanacharya interpreted the word Mehana as medhra, which denotes to Shishna (penis). In Sanskrita literature, the term 'Mih' is used to denote, to make water, to wet, to emit semen. So this root 'Mih' is added to prefix 'Pra' the word becomes 'Prameha'.

### **Definition**

Prameha is the disease in which one has to go again and again for urination. The quantity of urine is increased and the quality of urine is altered is called as Prameha.

The increase in quantity and turbidity of urine are main symptoms of prameha.

### **Nidana/Hetu (Causative Factors)**

Charaka has described a wide range of Nidanas for Prameha. He has described the specific food types, their specific combinations and specific habits responsible for the genesis of Prameha. He has also mentioned specific Nidanas responsible for aggravation of specific dosha and thereby specific 'doshaja' type of Prameha. In Sutrasthana, he has described specific causes responsible for 'Madhumeha'. In Chikitsasthana, Charaka has stated Sahaja and Kulaja origin of disease. Sushruta has described two types of Prameha as Sahaja' and 'Apathyanimittaja', which gives quite clear idea about the causes of Prameha. Ashtanga Hridaya, Ashtanga Samgraha and Madhavakara have the same opinion.

#### **1) Samanya Nidana**

Etiological factors which are commonly responsible for Prameha i.e. Samanya Nidana of Prameha, are described by Charaka in Chikitsasthana.

**Table 1: Samanya Nidana of Prameha.**

Sr. no	Samanya Nidana of Prameha
1	Asyasukham - interest in sedentary habits
2	Swapnasukham - pleasure of sleep
3	Dadhini- overindulgence of various preparations of curds
4	Gramya, audaka, anooa rasa - soups of meat of domesticated and aquatic animals
5	Belonging to marshy land.
6	Payansi - various milk preparations.
7	Navannapanam - freshly harvested food articles, freshly prepared drinks.
8	Guda vaikritam - various preparations of jaggary.

All the factors that are responsible for the aggravation of Kapha can cause Prameha. Samanya Nidanams described by Sushruta are the same as that of described by Charaka.

### **Purvarupa (Prodromal Symptoms)**

Purvarupa has a diagnostic importance, as well as it acts as an alarming signal which gives prior intimation about diseased condition of the body. It can be used as a preventive tool with the help of which one can able to get rid of diseased state of body with minimum efforts. Symptoms which precede a full blown disease are known as Purvarupa [Premonitory symptoms]. There are total 20 subtypes of Prameha which are classified under Vataja, Pittaja and Kaphaja types. Acharyas have stated general Purvarupa of Prameha as below.

Alasya, Asyamadhura, Dahaschikanata dehe, Dantadeenam maladyatvam, Ghanangta, Gala-Talu-shosha, Hrid-Netra-Jihva shravanaupadeha, Jatilibhavam kesheshu, Kara-pada daha, Kara-pada suptata, Kaye malam, Kaya-chhidreshu upadeha, Keshha-nakha ativridhi, Madhura mutrata, Mukha shosha, Pipasa, Nidrasarvakalam, Paridaha angeshu, Shatpadapipilikabhishcha shariramutrabhisaranam, Sada, Shukla mutrata.

### **Rupa/ Lakshana (Cardinal Symptoms)**

From starting of pathogenesis of disease from Sanchaya avastha of dosha at the stage of vyakti and bheda of Shatkriyakala, disease is diagnosed at the stage of vyakti and particular group of symptoms appearing by dosha involvement predominantly, this stage of kriyakala showing rupa of specific disease. Rupa are the milestones of specific disease. They help to diagnose a specific disease as well as specific type, specific stage etc. of that disease. Critical knowledge of Rupa enables to gain perfection in treatment. Prameha is a disease of Mutravaha Srotasa [Urinary System]. All Acharyas have vividly described the signs related

to Mutra in classics. Classification of disease holds this as its base. Rupa of each type of Prameha individually has been explained on the basis of characters of urine.

## Classification of Prameha

### 1) Doshik (Clinico-pathological) Classification of Prameha

#### A. Kaphaj Prameha

Sr. No.	Types	Symptoms (Urinary findings)
1	Udakameha	Clear, plentiful, white, cold, odourless, watery
2	Ikshuvalika Meha	Very sweet, cold, somewhat slimy, turbid, resembles, sugarcane juice.
3	Sandra Meha	Precipitates developed in the container
4	Sandraprasada Meha	Remains partly clear & partly solidified
5	Shukla meha	White, resembles white flour
6	Shukra meha	Frequent passage, mixed with semen
7	Sheeta meha	Very sweet, cold
8	Shanair meha	Passage difficult, slow & without urge
9	Sikata meha	Gravels like particles are present
10	Alala meha	Slimy, stringy, saliva-like
11	Sura meha	Like Wine
12	Pishtameha	Horripilation and like water mixed with ground flour
13	Phena meha	Micturates clear and foamy urine in small quantity repeatedly
14	Lavana meha	Clear like saline water
15	Ikshu meha	Like sugarcane juice

#### B. PITTAJ PRAMEHA

Sr. No.	Types	Symptoms (Urinary findings)
1	Ksharmeha	Alkaline in smell, taste, touch, & colour
2	Kala meha	Hat and black
3	Neela meha	Sour, colour like the wing of blue jay
4	Lohita meha	Hot, red, salty, fleshy smell
5	Manjishta meha	Frequent passage, fleshy smell, resemble extract of a red herb root
6	Haridra meha	Yellow like the extract of haridra & pungent
7	Amla meha	Sour taste and odour

#### C. Vataj Prameha

Sr. No.	Types	Symptoms (Urinary findings)
1	Vasa meha	Muscle fat present
2	Majja meha	Marrow appearance
3	Hasti meha	Constant & excessive passage
4	Madhumeha	Pale, astringent, sweet rough, ojus is disturbed.
5	Sarpimeha	Micturate urine like ghee
6	Kshoudrameha	Urine colour like honey

### Samprapti (Pathophysiology)

Pathophysiology of disease described on the basis of three basic element in the body, Tridosha (Vata, Piitta, Kapha) are responsible for the balance of health of human body and misbalance of Dosha cause disease, main factors are Dosha but Dushya (Dhatu), Srotasa (body channels), Agni (mainly Jatharagni), Mala (waste material of body) are also contribute for appearing the disease. All factors of Samprapti of disease are responsible for the vitiation of Dosha and symptoms appears on the basis of predominance of Dosha Dusti.

### Vishesha Samprapti

Vishesha Samprapti is Samprapti of that specific type of Prameha, that is simply divided on the basis of specific Doshik symptoms of Prameha, specific Samprapti of disease elaborate the types on the basis of predominance of Vatadi Dosha, Dushya and specially which type of Srotasa are involved in disease formation, hence Vishesha Samprapti of disease are explained here needful e.g. Kaphaja Meha, Pittaja Meha etc.

### Samprapti Ghataka

Sr. no	Samprapti Ghataka	Affected part
1	Dosha	Kledaka kapha, pachak pitta, saman and apan vayu [Tridosha]
2	Dushya	Meda, Mansa, Lasika, Majjaadi Dhatu
3	Srotodushti	Medovaha, Mutravaha, Udakavaha, Mansavaha
4	Srotodushti type	Atipravritti, Vimargagamana, Sanga
5	Udbhava sthana	Antahkosta (Amasaya)
6	Sanchar	Rasayani
7	Vyaktee	Mutramarga/ Basti
8	Swabhava	Prameha Anushanginam

### Involvement of Srotasa

As the name Prameha indicates that it is a disease related with 'Mutra', involvement of 'Mutravaha Srotasa' is mandatory. As discussed previously, Rupa is related with findings in Mutra and Purvarupas indicate the physical signs. These Purvarupa indicate the dushti of Udakavaha, Medovaha and Mamsavaha Srotasas mainly.

### Madhumeha

Madhumeha is chronic disorder of later phase of untreated Prameha, when there is involvement of Vata dosha as dominant pathological factor. Charaka has explained Madhumeha in type of Vataja Prameha as Ojomeha, Sushruta said all type of Prameha is converted in to Madhumeha, if Prameha is not treated. Acharya Vagbhata told symptom of

Madhumeha is urination similar to honey and describe two types on the basis of etiopathogenesis of Madhumeha.

The word Madhumeha is derived from two words: Madhu + Meha. The word Madhu is derived from the root “Manyante Viseshena Jananti Jana Yasmin”. In Sanskrit literature Madhu word is used in various contexts like Kshoudrum, Kusumasavum, Madhyama, Makarandah, Makshikam, Madhura Rasa, Jalam, Pushparasa & Kshiram.

### Symptoms of Madhumeha

Among the Ayurvedic literature symptoms of Madhumeha has been explained on the basis of physical characterisation of urine, and body type with predominance of aggravated Dosha.

Author name	Symptoms of madhumeha
<b>Charaka</b>	Kashaya, Madhura taste of urine, Pandu colour, Ruksha urine
<b>Sushruta</b>	Explain as Kshaudrameha, characters of Kshaudra (Honey)
<b>Vagbhata</b>	Characters of urine similar with Honey, sweet taste of urine
<b>Madhava nidan</b>	Honey like urine & entire body becomes sweet.

### Chikitsa Siddhanta (Principle of treatment)

Vataja Pramehi patients are advised to have Brimhana medication as well as a diet which increase Dhatus in the body. Obese Pramehi patients with optimal body strength having intense increase of Doshas, purification of the body are advocated. This is dependent on dosha predominance (Kaphaja is advised to have emetics, Pittaja to have purgation).

1. Nidana parivarjana (Avoid etiological factors causing Prameha).
2. Snehana (Use of medicated ghee and oils internally & externally).
3. Shodhana (Purification therapy under three category).
4. Shamanam.
5. Pathya-Apathya (Does and Don'ts).
6. Vyayamam (Physical exercise).

In strong Prameha patients, with increased Doshas, Shodhana Chikitsa is prescribed. The purification therapies are the foremost treatments in the condition. Snehana karma should be done before giving Shodhana Chikitsa. Generally Swedana is contraindicated in Prameha as Swedatipravritti (profuse sweating) is the main symptoms of Prameha. More over Swedana induces Kleda which is causative factor of this disease. Different Snehanas (Oilations) are advised in different stages of Prameha.



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