

**PRAMEHA: A BRIEF POSTULATION****Dr. Sheetal Abhijeet Shelke<sup>1\*</sup>**

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**ABSTRACT**

Prameha means diabetes which involves high level of blood sugar, frequent urination and presence of sugar in urine, etc. Ayurveda the ancient science of medical system describe diabetes as Madhumeha or Prameha. Ayurveda mentioned various types of Prameha depending upon imbalance of the Doshas; Vata, Pitta and Kapha. Prameha is one of such disease that is most widely described in almost all classical Ayurvedic texts but not well established in conventional parlance. The disease Premeha, has been named on its major clinical signs Avila-Prabhuta-Mutra (Excess and contaminated urine). Ayurveda describe various treatment modalities for the management of Prameha such as; conduction of pathya, yoga and sodhana karma along with use of ayurveda formulation and herbs.

**KEYWORDS:** Madhumeha, Prameha, Diabetes, Mutragat Roga.

**INTRODUCTION**

Ayurveda is one of the most ancient systems of medicine in India as well as all over the world. Literally the meaning of the word Ayurveda is the science of life. Ayurveda system of medicine not only deals with diseases but also equivalently deals with preventive aspect of health. In various Ayurvedic compendia there are a detailed description of the etiology, pathogenesis, types, symptomatology and complication and management of a number of diseases as per Ayurvedic parlance. Conventional entities of all these diseases are still now not evident and Prameha may be considered as such a disease.

Prameha is a disease, described by Acharya Sushruta and Acharya Vagbhatta under Asthamahagada<sup>[1]</sup> (Eight grievous diseases) which has widespread effect on health. The

disease was considered among the Mutragata Rogas and as many as 20 types had been identified.

Ayurveda considered prameha as sadhya (curable), yapyia (paliabale) and asadhya (incurable) depending upon involvement of dosha. Sushruta describe it depending on physical appearance as-

1. Saheja prameha
2. Apathyani mittaja.

Saheja prameha mainly relates to bija dosha (genetic disorder) while Apathyani mittaja related to ageing and disturbed life style.

Ayurveda mentioned that Bahudravasleshma and Bahuabaddhameda are the main pathological factors for Prameha, further ayurveda describes that Nidana Sevana aggravates Kapha which vitiates Meda Dhatu and clinical manifestation of diabetes may observe. Prabhotha mutrata, Avila mutrata and Medo dushti lakshanas are the cardinal symptoms of prameha.

### **PARIBHASHA (DEFINITION)**

Premea is a syndrome which includes all those clinical conditions which are characterized by increased quantity of urine associated with or without the increased frequency of micturition. Poly urea and Turbidity of the urine are the two essential presenting features of this diseased state.<sup>[2]</sup>

The term 'Prameha' has two parts. 'Pra' denotes abundant and 'Meha' denotes 'passing of large quantity of urine. Hence, primarily Prameha may be considered as a systemic disease associated with urinary manifestations caused by enhanced urine formation.

### **NIDANA**

All those factors related to dietary habits and physical activities, which increase the quantity of Kapha are said to be the common etiological factors for all types of Pramehas.<sup>[3]</sup> Mainly obesity increasing diet and sedentary lifestyle have been mentioned as causative factors for Kapha Prakopa as well as Prameha.<sup>[4]</sup> Etiological factors associated with Pitta Prakopa or Vata Prakopa, can also lead to the Pittaja or Vataja Prameha respectively.

Whatever may be type of Prameha (Vataja Pittaja, Kaphaja) the etiology mainly revolves around kapha. Caraka states that it is Kapha which is aggravated first because of the excessiveness in quantity already attained by it (due to the etiological factors) and it is the one which initiates the process of manifestation of Prameha.<sup>[5]</sup>

### **BHEDA (CLASSIFICATION)<sup>[6]</sup>**

#### **Susruta Samhita**

1. Sahaja prameha

#### **Charaka Samhita**

##### **According to Doshas**

1. Kaphaj Prameha (10 subtypes)
2. Pittaj Prameha (6 subtypes)
3. Vataja Prameha (4 subtypes)

##### **According to body constitution**

1. Sthula or Balwan Pramehi (Obese diabetic)
2. Kshina or Durbal Pramehi (Lean or thin diabetic)

##### **According to Prognosis**

1. Sadhya (Curable)
2. Yasya (Palliable)
3. Asadya (Incurable)

#### **Vagbhat**

1. Dhatukshayajanya Prameha
2. Dosa – avritta janya (Santarpanjanja)

#### **Bhela Samhita**

1. Prakritija Prameha
2. Swakrutaja Prameha

### **SAMPRAPTI<sup>[7]</sup>**

Hetusevan/Apathyasevan-Kledanirmitti-Blockage of metabolic channels (Srotas)-Agni vikruti/meda dhatu vikruti-Progressive mitochondrial dysfunction and Insulin resistance

receptors (due to avaran of insulin receptors by meda dhatu) –due to which glucose do not enter the cell effectively and remain in blood in high concentration - Prediabetic stage.

By the favourable combination of all the three specific factors viz., etiology, dosas and Dhatus, Kpha gets immediately aggravated because of he excessiveness in the quantity already attained by it and it initiates the process of manifestation of prameha because of the looseness (Saithilya) developed in the body. The aggravated kapha spreads all over the body and while spreading it first gets mixed with medas because there is an increase in the quantity of Medas which is also unbound (Bahu and Abadda) and also because Kapha and Medas share identical qualities like heaviness, coldness etc. these two mix with muscle tissue and liquid dhatus of the body. The vitiation of muscle tissue leas to prameha pidakas, the vitiated drava Dhatus are formed in to urine. The openings of channels carrying urine are obstructed by medas and Kapha giving rise to prameha.

### Samprapti Ghatak

Dosha (3)	-	Tridosha (Vata, Pitta, Kapha), Specific –Kapha
Dushya (10)	-	Specific -Meda, Oja Meda, Shukra, Vasa, Majja, Ojas, Rakta, Ambu, Lasika, Rasa, Mamsa
Srotas	-	Mutravaha srotas, Medovaha srotas
Srotodushti	-	Atipravriti
Adhithana	-	Basti and Sarva shareer
Swabhav	-	Chirakari (chronic disorder)
Roga marga	-	Madhyam
Udhhbhava Sthana	—	Amapakvasayottha

### SADHYASADHYTVA (PROGNOSIS)<sup>[8]</sup>

#### Sadhya

1. Kaphaja Prameha
2. Apathyanimittaja
3. Sthula Pramehi

#### Yapya

1. Pittaja Prameha

**Asadhya**

1. Vataja Prameha
2. Sahaja (Jat Pramehi)
3. Krish Pramehi

**CHIKITSA SIDDHANT****Aahara**

1. Laghu bhaksha & laghu ahara
2. Mantha, Odana, Appopa, purana shali and Roti etc.
3. Mudga, Chanaka, Kulattha & Adhaki etc.
4. Tikta shaka; Karela, Methi, Patola, Rasona and Udumbara etc.
5. Jambu, Amalaki, Kapitta, Tala phala, Kharjura, Kamala & Utpala etc.
6. Harina mamsa, Shashaka mamsa, Kapotha & Titira etc.
7. Sarshapa taila & Ingudi Ghritha may be used in pitthaja prameha. Aahara

**Vihara**

Pramehi should involve in physical exercise, wrestling, sports, riding, long walks & running etc. Yoga practices such as Kriya Yoga, Surya Namaskara, Ardha-Matsyendrasana, Pawan-muktasana, Pranayamas, Nadisodhan Pranayama, Bhastrika Pranayama and dhyana offer relief in Prameha.

**Aushadhi**

Drugs having Tikta, Katu and Kasaya Rasa help to pacify kapha & meda therefore recommended in diabetes. Guggulu, Haritaki and Amalaki offer relief in diabetes due to their inherent guna & rasa. Avaleha preparations such as Saraleha (decoction of asana, khadira, babbula and bakula, etc.) also recommended in all types of prameha. Gokshuradyavaleha (decoction of gokshura along with trikatu, nagakeshara, cinnamon, ela, jatipatra and vamshalochana) relief symptoms of diabetes.

**Rasoushadhis**

1. Silajatu Rasayana
2. Mehakalanal Rasa
3. Panchanan Rasa
4. Vanga Bhasma
5. Yasada Bhasma

6. Rasasindoor
7. Brihat vangeswara Rasa
8. Mehari Ras
9. Meghanada Rasa
10. Guduchi swarasa
11. Amalaki Curna
12. Karavellaka Phala Curna
13. Chandraprabha

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