

**A REVIEW ARTICLE ON PRAMEH****Dr. Seeta Rajoria<sup>1\*</sup>, Dr. Brahmanand Sharma<sup>2</sup> and Dr. Arvind Kumar Mishra<sup>3</sup>**<sup>1</sup>Asso. Prof. Deptt. of Kayachikitsa, Mmm. Govt. Ayu. Colle. Udaipur. Raj. India.<sup>2</sup>Asso. Prof. Deptt. of Kayachikitsa, DSRRAU, Jodhpur, Raj. India.<sup>3</sup>Visheshgya Chikitsak, Komal Dev Dist. Hospital, Kanker C.G India.Article Received on  
19 January 2024,Revised on 09 Feb. 2024,  
Accepted on 27 Feb. 2024

DOI: 10.20959/wjpr20245-31597

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India.**ABSTRACT**

The prevalence of lifestyle diseases is rising in the fast-food and junk-food period of today. In this article, one such health problem—Prameha, which resembles diabetes mellitus in several ways—is discussed. Every Ayurvedic text, beginning with the Vedas, describes Prameha. Prameha roga is thoroughly described in the three primary Ayurvedic works, or Brhat-trayi, which are the Caraka Samhita, Sushruta Samhita, and Vagbhatta Samhita. Ten Dushya are involved in the intricate pathogenesis of Prameha, with Kapha being the primary Dosha involved. Consequently, the fundamental tenet of treatment is to counteract Kapha dosha using all available means. Various regimens, medications, and diets that work against medas have also been reported in conjunction with it. 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.

**INTRODUCTION**

Ayurveda mentions three major vital places of the body as Trimarma,<sup>[1]</sup> which includes Hridaya, Sirsa and Vasti. 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 watering.<sup>[2]</sup> '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<sup>[3]</sup> 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. Ten types of kaphaja, six types<sup>[4]</sup> of Pittaja, and four types of Vataja. Even though the three groups are described, there is vitiation of all the three 'Doshas' in all the Prameha Vyadhi.<sup>[5]</sup> Prameha is called as Mahagada. It is difficult to cure.<sup>[6]</sup> All the Doshas and almost all Dhatus are involved in it. Ayurveda considered Prameha as Sadhya (curable), Yapya (paliabile), and Asadhya (incurable) depending upon the involvement of Dosha.<sup>[7]</sup> 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 lifestyle.<sup>[8]</sup> Ayurveda mentioned that Bahudravasleshma and Bahuabadhameda are the main pathological factors for Prameha<sup>[9]</sup>, further Ayurveda described that Nidana Sevan aggravates kapha which vitiates Meda Dhatu and clinical manifestation of diabetes may occur.<sup>[10]</sup>

## 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 Lifestyle 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.

**PRAMEHAAS 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.<sup>[12]</sup>

**PRAMEHA DOSHA DUSHYA<sup>[13]</sup>**

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

**SAMANYA SAMPRAPTI<sup>[14]</sup>**

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.

**VISHISHTA SAMPRAPTI<sup>[15]</sup>****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.

**PURVARUPA**<sup>[16]</sup> – Sweda, Angagandha, Shithilangta, Shayyasana, Ghana Angata, Kesha, kha, Nakha Ativridhi, Sheeta Priyata, Gala Talu Shosha, Madhura Aasya, Kara Pada Daha, Mutre Pipilika.

**RUPA**<sup>[17]</sup> – 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**<sup>[18]</sup>

#### **Vataja Prameha**

Vasa-meha, Majja- meha, Hasti- meha, Madhu-meha.

#### **Pittaja Prameha**

Kshar-meha, Kaal-meha, Neel-meha, Lohit-meha, Manjishtha-meha, Haridra-meha.

#### **Kaphaja Prameha**

Udaka-meha, Ikshuvalika-meha, Sandra-meha, Sandraprasadmeha, Shukla- meha, Shukra-meha, Sheeta-meha, Sikata-meha, Shanair-meha, Alal-meha.

**DIFFERENTIAL DIAGNOSIS**<sup>[19]</sup> – 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.

### **LINE OF TREATMENT**<sup>[20]</sup>

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 Churna, Vidangadi Churna, Nyagrodhadi Churna.

**Vati:**– Chandraprabha Vati, ShilajatvadiVvati, 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:**– Dhanwantaraghrit, Triphaladi Ghrit, Trikantkadhyha Ghrit.

**Leha:**– Salsaradi Leha, Kushavleha, Vangavleha.

**Udak:**–Sarodak, Kushodak, Madhudak, Triphalaras, Sidhu, Madhvika. Rasayana – Shilajaturasayan, Guggulurasayan, Rasona

## Pathya<sup>[22]</sup>

- i. Laghu bhaksha & laghu Ahara.
- ii. Mantha, Odana, 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, Talaphala, Kharjura, Kamal & Utpala etc.
- vi. Harina Mansa, Shashaka Mansa, Kapotha & Titara 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.

## Yog

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, Mandukasan, Ushtrasan, Paschimotasana, Mayurasan, Ardha matsyendrasan

### **PRAMEHAMUKTI LAKSHANA<sup>[23]</sup>**

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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