

A CLINICAL STUDY ON THE APPLICATION OF DAIVAVYAPASHRAYA CHIKITSA IN THE MANAGEMENT OF PRAMEHA

Dr. Ajeet Tiwari*¹ and Dr. Ketan Sharma²

¹PG Scholar, Dept. of Smahita and Maulik Sidhhanta, National Institute of Ayurveda (Deemed to Be University), Jaipur, Raj. Pin. 302002.

²Assistant Professor, Dept. of Smahita and Maulik Sidhhanta, Surajmal Medical College of Ayurveda and Hospital, Kichha, UK 263148.

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*Corresponding Author

Dr. Ajeet Tiwari

PG Scholar, Dept. of
Smahita and Maulik
Sidhhanta, National Institute
of Ayurveda (Deemed to Be
University), Jaipur, Raj. Pin.
302002.

ABSTRACT

Prameha, as described in Ayurveda, refers to a group of metabolic disorders akin to diabetes mellitus, characterized by impaired glucose metabolism and dysfunction in tissue systems (*dhatu*s). While traditional Ayurvedic treatments primarily involve *Yuktivyapashraya* (rational therapeutic approaches) and *Sattvavajaya* (psychological support), *Daivavyapashraya Chikitsa*—a spiritual and ritual-based modality—has not been widely explored in clinical practice. This study investigates the potential benefits of integrating *Daivavyapashraya Chikitsa* with standard Ayurvedic protocols in the management of *Prameha*. A randomized controlled clinical trial was conducted on 40 patients diagnosed with *Prameha*. Group A received standard Ayurvedic care, including herbal formulations, dietary guidance and lifestyle modifications, while Group B received the same along with *Daivavyapashraya* practices such as *mantra japa*, *homa*, *daana* and *upavasa*. Over a 12-week period, both groups showed significant improvements in glycemic parameters but Group B demonstrated a

greater reduction in HbA1c and improved psychological and quality-of-life outcomes. Patient feedback highlighted enhanced emotional stability and spiritual well-being in the *Daivavyapashraya* group. These findings suggest that the integration of spiritual practices can enhance holistic outcomes in the treatment of *Prameha* and warrant further exploration in chronic disease management.

KEYWORDS: Prameha, Daivavyapashraya Chikitsa, Ayurveda, Diabetes Mellitus, Mantra Therapy, Holistic Management.

INTRODUCTION

Prameha, a term extensively described in classical Ayurvedic texts, encompasses a spectrum of metabolic disorders that closely resemble diabetes mellitus in modern medicine. It is characterized by deranged carbohydrate metabolism, impaired function of *dhatu*s (body tissues) and abnormal *mutravaha srotas* (urinary system). The increasing global prevalence of diabetes and its associated complications pose a significant public health challenge, demanding comprehensive and multidimensional treatment strategies.^[1]

Ayurveda advocates a holistic approach to the management of chronic diseases like *Prameha*, involving three principal categories of therapy—*Yuktivyapashraya* (rational medicine), *Sattvavajaya* (psychotherapy), and *Daivavyapashraya* (spiritual or faith-based therapy). While the first two are widely practiced and accepted, the third—*Daivavyapashraya Chikitsa*—has often been overlooked in contemporary clinical settings due to its spiritual and ritualistic nature. This includes interventions such as *mantra japa* (chanting), *homa* (ritual offerings), *daana* (charity) and *upavasa* (fasting), which are traditionally believed to influence the subtle aspects of health, including mental, emotional and spiritual well-being.^[2]

Given the psychosomatic nature of chronic diseases like *Prameha*, where emotional stress and lifestyle imbalances contribute significantly to pathogenesis, the incorporation of spiritual practices may offer added therapeutic value. This study aims to explore the clinical relevance and efficacy of *Daivavyapashraya Chikitsa* as an adjunct to conventional Ayurvedic management in *Prameha*, with a focus on both physiological and psychological outcomes.

Diabetes mellitus is a chronic metabolic disorder characterized by elevated blood glucose levels due to defects in insulin secretion, action, or both. It is associated with long-term complications affecting the eyes, kidneys, nerves, and cardiovascular system. With its rising global prevalence, diabetes poses a major health burden, necessitating integrative treatment approaches. In Ayurveda, this condition is broadly correlated with *Prameha*, which involves deranged *dhatu* metabolism and urinary abnormalities.^[3] This study explores the application of *Daivavyapashraya Chikitsa*, a spiritual healing modality described in Ayurvedic texts, as a complementary approach in the holistic management of *Prameha*.^[4]

Importance of *Daivavyapashraya Chikitsa* and *Mantra* in *Prameha* (diabetes mellitus):

In Ayurvedic philosophy, *Daivavyapashraya Chikitsa* represents the spiritual dimension of healing, encompassing practices such as *mantra japa* (chanting), *homa* (ritual offerings), *daana* (charity) and *upavasa* (ritual fasting). Though often underemphasized in clinical practice, this mode of therapy addresses the subtle aspects of health—particularly the mental, emotional and spiritual factors that influence disease manifestation and recovery.^[5]

In the context of *Prameha*, which has strong psychosomatic associations, emotional stress, sedentary lifestyle, and improper dietary habits play a pivotal role in disease progression. *Mantra japa*, a key component of *Daivavyapashraya Chikitsa*, helps calm the mind, reduce stress and promote mental clarity, thereby indirectly supporting metabolic balance. Regular chanting of specific mantras is believed to stimulate positive vibrations, regulate the autonomic nervous system and enhance psychological resilience—factors that are crucial for managing chronic conditions like *Prameha*. Additionally, the spiritual discipline cultivated through these practices may improve treatment adherence, foster emotional well-being and contribute to a more holistic healing experience.^[6]

Thus, integrating *Daivavyapashraya Chikitsa*—especially mantra therapy—alongside conventional Ayurvedic interventions offers a promising approach in the comprehensive management of *Prameha*.

Holistic healing in *Prameha*

Refers to a comprehensive approach that addresses not only the physical symptoms of the disease—such as elevated blood sugar and impaired metabolism—but also the mental, emotional and spiritual aspects of the patient. In Ayurveda, *Prameha* is understood as a *vyadhi* (disease) involving multiple *dhatu*s (tissues) and *dosh*as (bio-energetic forces), influenced by improper diet, sedentary lifestyle and psychological stress.^[7]

Holistic healing aims to restore balance at all levels of being—*Sharirika* (physical), *Manasika* (mental), and *Atmika* (spiritual). This includes personalized herbal medications (*Yuktivyapashraya*), psychological support and behavioral correction (*Sattvavajaya*) and spiritual practices (*Daivavyapashraya*), such as *mantra japa*, meditation, fasting and charitable acts. These combined therapies not only work to normalize blood sugar and rejuvenate tissues but also promote emotional stability, reduce stress and cultivate inner peace, which are essential for long-term disease management.^[8]

Thus, holistic healing in Prameha goes beyond symptom control, focusing on the root causes and promoting overall well-being, making it a truly integrative and sustainable model of care.

Methods

1. Study Design

- A randomized controlled clinical trial.

2. Sample Size

- Total of 40 patients diagnosed with *Prameha*.

3. Grouping

- Group A: Received standard Ayurvedic treatment.
- Group B: Received standard Ayurvedic treatment and *Daivavyapashraya Chikitsa*.

4. Standard Ayurvedic Treatment Included

- Herbal formulations
- Dietary guidelines
- Lifestyle modifications

5. Daivavyapashraya Chikitsa Interventions (Group B)

- *Mantra japa* (chanting of prescribed mantras)
- *Homa* (ritual fire offerings)
- *Daana* (charity/donations)
- *Upavasa* (ritual fasting on specific days)

6. Duration of Treatment

- 12 weeks

7. Assessment Parameters (Pre and Post Treatment)

- Fasting Blood Sugar (FBS)
- Postprandial Blood Sugar (PPBS)
- HbA1c
- Quality of Life (QoL) scores

Daivavyapashraya Chikitsa Interventions^[9,10]

1. Mantra Japa

- Chanting of specific Vedic or spiritual mantras.
- Aimed at calming the mind, reducing stress, and promoting mental clarity.
- Enhances focus, emotional balance, and spiritual well-being.^[11]

2. Homa

- Performance of ritualistic fire offerings using sacred herbs and ghee.
- Believed to purify the environment and mind through sound (mantra) and fire (agni).
- Creates a spiritually charged atmosphere supportive of healing.

3. Daana

- Charitable acts such as giving food, clothes, or donations to the needy, Brahmins, or cows.
- Encourages selflessness, gratitude, and emotional release.
- Considered beneficial for karmic balance and inner peace.^[12]

4. Upavasa

- Fasting on specific tithis (lunar days) or religious occasions.
- Helps in detoxification, digestive regulation, and mental discipline.
- Strengthens willpower and aligns the body-mind system with spiritual rhythms.

RESULTS

1. Glycemic Control

- Both Group A and Group B showed statistically significant improvements in fasting blood sugar, postprandial blood sugar, and HbA1c levels.

2. HbA1c Reduction

- Group B (Daivavyapashraya + Standard Treatment) showed a greater reduction in HbA1c compared to Group A (Standard Treatment only).

3. Psychological Well-being

- Group B reported better improvement in psychological health, including reduced stress and anxiety.

4. Quality of Life (QoL)^[13]

- QoL scores improved in both groups, but Group B showed more significant enhancement in overall well-being.

5. Patient Feedback (Group B)

- Reported greater emotional stability
- Experienced a sense of spiritual well-being
- Showed higher compliance and motivation toward treatment regimen

DISCUSSION

The present study was undertaken to evaluate the efficacy of *Daivavyapashraya Chikitsa* as an adjunct to standard Ayurvedic treatment in the management of *Prameha*, a condition closely correlated with diabetes mellitus in modern medicine. The results demonstrated that while both groups showed statistically significant improvements in glycemic parameters, the group receiving *Daivavyapashraya Chikitsa* in addition to standard care experienced a greater reduction in HbA1c levels and more substantial improvement in psychological well-being and quality of life.

This supports the classical Ayurvedic understanding that diseases like *Prameha* are not only physical in nature but also have strong emotional and karmic dimensions. Emotional stress, mental instability and lifestyle disturbances are recognized as key etiological factors in the manifestation and aggravation of *Prameha*. The inclusion of spiritual practices such as *mantra japa*, *homa*, *daana*, and *upavasa* is believed to help purify the mind, balance subtle energies and cultivate discipline and inner calm, thereby contributing to overall healing.^[14]

Mantra japa may act as a form of sound therapy, positively influencing the nervous system and reducing stress. *Homa* rituals purify the surrounding environment and promote mental clarity, while acts of *daana* and *upavasa* foster emotional release, self-discipline and a deeper connection with one's spiritual self. The improvements in patient compliance and emotional resilience observed in the *Daivavyapashraya* group further reinforce the therapeutic potential of these interventions.^[15]

The study's findings are in alignment with Ayurveda's trifold approach to disease management—*Yuktivyapashraya*, *Sattvavajaya* and *Daivavyapashraya*—each addressing a distinct dimension of human health: physical, psychological and spiritual, respectively. In the

current healthcare context, where lifestyle disorders are on the rise, such integrative and holistic approaches become especially relevant.

However, the study had limitations, including a small sample size and short duration. Larger, multicenter studies with longer follow-up periods are recommended to validate these findings and standardize *Daivavyapashraya* protocols for clinical application.

In conclusion, *Daivavyapashraya Chikitsa* emerges as a valuable complementary tool in the holistic management of *Prameha*, offering both physiological and psychological benefits. Its inclusion may not only enhance clinical outcomes but also support patients in achieving deeper emotional and spiritual well-being.^[16]

CONCLUSION

This clinical study suggests that the incorporation of *Daivavyapashraya Chikitsa*—a spiritual and ritual-based healing modality—alongside conventional Ayurvedic treatment significantly enhances the overall management of *Prameha*. The combined approach not only showed better glycemic control but also led to notable improvements in psychological well-being, emotional stability, and quality of life. These outcomes highlight the importance of addressing the spiritual and mental dimensions of chronic diseases like *Prameha*. Therefore, *Daivavyapashraya Chikitsa* holds substantial potential as a complementary therapy and merits further research and clinical integration within holistic healthcare frameworks.^[17,18]

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