

## CONCEPTUAL STUDY OF ETIOPATHOLOGY OF *PRAMEHA* IN *AYURVEDA*

Dr. Vikas Dabkara\*<sup>1</sup>, Dr. Pallaw Ghoti<sup>2</sup> and Dr. Nikita Gupta<sup>2</sup>

<sup>1</sup>Reader, Department of Rognidan Shubhdeep, *Ayurveda* Medical College Indore, MP.

<sup>2</sup>PG Scholar, Department of Samhita Siddhant, Pt. Khushilal Sharma Govt. *Ayurveda* College  
& Institute Bhopal MP.

Article Received on  
12 January 2023,

Revised on 01 Feb. 2023,  
Accepted on 21 Feb. 2023,

DOI: 10.20959/wjpr20234-27358

### \*Corresponding Author

**Dr. Vikas Dabkara**

Reader, Department of  
Rognidan Shubhdeep,  
*Ayurveda* Medical College  
Indore, MP.

### ABSTRACT

Diabetes is one of the most common non communicable diseases .it is chronic metabolic disorder of impaired carbohydrate fat and protein. Prevalence of diabetes is increasing day by day throughout the world where India leads the highest number. Faulty dietary habits sedentary life style and stressful conditions may lead to various metabolic disorders and diabetes is one among them. According to classic *Ayurvedic* literature, all types of *Prameha* start with the derangement of *Kapha* that spreads throughout the body and mixes with *Meda*. *Prameha* is preventable by adopting a healthy diet and increasing physical activity. To prevent this disease and it's complications it is

necessary to follow principles of *Ayurveda* i.e. *Nidanaparivarjan*, *Ashtahar Vidhivisheshayatan*, *Dincharya*, *Rutucharya*, *Sadavritta* and practicing particular *Asana* and *Yoga* postures. And by following *Ayurveda* one can prevent or at least delay the onset of diabetes and thus reduce the burden of noncommunicable diseases.

**KEYWORDS:** *prameha*, *sahaj*, *apthyanimitaj*, *kapha*, *medas*.

### 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. The term *prameha* comprises of two words. *Pra* means abundant, and '*Meha*' denotes 'passing of large quantity of urine. According to *Acharya Madhavakara Prakarsena Prabhutam Pracuram Varam Varam Va Mehati Mutratvagam Karoti Iti Pramehah*" so

*prameha* can be stated as a diseases of *mutrvah strotas* in which quantity as well as frequency of turbid micturition increases.

In *Ayurvedic* texts the given characteristic features of *Prameha* shows marked similarity with the syndrome of diabetes mellitus. Etiological factors of *Prameha* are *Madhura*, *Amla*, *Lavana Rasa* dominant diet mentioned as “*Gramya udaka aanupa rasa, payansi, dadhini*”<sup>[1]</sup> and life style such as “*Aasya sukham swapna sukham*” are similar to the causes quoted as over eating, eating of large amount of carbohydrates mainly sugar rich substances, dairy products, practicing sedentary life style, overweight in modern medical literature.

*Ayurvedic* treatise mentioned various types of *Prameha* depending upon imbalance of the *Doshas*; *Vata*, *Pitta* and *Kapha*. *Prameha* related to vitiation of *Vata dosha* considered incurable. *Prameha* associated with vitiation of the *Pitta dosha* difficult to cure while *Prameha* which involve vitiation of *Kapha dosha* considered as curable. *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. This article presented *ayurveda* perspective of *Prameha* and its management.

## Literature Review

Explorative description of disease *Prameha* occurs during the *Samhita* period.

**Charaka Samhita:** In the most popular ancient literature of *Ayurvedic* science, *Acharya Charaka* has described three main types on the basis of *Dosha* and their twenty subtypes of *Prameha*.<sup>[2]</sup> The description of *Prameha* is in *Nidanasthan* as well as *Chikitsasthan* which shows that *Acharya Charaka* has given enough importance to the disease. The etiology, pathogenesis, symptomatology, complications and treatment of *Madhumeha* have been explained under the broad heading of *Prameha*. Even in *Sutrasthan* 17th chapter *Avaranjanya* pathogenesis of *Madhumeha* has been described and explained seven *Prameha Pidika* as complication of the disease, is the unique contribution in the field.

**Sushruta Samhita:** *Acharya Sushruta* also explained the *Prameha* in elaborative manner on the basis of etiological factors that is *sahaj* and *apthyanimitaj*.<sup>[3]</sup> He specifically mentioned the decoctions according to each subtype of *Prameha*. He specifically mentioned the decoctions according to each subtype of *Prameha*.

**Astanga Hridaya:** Vagbhatacharya classified the urinary disorders under the two broad heading of '*Mutraatipravrttija Vyadhi*' and '*Mutrapravrttija Vyadhi*' and categorized *Prameha* including *Madhumeha* as '*Mutraatipravrttija vyadhi*'. He has described two types of *Madhumeha* i.e. due to *Dhatukshyat* and due to *Avaranatvat* as well as he added *Sweda* among the *Dusysangraha* of disease.<sup>[4]</sup>

### Classification of *Prameha*

The *Ayurvedic* ancient treatises classified the disease *Prameha* on the basis of *Dosha* dominance. *Acharya Charaka* and *Acharya Sushruta* have described that all types of *Prameha* are *Tridoshaja* in origin but still it can be classified as below.

1. Etiological Classification
2. Clinico-pathological Classification
3. According to Body Constitution
4. On the basis of prognosis

#### 1. Etiological Classification

*Acharya Sushruta* has described two types of *Prameha*. i) *Sahaja Prameha*

ii) *Apathyanimittaja Prameha*

##### i) *Sahaja (Hereditary) Prameha*

The clinical feature shows that the person of hereditary *Prameha* is asthenic, faulty life style is not mandatory i.e. may occur without improper life style. *Acharya Sushruta* emphasizes genetic involvement as a predisposing factor of the disease.<sup>[5]</sup> While classifying *Prameha*, *Acharya Charaka* also narrated *Jataprameha* which is a *Kulaja Vikara* due to *Bijadosha*.<sup>[6]</sup> It may be inherited from both the parents maternal or paternal, either due to defect in *Beeja* i.e. in sperm/ovum or defect in *Bijavayava* i.e. in chromosome.

##### ii). *Apathyanimittaja (Acquired) Prameha*

*Acharya Sushruta* with regards to etiological factors has classified this type of *Prameha*. This type of *Prameha* occurs due to improper diet patterns. Persons are obese in that case.<sup>[7]</sup> The type of food and drinks likely to produce or precipitate this disease has been enumerated both by *Charaka* & *Sushruta* and has been advised to be avoided by the people interested in prevention and cure of *Prameha*.

## 2. Clinicopathological Classification of *Prameha*

Ayurvedic ancient treatises have elaborately classified the disease *Prameha* on the basis of *Dosha* dominance and then sub classified in 20 types.

Type	Charaka	Sushruta	Vridhavagbhat	Vagbhata	Madhavni daan
<b>Kaphajameha</b>					
Udakameha	+	+	+	+	+
Ikshuvalikameha	+	+	Ikshumeha	Ikshumeha	Ikshumeha
Sandrimeha	+	+	+	+	+
Sandraprasadmeha	+	Pishtameha	+	+	Pishtameha
Shuklameha	+	Surameha	+	+	Surameha
Shitameha	+	Lavanmeha	Shitameha	Shitameha	+
Siktameha	+	+	+	+	+
Shanaimeha	+	+	+	+	+
Alalmeha	+	Phenameha	Lalameha	Lalameha	Lalameha
Shukrameha	+	+	+	+	+
<b>Pittajameha</b>					
Ksharameha	+	+	+	+	+
Kalameha	+	Amlameha	Kalameha	Kalameha	+
Nilameha	+	+	+	+	+
Lohitameha	+	Shonitameha	Shonitameha	Raktameha	Raktameha
Manjishthameha	+	+	+	+	+
Haridrimeha	+	+	+	+	+
<b>Vatajameha</b>					
Vasameha	+	+	+	+	+
Hastimeh	+	+	+	+	+
Madhumeha	+	Kshaudrameha	Madhumeha	Madhumeha	Kshaudr ameha
Majjameha	+	Sarpimeha	Majjameha	Majjameha	+

### According to Body Constitution

Acharya Charaka has classified the patients of *Prameha* on the basis of their body constitution for treatment purpose into two main categories i.e. *Sthula Pramehi* and *Krishna Pramehi*. 18 Acharya Sushruta while narrating etiology describes that the body constitution of *Sahaja Pramehi* is generally *Krishna* (thin) and that of *Apathyanimitaja Pramehi* is *Sthula* (obese).

### On the basis of prognosis patients of *Prameha* have been classified into three groups

1. Curable (*Sadhya*)
2. Palliative (*Yapya*)
3. Incurable (*Asadhya*)

***Nidana (Etiology)******Aharaj nidan***

1. Excess intake of curd
2. Excess intake of meat of the domestic, marshy and aquatic animals.
3. Excess intake of sugarcandy and its products.
4. Excess intake of milk and its products.
5. Intake of newly harvested crops or rainy water or fresh wine for long time.
6. Excess intake' of heavy unctuous food and food having sour and saline taste

***Viharaj nidan***

1. Avoidance of physical activities
2. Persistent of sedentary habits
3. Persistent of comfortable sleep and bed rest excessively.
4. Avoidance of Sodhan Chikitsa or purificatory measures of Sharira.

***Manasik nidan***

1. Avoidance of mental activities or any kind of mental exercise.
2. Over thinking and anxiety.
3. Excessive stress and strain etc.

***Etiopathogenesis {samprapti} of prameha***

Aggravated *kapha* vitiates *medas*, *mamsa* and *kleda* of the body located in *basti* and causes different types of *kapha* dominant *meha*. Similarly, *pitta* aggravated by hot things vitiates those elements and causes different types of *pitta* dominant *meha*. When other two *doshas* are in a relatively diminished state, the aggravated *vata* draws tissues elements (viz. *ojas*, *majja*, and *lasika*) into the urinary tract and vitiates them to cause *vata* dominant *pramehas*. Different *doshas* having entered the urinary tract in vitiated condition give rise to the respective types of *meha* with their own dominance. *kapha*, *pitta* and *vata medas*, *rakta*, *shukra*, *ambu*, *vasa*, *lasika*, *majja*, *rasa*, *ojas* and *mamsa* are responsible for the causation of *prameha* which is of twenty types.

**DISCUSSION**

The ancient Indians were the first to coin the term “*Prameha*”, a thousand years before the first Europeans recognized it in patients with diabetes. The Ayurvedic physicians *Charaka*, *Sushruta*, and *Vagbhata* described polyuria and glycosuria. They noted the attraction of flies

and ants to the urine of those affected by this ailment. *Sushruta* described *Prameha* as a disease characterised by passage of large amount of urine, sweet in taste, which in later stage advances into *Madhumeha* (honey like urine). Further it has been added that *Prameha* primarily affects obese people who are sedentary and has emphasized the role of physical activity in amelioration of *Prameha*. Aretaeus, a contemporary of Galen, provided the first accurate description of the symptoms of diabetes. Ayurvedic classics provide references on herbal and herbomineral drugs which can be safely used in controlling the blood sugar in patients of diabetes mellitus.

## CONCLUSION

Diabetes mellitus is a chronic metabolic disorder of impaired carbohydrates, fat and protein metabolism. Limiting of diabetes mellitus without any side effects is a challenge still to the medical system. High risk people should be identified and they are advised for behavioral, dietary and lifestyle changes after recognizing *Purvarroopa* of *Madhumeha*. Type 2 diabetes mellitus is a common, primarily because of increases in the prevalence of a sedentary lifestyle and obesity. With appropriate use of Ayurvedic preventive measures as explained in our Ayurvedic literature as *Swasthviritta* modalities such as *Nidanparivarjan*, *Dincharya*, *Ritucharya*, *Ahar vidhi*, *Yoga*, *Pranayam* and therapeutic measures *Madhumeha* (DM) can be prevented at all levels.

## REFERENCES

1. Charaka Samhita with commentary of Chakrapanidatta, Edited by Vaidya Yadaavaji Trikamaji Acharya, Chaukhamba Sanskrit Samsthana, Varanasi. (Vi. Sam. 2061); Chikitsa Sthana, 6/4.
2. Charaka Samhita edited by Vaidya Jadavaji Trikamji Acharya Chaukhambha Surbharati Prakashana, Varanasi, Nidanasthana, 2000; 4/12(42): 214-215.
3. Sushruta Samhita edited by Kaviraj Ambikadatta Shastri, Chaukhambha Sanskrit Sansthan, Varanasi, 14th edi, Chikitsasthana, 11(3): 59.
4. Ashtanga Hridaya vidyotini edited by Kaviraj Atridev Gupta Chaukhambha Prakashana, Varanasi, Nidanasthana, 2009; 10(4): 344
5. Shusruta samhita edited by Kaviraj Ambikadatta Shastri, Chaukhamba Sanskrit Sansthan, Varanasi, reprinted Chikitsasthana, 2011; 11(3).
6. Charaka Samhita edited by Vaidya Yadavaji Trikamji Acharya Chaukhambha Surbharati Prakashana, Varanasi, Chikitsasthana, 2008; 6(57).

7. Shusruta samhita edited by Kaviraj Ambikadatta Shastri, Chaukhamba Sanskrit Sansthana, Varanasi, reprinted Chikitsasthana, 2011; 11(3).