Review Article

Ayurveda view on Prameha w.s.r. to causes and approaches of Management

Archana Daundkar (Avhad)* a, Pravinkumar Sawant b, Ganesh Avhad c

*PhD (Scholar), Dept of Kayachikitsa, College of Ayurveda, Bharati Vidyapeeth (Deemed University), Dhanakwadi Educational Campus, Satara Road, Pune, Maharashtra, India.

bAssociate Professor, Dept of Kayachikitsa, College of Ayurveda, Bharati Vidyapeeth (Deemed University), Dhanakwadi Educational Campus, Satara Road, Pune, Maharashtra, India.

cMedical Practitioner /Researcher, Lotus Healthcare Clinic,5 Bramha Chambers, 2010, Sadashiv Peth, Tilak Road, Pune, India.

Abstract

Prameha is pathological condition which mainly arises due to the excessive consumption of Madhura, Snigdha, Guru and Picchila Aharas. As per modern view sedentary habits, stress and lack of exercises, etc. are responsible for such types of metabolic disorder. Prameha is related to the diabetes as per the modern science, the disease mainly found in middle aged and elderly population but current life style also increases prevalence amongst young population. Aharaj & Viharaj factors play important role towards the disease pathogenesis including Kam-krodha, Shoka, Chinta and Bhaya, etc. are play vital role towards the disease pathogenesis. This article presented view on prameha W.S.R. to its causes and management.

Keywords: Ayurveda, Prameha, Diabetes, Aharaj & Viharaj

1. Introduction

Ancient Indian science ayurveda described Prameha as abnormalities in urine; the disease involves qualitative as well as quantitative disturbances in the urine of patient. The word Prameha is composed of two sub words i.e. Pra and Meha, Pra means excess and Meha means to emit urine frequently. Prameha involves both increases in frequency and quantity of urine. This derivation of word is again substantiated when the clinical features of Prameha are described as Prabhut Mutrata and Avil Mutrata. (1-5)

2. NIDAN (Etiology)

- Kaphaj and Pittaj Prameha Nidan.
- Vataj Prameha.

On the basis of etiological factors it can be classified in to two types:

- 1. Sahaj & 2. Apathyanimitaj
- 1. Sahaj (hereditary) & 2. Kulaj pramehi (familial diabetes)

1) Sahaj Prameha:

Charaka has clearly narrated that Prameha is a Kulaj Vikara which results due to defect in the Beeja. Beeja bhaga or Beeja bhaga avayava. As per Chakrapani it can be caused by father, mother or grandparents which means that disease may be inherited from generation to generation which can be correlated to ovum and sperm to chromosomes and genes respectively. Chakrapani also explained that this defect may be posed due to the indulgence of faulty foods at the time of pregnancy. Charka narrated that indulgence in excessive use of Madhura rasa by the mother at the time of pregnancy causes Prameha and sthoulaya. Thus genetic predisposition and the over indulgence of etiological factors at the time of pregnancy by mother helps to precipitate the disease Prameha. (4-9)

2) Apathyanimitaj:

Charka has narrated etiological factors according to Dosha predominance in Nidanshan and common etiological factors in Chikista shtan. It can be divided in to two types as Ahaharaj and Viharaj (Table 1, 2 and 3).
Table 1. Common Etiological factors of Diabetes (Charaka)

<table>
<thead>
<tr>
<th>Ahara</th>
<th>Vihara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guru</td>
<td>Nidra</td>
</tr>
<tr>
<td>Snigdha</td>
<td>Asyasukha</td>
</tr>
<tr>
<td>Amla</td>
<td>Tyakta Vyayama-Chintan</td>
</tr>
<tr>
<td>Lavana</td>
<td>Sansshodhana Akuravatvam</td>
</tr>
<tr>
<td>Navannapana</td>
<td></td>
</tr>
</tbody>
</table>

✔ **Kaphakara Nidana**

Mainly involves vitiation of *Kapha* (*Bahudrava*), *Meda* (*Bahuabadya*), *Mamsa* (*Shaithilya*), *Kleda*, *Lasika*, *Rasa*, *Shukra* and *Ambu*, etc.

✔ **Vatakara Nidana**

Vitiation of mainly *Pitta*, *Shonit*, *Mamsa*, increases *Mutra* and *Sweada* quantity.

✔ **Pittakara Nidana**

Mainly vitiated *Vata* causes severe depletion of *Vasa*, *Majja* and *Oja*.

Table 2. Santarpaka and Apterapaka Hetu of Prameha

<table>
<thead>
<tr>
<th>Santarpaka Hetu</th>
<th>Apterapaka Hetu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aharaj</td>
<td>Vihara</td>
</tr>
<tr>
<td>Atidadhi Sevana</td>
<td>Asyasukha, Swapnasukha</td>
</tr>
<tr>
<td>Gramya Udaka, Anupa, Mamsa sevana</td>
<td>Snantyag, Avyayam</td>
</tr>
<tr>
<td>Milk product</td>
<td>Divaswap</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aharaj</th>
<th>Vihara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katu, Tikta, Kashayarasa Atisevana</td>
<td>Kam-krodha, Shoka, Bhaya, Chinta</td>
</tr>
<tr>
<td>Karshana Prayog</td>
<td>Vamana Virechana Asthamapan atiseva</td>
</tr>
</tbody>
</table>

Table 3. Nidan of different types of Prameha:

<table>
<thead>
<tr>
<th>Nidan of Kaphaji Prameha</th>
<th>Nidan of Pittaji Prameha</th>
<th>Nidan of Vataji Prameha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vihara</td>
<td>Atap, Agni, Santapa and Srama</td>
<td>Vyayam, Vamana, Virechan Atiyoga, Vegdhara and Jagrana</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mansikbhava</th>
<th>Tyaktachinta</th>
<th>Krodha</th>
<th>Shokha</th>
</tr>
</thead>
</table>

3. Chikitsa

1) **Nidana parivarjana**

2) **Samshodana**

3) **Samshaman**

1) **Nidana Parivarjana**

Kapha vardaka ahara vihara should be avoided. i.e.; Madhura, Sheeta, Snigdha, Guru Aharas and Viharas like lack of exercises and sedentary habits.

2) **Samshodana**

Krisha pramehi - Brahana or Santarpana treatments. Shhula pramehi Snehana, Sweadana, Samshodana like Vamana and Virechana, etc.

3) **Samshaman**

It includes Deepana, Pachana, Kshut, Trut, Vyayam, Atapa and Maruta. According to the conditions of vitiated Doshas & Dashyas the Vaidya has to suggest proper Shamana chikitsa to the patient. (9-12)

Drugs of choice are enlisted as follows:

✔ **Patras**: Arani, Nimbi, Parijatha, Mesha Shringi, Shobhanjana, Shaliparni

✔ **Moolas**: Athivisha (Kanda&Moola), Ananda Moola, Haridra, Daru Haridra, Shalmali, Vachha, Pippalinooa, Lashuna.

✔ **Panchanga**: Aapamarga, Kulahtah, Padola, Pada, Rakta Chandana

✔ **Twak**: Agaru (Kasha Sara), Khadira (Kasha Sara)

✔ **Phala**: Triphala, Araghwada, Nimba, Padola, Jambu, Shobanjana, Tinduka
4. Prevention of diabetes

- Life style intervention including avoidance of sedentary life style
- Exercise regularly to regularise circulatory process and metabolic activities
- Weight control using dietary and life style measure
- Nutrition diet to combat against metabolic abnormalities
- Education about disease and its preventive approaches.

5. Conclusion

Prameha is condition due to the excessive consumption of Madhura, Snigdha, Guru and Picchila Aharas. Ahara & Viharaj factors play important role towards the disease pathogenesis including Kam-krodha, Shoka, Chinta and Bhaya, etc. Ayurveda described several approaches for managing this condition including Nidan parivarjana, Samshodana and Samshamana. Life style intervention, avoidance of sedentary life style, exercise, weight control and dietary measures, etc. can helps to prevent and treat pathological consequences of Prameha.

Acknowledgements

We would like to express our sincere gratitude to HJHS Journal for publishing our article

Financial Disclosure statement: The author received no specific funding for this work.

Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

References

5. Ashtanga Sangrahya by Prof K.P. Shrikanta Murty Choukhamba oriental 2005 A.Hr.ni.10/7;P.No.93.