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Review Article

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

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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

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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 awayava*. 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 *sthoulya*. 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 *Nidansthan* and common etiological factors in *Chikista shtan*. It can be divided in to two types as *Aharaj* and *Viharaj* (Table 1, 2 and 3).

Table 1. Common Etiological factors of Diabetes (*Charaka*)

<i>Ahara</i>	<i>Vihara</i>
<i>Guru</i>	<i>Nidra</i>
<i>Snigdha</i>	<i>Asyasukha</i>
<i>Amla</i>	<i>Tyakta Vyayama - Chintan</i>
<i>Lavana</i>	<i>Sanshodhana Akuruvatvam</i>
<i>Navannapana</i>	

✓ **Kaphakara Nidana**

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

✓ **Pittakara Nidana**

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

✓ **Vatakara Nidana**

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

Table 2. *Santarpaka* and *Aptarpaka Hetu* of *Prameha*

<i>Santarpaka Hetu</i>		<i>Aptarpaka Hetu</i>	
<i>Aharaj</i>	<i>Viharaj</i>	<i>Aharaj</i>	<i>Viharaj</i>
<i>Atidadhi Sevana</i>	<i>Asyasukha, Swapnasukha</i>	<i>Katu, Tikta, Kashayarasa, Atisevana</i>	<i>Kam-krodha, Shoka, Bhaya, Chinta</i>
<i>Gramya Udaka, Anupa, Mamsa sevana</i>	<i>Snantayag, Avyayam</i>	<i>Karshana Prayog</i>	<i>Vamana, Virechana, Asthapana, atisevana</i>
Milk product	<i>Divaswap</i>	<i>Anshan</i>	<i>Atapsevan</i>

Table 3. *Nidan* of different types of *Prameha*:

<i>Nidan of Kaphaj Prameha</i>	<i>Nidan of Pittaj Prameha</i>	<i>Nidan of Vataj Prameha</i>
Ahara		
<i>Yavaka, Koddulaka, Navannapan, Sarpi, Gramya anupa, Krishara, Vilepi, Kshira, Madhya, Drava madhura dravya.</i>	<i>Ushna, Amla, Lavana, Kashaya, Katu and Vishama Ahara.</i>	<i>Kashaya, Katu, Pitta, Ruksha and Laghu Ahara.</i>
Vihara		
<i>Vyayam Varjana, Swapnashayyasana, Sleshma, Meda and Mutravardhaka vihara</i>	<i>Atap, Agni, Santapa and Srama</i>	<i>Vyayam, Vamana, Virechan Atiyoga, Vegdharana and Jagrana</i>
Mansikbhava		
<i>Tyaktachinta</i>	<i>Krodha</i>	<i>Shokha</i>

3. Chikitsa1) ***Nidana parivarjana***2) ***Samshodana***3) ***Samshamana***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***

Krishna pramehi - Brahana or *Santarpana* treatments. *Sthula pramehi Snehana*, *Swedana*, *Samshodana* like *Vamana* and *Virechana*, etc.

3) ***Samshamana***

It includes *Deepana*, *Pachana*, *Kshut*, *Trut*,

Vyayama, *Atapa* and *Maruta*. According to the conditions of vitiated *Doshas* & *Dushyas* 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, Vacha, Pippalimoola, Lashuna.*

✓ ***Panchanga***: *Apamarga, Kulatha, Padola, Pada, Rakta Chandana*

✓ ***Twak***: *Agaru (Kashta Sara), Khadira (Kashta Sara)*

✓ ***Phala***: *Triphala, Aragwada, Nimba, Padola, Jambu, Shobhanjana, Tinduka*

- ✓ **Pushpa:** Kapitha, Kudaja. Dhataki, Nagakesara, Palasha, Roheetaka
- ✓ **Kanda:** Gudoochi, Usheera, Kaduki

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*. *Aharaj & 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 *Nidana 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*.

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Conflict of Interest

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

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