

A REVIEW STUDY ON NIDAN AND PURVARUPA OF PRAMEHA W.S.R. TO MODERN SCIENCE

Ranu Rajpurohit^{1*}, Akhilesh Kumar Srivastava², Dichen Angmo³, Kashish⁴ and Harsh Bharadwaj⁵^{1,3,4,5}M.D. 2nd Year, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.²Prof. Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.

*Corresponding Author: Ranu Rajpurohit

M.D. 2nd Year, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College & Hospital, Paprola, Distt. Kangra, H.P., India.

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ABSTRACT

Prameha, which is correlated with diabetes, is a worldwide ailment that is classified as a metabolic syndrome leading to a vitiation of several kinds of *Dhatu* (*meda, mansa, rasa, mutra*, etc.) and their corresponding *Srotas*. Two elements make up the phrase "*Prameha*." "*Meha*" means "passing of large quantity of Urine," and "*Pra*" means copious. Interestingly, the word diabetes comes from the Greek word "Diabainein," which means "to cross through a siphon," or "continuous free flow of water," and is used to refer to the removal of a significant amount of urine. Consequently, the meaning of word "*Prameha*" and "Diabetes" are similar. An attempt is made in this article to give a more comprehensive and detailed explanation of *Prameha* as a *Vyadhi* from an *Ayurvedic* perspective, which is further beneficial in offering better management.

INTRODUCTION

Prameha is a syndrome that encompasses all clinical disorders defined by increased urine production, either in conjunction with or independently of increased micturition frequency. Turbidity in the urine and polyuria are the two primary symptoms that indicate this illness.^[1]

The primary pathogenic variables for *Prameha* are *Bahudravasleshma* and *Bahuabaddhameda*. Additionally, according to *Ayurveda*, *Nidana Sevana* aggravates *Kapha*, which vitiates *Meda Dhatu* and may result in the observation of clinical manifestations of diabetes. The primary signs of *Prameha* are *Avila Mutrata, Medo Dushti Lakshanas, and Prabhotha Mutrata*.

Conversely, diabetes mellitus is a clinical illness with multiple etiology that is defined by hyperglycemia (the Latin word for "sweet"). About 90% of instances of diabetes are type 2 diabetes, with type 1 diabetes making up the majority of the remaining cases.^[2]

In the end, absolute or relative insulin insufficiency is the cause of all types of diabetes. The underlying causes and pathophysiology of type 1 and type 2 diabetes differ greatly, despite the fact that they both have the clinical phenotype of hyperglycemia and are associated with equal risks of complications. When the immune system destroys β cells that produce insulin in the pancreatic

islets of Langerhans, the result is an absolute deficiency of insulin in people with type 1 diabetes. On the other hand, circulating insulin concentrations are usually higher in type 2 diabetes, yet there is a relative deficiency of insulin because there is reduced sensitivity to insulin in peripheral tissues (due to obesity) and the β cells cannot make sufficient insulin to overcome this 'insulin resistance'.^[2]

AIM AND OBJECTIVES

To establish and in-depth understanding of *Nidan* and *Purvarupa* of *Prameha* w.s.r. to modern science.

MATERIALS AND METHODS

Since this study was a literary investigation, a compilation of references to many works of classical and contemporary literature on *Nidan* and *Purvarupa* of *Prameha* w.s.r. to contemporary science was done.

- आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि।
नवान्नपानं गुडवैकृतं च प्रमेहेहेतुः कफकृच्च सर्वम्^[3]

It is said that all of the factors (diets and lifestyle choices) that increase the body's *Kapha* level are the disease's causes. Sedentary habits and a rise in sugar and fat consumption stand out among these.

According to a recent study, being overweight or obese and not exercising increases your risk of developing type 2 diabetes. Insulin resistance can occasionally arise from type 2 diabetes, which is associated with increased weight. They bear a significant resemblance to the Nidana described in Ayurvedic medicine.

Purvarupa

स्वेदोऽङ्गगन्धः शिथिलाङ्गता च शय्यासनस्वप्नसुखे रतिश्च

हृन्नेत्रजिह्वाश्रवणोपदेहो घनाङ्गता केशनखातिवृद्धिः॥१३॥^[4]

शीतप्रियत्वं गलतालुशोषो माधुर्यमास्ये करपाददाहः।

भविष्यतो मेहगदस्य रूपं मूत्रेऽभिधावन्ति पिपीलिकाश्च॥१४॥^[5]

Kara-Pada Daha (Burning sensation of both hand & feet), *Asya Madhurya* (Sweetness of mouth), *Pipasa* (Thirst), *Mukha-Talu-Kantha Shosha* (Dryness of oral cavity), *Visra Shareera Gandha* (Foul smelling of body), *Jatilabhava Keshanam* (Nesty appearance of hair), *Tandra*, *Shathpippilika Mutravisarana*, *Kayamalayukta*, *Kara-Pada Suptata* (Numbness in both hand & feet), *Anga Daha* (Burning sensation of body) *Anga Suptata* (Numbness of body), *Alasya* (laziness), *Kaya Upadeha*, *Nidra* (Sleepiness)

According to modern science

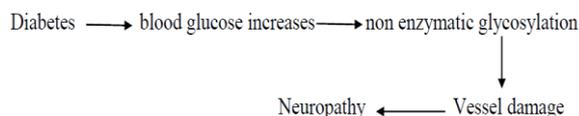
“शिथिलाङ्गता च शय्यासनस्वप्नसुखे रतिश्च”^[4]

In diabetes due to presence of glucose in extracellular fluid (ECF), the ECF will become hyperosmotic. Cells will become dehydrated as a result of fluid being drawn out of them. This would cause exhaustion, which is the reason behind the *Ayurveda* textual “*Shithilangata Ch Shayyasanasvapnasukhe Ratisch*” manifestation.

“शीतप्रियत्वं गलतालुशोषो माधुर्यमास्ये”^[5]

When blood sugar levels are normal, PCT absorbs nearly 100% of the glucose; however, when blood sugar levels are high, glucose starts to be lost in the urine, a condition known as glycosuria. This helps to explain polyuria and polydypsia, which are linked To *Pipasa*, *Mukha-Talu-Kantha*, and *Shosha* in various ancient *Ayurvedic* writings.

“करपाददाहः”^[5]



“भविष्यतो मेहगदस्य रूपं मूत्रेऽभिधावन्ति पिपीलिकाश्च”

Due to the excretion of glucose in the urine. It attracts ants.

CONCLUSION

Therefore, it is clear that the main cause of *Prameha* seems to be inadequate food digestion and absorption.

Overconsumption of fats and carbs, which the body cannot handle and turns into undigested metabolic products, may be the cause of this illness (*Ama*). In the end, knowing *Prameha's Ayurvedic Nidan* and *Purvarupa* provides important insight into how diabetes develops. *Ayurveda* considers the interplay of various factors that impact *Prameha's* development in its holistic approach. *Prameha Nidan* and *Purvarupa's Ayurvedic* perspective emphasizes the ancient science's continued applicability to contemporary medicine.

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