



A CONCEPTUAL REVIEW OF PRAMEHA

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ABSTRACT

Prameha is spreading as a dreadful disease and becoming a fearsome disease condition in a current scenario. It is known as the silent killer in today's society. Prameha is shleshma pradhana tridoshaja vyadhi which is characterised by frequent urination. Diabetes is spreading worldwide. 463 million in the world and 77 million in India are affected by this disease. one in six people with diabetes in the world is from India. Prameha affects a large population in our society. Prameha is a metabolic disorder. Heredity, sedentary life style, lack of exercise & Yoga, stress and improper diet habits are the main reasons for occurring diabetes mellitus. According to modern medical system lifelong medication is needed for this disease. It can be divided into three types based on doshik predominance which is also subdivided into further types they are Kaphaja into 10 types, Pittaja into 6 types, Vataja into 4 types which is also Avasthanusara bheda of this vyadhi. Based on the Chikitsa aspect it can be also classified as sthoola pramehi and krusha pramehi. Clinical feature of Prameha vyadhi correlates with Diabetes mellitus. Diabetes Mellitus is Global burden due to its mortality and morbidity. Modern medicine is ineffective for the management of complication of diabetes. Ayurvedic treatment for diabetes is based on entire change in lifestyle of the person, along with proper medication and diet & the patient is advised to lead healthy and active life.

KEYWORDS: *Prameha, Kaphaja, Mutra.*

INTRODUCTION

Ayurveda mentions three major vital places of the body as Trimarma.^[1], which includes Hridaya, Sirsa and Vasti. Prameha, which is a group of diseases of Vasti is characterized by excessive passing of turbid urine. Prameha means diabetes which involves high level of blood sugar, frequent urination and presence of sugar in urine, etc. Ayurveda considered prameha as sadhya (curable), yapyia (paliable) and asadhya (incurable) depending upon involvement of dosha.^[2] Sushruta describe it depending on physical appearance as; saheja prameha & apathyani mittaja. Saheja prameha mainly relates to bija dosha (genetic disorder) while Apathyani mittaja related to ageing and disturbed life style. Ayurveda mentioned that Bahudrasleshma and Bahuabaddhameda are the main pathological factors for Prameha, further ayurveda described that Nidana Sevana aggravates Kapha which vitiates Meda Dhatu and clinical manifestation of diabetes may observe. Prabhootha mutrata, Avila mutrata and Medo dushti lakshanas are the cardinal symptoms of prameha.^[3] Conduction of brimhana, use of medicine, diet control, panchakarma and balanced life style are some therapeutic measure which increase dhatus and help to combat diabetes. This article described some therapeutic

approaches for the management of Prameha based on literary study.

NIDANA (Ch.Chi.6/4)

आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि।
नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम्॥

Common etiological factor of Prameha Roga.

A. Aahar or Diet

1. Excess intake of curd.
2. Eating flesh of wild animals, water dwelling animals and animals staying nearby water.
3. Eating food prepared from fresh grain.
4. Excess eating of jaggery or sugar.

B. Vihar or Life style factor

1. Sitting idle or lack of physical exercise.
2. Persistent of sedentary habits.
3. Excessive sleep.

C. Manasik or Psychological Factor

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

PRAMEHA DOSHA DUSHYA (Ch.Ni.4/7)

Doshas like kapha, Pitta & Vata and Dushya like Medas, Shukra, Ambu, Vasa, Lasika, Majja, Rasa, Ojas and Mamsa are responsible for the causation of Prameha which is of 20 types.

SAMPRAPTI (Ch.Chi.6/5-6)**SAMANYA SAMPRAPTI**

Due to Aetiological factor, there is an increase in the amount of kleda in the body, as a result of which there is an increase in the amount of Sleshma, Pitta, Meda, and Maamsh. Through the Sleshma etc, there is a blockage of the Prakrit Gati of Vata. Due to which this AavritVata by brings the essence of the Dhatus, Oja, into the Vastiregion, produces Prameha Disease. This disease produces Vatik, Pattik, Sleshmik symptoms depending on the intensity of the Doshas. In this way, the body attains decay by the release of Ojas.

VISHISHTA SAMPRAPTI

Kaphaja Prameha's – The vitiated Kapha contaminates the fat, flesh and the body fluids accumulated in the urinary bladder and causes 10 types of Prameha's that are kaphaja prameha.

Pittaja Prameha's – Similarly, Pitta aggravated by consumption of hot foods and other etiological factors contaminates the fat, flesh and body fluids causing 6 types of Pittaja Prameha's.

Vataja Prameha's – When Pitta and Kapha get deteriorated in quality and quantity in comparison to Vata, the Vata Dosha gets aggravated and pulls the Dhatus i.e., Vasa, Majja, Oja and Lasika into the urinary bladder causing 4 types of Vataja Prameha's

SAMPRAPTI GHATAKA

Dosha - Drav sleshma Pradhan tridosh

Dusya - Meda, Sukra, Ambu, Rasa, Vasa, Ojas, Majja, Lasika

Srotas- Mutravaha, Medovaha

Srotodusti -Sang, Ati Pravritti

Adhithana -Vasti & Sarvsharir

Agni - Dhatwagnimandya

Vyadhiswabhaw –Chirkari

Sadhyata and Asadhyata – Kaphaja -Sadhya

Pittaja – Yappa

Vataja - Asadhya

PURVARUPA (Ch.Chi.6/13-14)

➤ *Sweda, Angagandha*

➤ *Shithilangta*

➤ *Shayyasana*

➤ *Ghana Angata*

➤ *Kesha, Nakha Ativridhi*

➤ *Sheeta Priyata*

➤ *Gala Talu Shosha*

➤ *Madhura Aasya*

➤ *Kara Pada Daha*

➤ *Mutre Pipilika*

RUPA (Ch.Ni 4/44)

➤ *Prabhootha Mutrata*

➤ *Aavil Mutrata*

➤ *Krisa*

➤ *Rauksha*

➤ *Bahu Pipasa*

➤ *Parisaranasila*

➤ *Sthula*

➤ *Snigdha*

➤ *Delaying to recovery of any injury*

➤ *Urinal dysfunction*

➤ *Disturbed appetite*

BHEDA**CLASSIFICATION AND ITS SADHYASADHYATVA****A) ACCORDING TO AIETIOLOGY^[4]**

- 1) Sahaj (hereditary or chromosomal defects from parents)-Asadhya
- 2) Apathyanimittaja(improper dietetics and activities)-Yappa

B) ACCORDING TO PHYSICAL MANAGEMENT

- 1) Apatarpanjanya-karshyaprameha-(lean diabetic)-Yappa
- 2) Santarpanjanya-sthula prameha-(obese dietetic)-Sadhya

C) ACCORDING TO DOSHA**I.KAPHAJ PRAMEHA: -further divided into 10 types**

- 1) Udak meha
- 2) Ikshuvalikarasa meha
- 3) Sandrameha
- 4) Sandraprasad meha
- 5) Shukla meha
- 6) Sita meha
- 7) Shukra meha
- 8) Sikata meha
- 9) Shanair meha
- 10) Alala meha

All above ten prameha are Sadhya (curable) due to compatibility in principles of the treatment.

II.PITTAJ PRAMEHA: divides into 6 types of prameha

- 1) Ksharmeha
- 2) Nilameha
- 3) Manjishtha Meha
- 4) Kala Meha
- 5) Rakta Meha
- 6) Haridra Meha

All pittaj pramehas are Yappa(manageable) due to incompatibilities in line of treatment.

III.VATAJ PRAMEHA: divided into 4 types

- 1) Vasa Meha
- 2) Majja Meha
- 3) Hastimeha
- 4) Lasikameha

Vataj prameha is Asadhya (incurable) not only due to variety and antagonism in the line of treatment but also severity in the complications.

CHIKITSA SUTRA (Ch.Chi.6/15)

स्थूलः प्रमेही बलवानिहैकः कृशस्तथैकः परिदुर्बलश्च।

सम्बृंहणं तत्र कृशस्य कार्यं संशोधनं दोषबलाधिकस्य॥

Prameha can be classified in two categories i.e. sthulaprameha and karshya prameha, patient belonging sthuka prameha should be administered by shodhana (eliminating) therapy and patient belonging karshyaprameha should be given santarpana and sanshamana (nourishing) therapy. Considering the hamano of the disease, after shodhana chikitsa patient should be given santarpana or refreshing therapy, because apatarpana in this condition may produce gulma, mehanbasti shula (pain in bladder and phallus), mutragraha (retention of urine), such patient should be given santarpana depending upon digestive power of that person.

Specific Therapies

संशोधनोलेखनलङ्घनानि काले प्रयुक्तानि कफप्रमेहान्।

जयन्ति पित्तप्रभवान् विरेकः सन्तर्पणः संशमनो विधिश्च॥२५॥

Purificatory therapies including specifically emesis and fasting therapies, administered at the appropriate time, cure kaphaja types of prameha. Similarly, pittaja types of prameha are overcome by purgation, santarpana (refreshing therapy) and alleviation therapies.

Various formulations

दार्वी सुराहवां त्रिफलां समुस्तां कषायमुत्क्वाथ्य पिबेत् प्रमेही।

क्षौद्रेण युक्तामथवा हरिद्रां पिबेद्भसेनामलकीफलानाम्॥२६॥

The patient suffering from prameha should take the decoction of darvi, surahva, triphala and musta mixed with honey. He may also take haridra along with the juice of amalaki.

Decoctions for kaphaja prameha

हरीतकीकटफलमुस्तलोध्रं पाठाविडङ्गार्जुनधन्वनाश्च।

उभे हरिद्रे तगरं विडङ्गं कदम्बशालार्जुनदीप्यकाश्च॥२७॥

दार्वी विडङ्गं खदिरो धवश्च सुराहवकुष्ठागुरुचन्दनानि।

दार्व्यग्निमन्थौ त्रिफला सपाठा पाठा च मूर्वा च तथा श्वदंष्ट्रा॥२८॥

यवान्युशीराण्यभयागुडूचीचव्याभयाचित्रकसप्तपर्णाः।

पादैः कषायाः कफमेहिनां ते दशोपदिष्टा मधुसम्प्रयुक्ताः॥२९॥

The following ten decoctions should be mixed with honey and given to patients suffering from kaphaja prameha:

1. Decoction of haritaki, katphala, musta and lodhra;
2. Decoction of patha, vidanga, arjuna and dhanvana;
3. Decoction of haridra, daruharida, tagar and vidanga;
4. Decoction of kadamba, shala, arjuna and dipyaka;
5. Decoction of darvi, vidanga, khadira and dhava;
6. Decoction of surahva, kushtha, aguru and chandana;
7. Decoction of darvi, agnimantha, triphala and patha;
8. Decoction of patha, murva and shvadamshta;
9. Decoction of yavani, ushira, abhaya and guduchi; and
10. Decoction of chavya, abhaya, chitraka and sapta parna.

Decoctions for pittaja prameha

उशीरलोधाञ्जनचन्दनानामुशीरमुस्ता मलकाभयानाम्।

पटोलनिम्बामलकामृतानां मुस्ताभयापद्मकृष्णकानाम्॥३०॥

लोधाम्बुकालीयकधातकीनां निम्बार्जुनाम्रातनिशोत्पलानाम्।

शिरीषसर्जार्जुनकेशराणां प्रियङ्गुपद्मोत्पलकिंशुकानाम्॥३१॥

अश्वत्थपाठासनवेतसानां कटङ्कटैर्युत्पलमुस्तकानाम्।

पैत्तेषु मेहेषु दश प्रदिष्टाः पादैः कषाया मधुसम्प्रयुक्ताः॥३२॥

The following ten decoctions should be mixed with honey and given to patients suffering from pittaja prameha:

1. Decoction of ushira, lodhra, arjuna, lalachandana
2. Decoction of ushira, musta, amalaka and abhaya;
3. Decoction of patola, nimba, amalaka and amrita;
4. Decoction of musta, abhaya, padmaka and vrikshaka;
5. Decoction of lodhra, ambu, kaliyaka and dhataki;
6. Decoction of nimba, arjuna, amrita, nisha and utpala;
7. Decoction of shirisha, sarja, arjuna and keshara;
8. Decoction of priyangu, padma, utpala and kimshuka;
9. Decoction of ashvattha, patha, asana and vetasa; and
10. Decoction of katankateri (daruharidra), utpala and mustaka.^[30-32]

Decoctions for all types of prameha

सर्वेषु मेहेषु मतौ तु पूर्वं कषाययोगौ विहितास्तु सर्वे।

मन्थस्य पाने यवभावनायां स्युर्भोजने पानविधौ पृथक् च॥३३॥

सिद्धानि तैलानि घृतानि चैव देयानि मेहेष्वनिलात्मकेषु।

मेदः कफश्चैव कषाययोगैः स्नेहैश्च वायुः शममेति तेषाम्॥३४॥

Two recipes of decoction are described for the treatment of all varieties of prameha. These decoctions can be used for the preparation of mantha (a drink prepared of roasted corn flour mixed with water), for the

impregnation of barley and for the preparation of different kinds of food and drinks.

Medicated oils and medicated ghee prepared by cooking with these decoctions should be administered to patients suffering from *vatika prameha*. These decoctions correct the vitiated *medas* and *kapha*, and the aggravated *vata* in these patients gets alleviated by the unctuous ingredients (viz., oil and ghee) included in these recipes.

PATHYA (UPASHAYA)

AHARA

- 1) Patient should eat roasted meat of animals and birds and various preparations of barley.
- 2) Cooked barley without adding any unctuous articles, saktu (roasted corn flour) mixed with meat soup.
- 3) Barley soaked in decoction of triphala and mixed with honey should be consumed. It acts as a tarpana and helps to overcome the disease.
- 4) Cooked shashtika rice mixed with the soup of truna dhanyas, vegetables of bitter and astringent taste, groups of vegetables and oil of danti, ingudi, atasi, and sarshapa.
- 5) The following eatables are helpful in case of prameha: soft bamboos, wild variety of kulattha, old wheat grains, shali rice, yusha of pulses of kulattha, mudga and pigeon pea, vatyamanda (munda prepared by cooking barley in water measuring four times), buttermilk, palm fruit, fresh banana fruit, jambu, garlic pearls, kharjura etc.
- 6) Food stuff like mantha, sour juice, powder made with meat soup of vishkira (one having habit of eating waste products) and pratuda (one having long beaks) as well as wild animals is considered as a good diet.

VIHARA

- 1) During advance stage of disease patient should indulge in all kind of exercises regularly, sports, wrestling, sports, riding elephant and horses, archery etc.
- 2) Diabetic patient should undertake 100 yojana journey on foot without using footwear and umbrella.
- 3) Patient should stay in the company of animals, consume their urine and dung and move along with them always.
- 4) Purification of body through bitter herbs like neem and haridra should be applied to the patient.
- 5) Once the symptoms of prameha disease are clear one should first have langhana (fasting), vamana (emesis) and virechana (purgation).

APATHYA (ANUPASHAYA)

- 1) Avoid suppression of urine urge,
- 2) Smoking,
- 3) Fomentation and blood letting
- 4) Remaining seated by the side of soft cushion,
- 5) Sleeping during day time

- 6) Patient should not take fresh cereals, large amount of curd, sugarcane juice, contaminated water, meat of aquatic animals.

YOGA

Yoga practices such as Kriya Yoga, Surya Namaskara, Ardha-Matsyendrasana, Pawan-muktasana; Pranayamas, Nadisodhan Pranayama, Bhastrika Pranayama and dhyana offer relief in Prameha. The asanas offer rejuvenation of the pancreatic cell due to abdominal contractions and relaxation therefore promotes insulin synthesis which helps in diabetes.

The breathing exercises improve circulatory process therefore offer relief in hypertension induced diabetes. The muscular exercise associated with Yoga practices help to reduce blood sugar level. Yoga practices reduce blood as well as urine glucose level.

Yoga practices also boost glandular secretion, improve blood circulation, detoxification and open up shrotas therefore overall relief in Prameha symptoms observed.

Some recommended yoga poses for diabetes

Vakrsana: Twisting /sleeping position

Matsyasana: Fish pose

Mandukasan: Frog poses

Balasana: Child pose

Ushtrasan: Camel pose —

Sirsasana: Headstand pose Beneficial effects of some specific yogas in diabetes

Paschimotasan This yoga boosts pancreatic and renal activities.

Veerasana : Relieves tiredness and weakness associated with diabetes.

Mayurasana : It improves metabolic process thus offer relief in diabetes.

COMMON REMEDIES USED IN PRAMEHA

- 1) Nyagrodhadi churana-3-5 gm with honey
- 2) Eladi churna-1-2 gm twice a day with tandulodaka
- 3) Mustadi kwatha -30 to 50 ml with water
- 4) Vidangadi kwath -30 to 50 ml with honey
- 5) Chandraprabha vati-500 mg to 1 gm with water
- 6) Shalmali grhuta-15 to 30 ml of grhuta with lukewarm water
- 7) Dadimadi ghruta-6 to 12 gm of ghruta with lukewarm water
- 8) Vaidangadi lauha -250 to 500 mg with lukewarm water

CONCLUSION

Prameha roga has been described since Vedic period. Changing life styles such as sedentary life, increased stress, strain, urbanization and tremendous change in the food pattern and dietetic habits contribute a major role in the increased incidence of the Prameha in present era. Thus, an extensive review of Brihat Trayi reveals that Prameha has been treated as a disease of importance since ancient times. It must also be noted that, as its treatment

doesn't only include medications but dietary and lifestyle modifications too.

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