

INTEGRATIVE RESEARCH IN VATAJA PRAMEHA***¹Vaishali Bharti, ²Manohar Ram, ³Anubha Srivastava**¹Post Graduate Scholar, Department of Samhita Evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.²Associate Professor and HOD, Department of Samhita Evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.³Associate Professor, Department of Rachana Shareer, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.***Corresponding Author: Dr. Vaishali Bharti**Post Graduate Scholar, Department of Samhita Evum Siddhanta, Rajkiya Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India. DOI: <https://doi.org/10.5281/zenodo.22249847>**How to cite this Article:** *¹Vaishali Bharti, ²Manohar Ram, ³Anubha Srivastava (2026). Integrative Research In Vataja Prameha. World Journal of Pharmaceutical and Medical Research, 12(9), 184–186.

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ABSTRACT

Vātaja Prameha, one of the twenty subtypes of Prameha described in Ayurveda, is characterized by predominance of Vāta dosha along with Meda and Kleda vitiation in Mutravaha Srotas. It often presents as a chronic and debilitating stage of the disease, associated with severe tissue depletion, neuromuscular degeneration, and poor prognosis. Integrative research aims to correlate the Ayurvedic pathophysiology with modern concepts of diabetes mellitus, particularly late-stage Type 2 DM and Type 1 DM with complications, and to explore therapeutic strategies that combine Ayurvedic formulations, lifestyle interventions, and biomedical approaches. This article examines classical descriptions, contemporary correlations, diagnostic overlaps, and potential integrative treatment models.

KEYWORDS: Vasameha Vataja Prameha, Majjameha Vataja Prameha, Hastimeha Vataja Prameha, OajMeha Vataja Prameha.

1. INTRODUCTION

Prameha is a group of urinary disorders described in Ayurveda, characterized by excessive and abnormal urination, and often correlated with Diabetes Mellitus in modern medicine.

Among its twenty subtypes, is marked by predominance of *Vāta doṣa* and manifests with clinical features such as frequent urination (*ati-pravṛtti*), thin urine consistency, and associated tissue depletion (*dhātu kṣaya*).^[1]

From an integrative perspective, *Vātaja Prameha* can be compared to advanced or late-stage diabetes, especially insulin-dependent types with neuropathic and degenerative complications.

The condition exhibits both *Srotodūṣṭi* (channel dysfunction) in *Mutravaha Srotas* and systemic metabolic imbalance.^[1]

Ayurveda offers a detailed pathological framework, while modern biomedicine provides molecular and metabolic insights.

Integrating both approaches may help in better understanding pathogenesis, clinical progression, and multidisciplinary management strategies.

Causes of Vātaja Prameha

Primary *Vāta*-aggravating factors

These directly increase *Vāta doṣa* in the body.

Excessive fasting (*ati-upavāsa*)

Overexertion (*ati-vyāyāma*, heavy physical work, long travel)

Excessive sexual activity (*ati maithuna*)

Intake of *rukṣa* (dry), *laghu* (light), *śīta* (cold), *tikta* (bitter), and *kaṣāya* (astringent) foods

Chronic mental stress, grief, or fear (*manasika hetu*)

Old age (*vrddhāvasthā*) – natural predominance of *Vāta*.^[1]

Secondary causes

progression from other *Prameha* types

Long-standing *Kaphaja* or *Pittaja Prameha* that remain untreated or poorly managed

Chronic metabolic derangement → depletion of *Meda*, *Māmsa*, and *Ojas*^[2]

Gradual shift from *santarpāna* (over-nourished) stage to *apatarpāna* (depleted) stage

Leads to *Vāta prakopa* and degeneration of *Mutravaha Srotas*.

Srotodūṣṭi-related factors

Damage to *Mutravaha Srotas* from chronic inflammation or degeneration

Neuropathic changes affecting bladder and urinary pathways

Degeneration of supportive tissues (*dhātu-kṣaya*) → inability to control urine

Reduced *Ojas* → immunity drop, poor tissue repair.

Modern Correlation

In modern terms, causes can align with:

Long-standing, poorly controlled diabetes mellitus progressing to insulin deficiency stage

Catabolic state due to chronic illness, malnutrition, or systemic degeneration

Diabetic neuropathy leading to bladder dysfunction

Chronic stress and hormonal imbalance accelerating degeneration.

Ayurvedic Perspective

Nidāna (Etiology): *Vāta prakopaka ahāra-vihāra* (dry, light food, excessive fasting, overexertion), chronicity of *Kaphaja/Pittaja Prameha* leading to *Vātaja* stage.

Samprāpti (Pathogenesis): Long-standing metabolic disturbance depletes *Meda*, *Mamsa*, and *Ojas*, causing *Vāta* aggravation → degeneration of *Mutravaha Srotas* → *ati-pravṛtti of mutra*.^[2]

Lakṣaṇas: Pricking pain in bladder region, scanty but frequent urination, dryness, emaciation, exhaustion.

Modern Correlation

Comparable to advanced or poorly controlled diabetes with.

Polyuria

Weight loss / muscle wasting

Peripheral neuropathy

Bladder dysfunction (neurogenic bladder)

Pathophysiology: Chronic hyperglycemia → oxidative stress → neuronal degeneration → autonomic bladder changes.^[1]

Integrative Points

Ayurvedic Concept Modern Equivalent

1. *Vāta prakopa* -Nerve degeneration, catabolic state

2. *Mūtravaha Srotodūṣṭi*-Diabetic nephropathy & neuropathy

3. *Dhātu Kṣaya* -Muscle wasting, protein catabolism

4. *Oja kṣaya*- Immunosuppression, chronic fatigue.^[1]

Vātaja Prameha Types & Modern Correlation

(Based on Charaka Samhita, Sushruta Samhita, and modern pathophysiology)

Madhumeha (मधुमेह)

Ayurveda: honey—sweet, pale, rough, and astringent; patient is emaciated and thirsty.

Modern Correlation: Chronic uncontrolled Diabetes Mellitus with persistent hyperglycemia → glucosuria, polyuria, weight loss, and risk of ketoacidosis.^[6]

Hastimeha (हस्तिमेह)

Ayurveda: Large *continuous* stream of urine like an elephant's trunk; excessive urination with weakness.

Modern Correlation: Severe osmotic diuresis in advanced diabetes or diabetic nephropathy; can resemble diabetes insipidus-like presentation.^[5]

Vasa-meha (वसामेह)

Ayurveda: Urine mixed with *vasa* (fat); oily appearance and froth.

Modern Correlation: Lipiduria in diabetic nephropathy; often seen in nephrotic syndrome associated with diabetes.^[5]

Majja-meha (मज्जमेह)

Ayurveda: Urine mixed with *majja* (marrow); thick, slimy consistency.

Modern Correlation: Advanced diabetic nephropathy with lipiduria/proteinuria; may indicate neurological complications (diabetic neuropathy).

Integrative Benefits

Early Detection: Ayurvedic *Pūrvārūpa* (premonitory symptoms) can alert to progression toward *Vātaja* stage.

Holistic Management: Combining modern insulin therapy with Ayurvedic *Rasāyana* and *Br̥mhaṇa chikitsā* may improve quality of life.

Complication Management: Ayurvedic neuroprotective herbs (*Aśvagandhā*, *Bala*, *Mūrvā*) may complement standard care in diabetic neuropathy.^[4]

Lifestyle Integration: Individualized diet (*Pathya*(*Purana Shaali*, *Saathi jau,tusodak,kodo,chana*)-*Apathya*) and *Vāta-shāma*ka regimens help reduce degeneration.^[2]

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