

ROLE OF MADHURA RASA AND GURU GUNA AAHAR IN FORMATION OF PRAMEHA
VYADHI IN CURRENT LIFESTYLEDr. Manish Kumar Paul^{*1} and Dr. (Smt.) Namrata Khobragade²¹PG Scholar, Dept. of Roga Nidana Evum Vikriti Vigyana, Shri NPA Govt. Ayurved College, Raipur, Chhattisgarh, India.²Reader, Dept. of Roga Nidana Evum Vikriti Vigyana, Shri NPA Govt. Ayurved College, Raipur, Chhattisgarh, India.

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ABSTRACT

Ayurveda strongly emphasize on Preventive and Promotive aspects of health rather than Curative. Acharya Charaka has stated that diagnosis is very important before the treatment of disease. *Nidanpanchaka* is a significant technique for diagnosing diseases. *Prameha* is one of Such disease that is most widely described in almost all classical Ayurvedic texts. "*Prabhuta-Avila-Mutrata*" is the *Pratyatma Lakshana* of *Prameha*. *Meda Dushti* is considered as a key pathological phenomenon behind the development of *Prameha*. *Nidana* of *Prameha* is the most important factor for the prevalence of the disease. This review aims the *Nidana* of *Prameha* Specifically *Madhura Rasa* and *Guru Guna Aahar* Role in causing the disease. (Ch. Su. 20/20) (Ch. Chi 6/5)

KEYWORDS: *Nidana, Madhura Rasa, Guru Guna, Prameha, Kapha, Meda.*

INTRODUCTION

Prameha is a disease described by Acharya Sushruta and Acharya Vagbhata under *Asthamahagada* (Eight grievous diseases which is difficult to treat).^{[1][2]} The term *Prameha* has two parts *Pra* denotes abundant and *Meha* denoted passing of large quantity of Urine. According to Acharya Madhavakara, In Modern lifestyle several *Nidanas* are responsible for the disease specifically *Aaharaj Nidana*.^[3] *Madhura Rasa Aahar* (foods having Sweet in property) and *Guru Guna Aahar* (foods that are heavy in property and delayed the digestion) significantly responsible for *Prameha*. After the consumption of *Madhura Rasa* and *Guru Guna Pradhana Aahar* as a *Nidana*, it Causes more production of *Kapha* and *Meda*, With the combination of the three factors, *Nidana*, *Dosha*, and *Dushya*, *Kapha* becomes aggravated quickly, because of its predominance earlier, thus aggravated. It spreads throughout the body because of looseness of the body (tissues), while spreading so, it mixes with *Meda* (fat) first, because *Meda* is not in solid form greatly, and is similar in properties (with *Kapha*). After mixing with *Meda* (fat) vitiates it because of its own (*Kapha*) abnormality (aggravation), this abnormal *Kapha* deriving strength from vitiated *Meda*, associates with *Sharira Kleda* (tissue fluids) and *Mamsa* (muscle tissue) because these two have become greatly increased. Then vitiating *Sharira Kleda* transforms them as urine, Then it produces *Prameha*.^{[4][5]}

MATERIAL AND METHOD

This paper is based on a review of *Prameha Vyadhi* from Ayurvedic *Samhitas* and texts available in the Library of Govt. Ayurved College, Raipur (C.G.) i.e. *Charak Samhita*, *Sushruta Samhita*, *Ashtang Hridaya*, *Ashtang Sangraha*, *Madhav Nidana*, *Bhaishajya Ratnavali* are reviewed for this paper.

COMPONANTS OF PRAMEHA^[6]

Dosha – *Kapha Pradhana Tridosha*
Dushya – *Rasa, Rakta, Mamsa, Meda, Majja, Shukra, Ojas, Vasa, Lasika, Sharira Kleda*
Agni – *Jatharagni, Dhatvagni, Bhutagni*
Agnidusti – *Mandagni, Vishamagni, and Tikshnagni*
Ama – *Agnijanya*
Strotas – *Medovaha, Mutravaha, Udakavaha*
Strotodusti – *Atipravritti*
Adhithana – *Mutravaha Strotas*
Svabhava – *Chirakari*
Roga Marga – *Madhyama Roga Marga* and *Bahya Roga Marga*

MADHURA RASA AND GURU GUNA AAHAR DRAVYA AS A NIDANA

Here are some examples of *Aaharaj Nidana* having Madhura Rasa and Guru Guna properties mentioned in Ayurvedic Samhitas –

S. No.	Ayurvedic Name	Modern Name	Description
1.	<i>Navanna</i> ^{[7][8][9]}	Newly harvested grains, pulses (Example – Basmati rice, Black gram etc.)	<i>Madhura</i> , <i>Guru</i> and <i>Snigdha</i> these <i>Guna</i> are associated in <i>Navanna</i> , It is also <i>Abhishyandakarak</i> due to frequently and prolonged intake
2.	<i>Gramya</i> , <i>Aanup</i> , and <i>Audak Mamsa</i> ^{[10][11]}	(a) Fleshes of Marshy land animals (Example – Boar meat, buffalo meat, red beef etc.) (b) Fleshes of animals living in water (Example – Fish, Crab)	These animals have habitat near water source, increases <i>Guru</i> , <i>Sthira</i> , <i>Manda</i> , <i>Snigdha</i> <i>Guna</i> of <i>Kapha</i> , Acharya Sushruta also mentioned that <i>Aanup Mamsa</i> is <i>Mahaabhisyadi</i> , Hence regular consumption of these <i>Mamsa</i> cause vitiation of <i>Kapha</i> and <i>Meda</i> leads to <i>Prameha</i>
3.	<i>Pishtanna</i> ^[12]	Food prepared from flour of Rice, Wheat, Grams, or Corns (Example – Pancakes, Idli, Bread, Burger, Pizza etc.)	<i>Pishtanna</i> having <i>Guru Guna</i> and therefore it delayed the digestion, Due to excessive and prolonged consumption of <i>Pishtanna</i> , <i>Kapha</i> and <i>Meda Dushti</i> occurs
4.	<i>Ikshu Vikar</i> ^{[13][14]}	Products of Sugarcane Juice (Example – Sugar, Jaggery, Sweets, etc.)	<i>Ikshu</i> having <i>Madhura Rasa</i> and <i>Guru</i> , <i>Snigdha</i> , <i>Sheeta Guna</i> , Hence excessive intake of <i>Ikshu Vikar</i> forms vitiated <i>Kapha</i> , which is important part of <i>Prameha Samprapti</i>
5.	<i>Ksheer</i> (<i>Mahish Ksheer</i>) ^{[15][16]}	Milk, especially buffalo milk and milk products (Example – Milk shake, Paneer, Cheese, Lassi, Yogurt, etc.)	<i>Mahish Ksheer</i> is more <i>Guru</i> (heavy for digestion) and <i>Sheeta</i> (cold) than Cow milk. Due to <i>Atisevan</i> of <i>Mahish Ksheer</i> these <i>Guna</i> of <i>Kapha</i> are vitiated and cause <i>Kaphavridhhi</i> and it is responsible for <i>Prameha</i>
6.	<i>Payas</i> ^{[17][18]}	<i>Payas</i> is Sweet serving which contain milk, rice, and sugar. Also known as Rice pudding	Due to <i>Atisevan</i> of <i>Payas</i> , it increases <i>Guru</i> and <i>Snigdha Guna</i> of <i>Kapha</i> <i>Dosha</i> hence <i>Kaphavridhhi</i> and <i>Medovridhhi</i> also occurs
7.	<i>Shaka</i> ^{[19][20]}	Leafy Vegetables (Example – Amaranth vegetable, Malabar spinach etc.)	In general <i>Shaka</i> are <i>Madhura Rasa</i> and <i>Madhura Vipaki</i> hence they have <i>Snigdha</i> , <i>Guru</i> and <i>Sheeta Guna</i> . Wholesome intake of <i>Shaka</i> increases these <i>Guna</i> of <i>Kapha</i>
8.	<i>Mandak Dadhi</i> ^{[21][22]}	Curd which is not prepared in proper form is termed as <i>Mandak Dadhi</i>	It increases <i>Ushna</i> , <i>Guru</i> , and <i>Manda Guna</i> in the body, Due to <i>Atisevan</i> of <i>Mandak Dadhi</i> these <i>Guna</i> of <i>Kapha</i> <i>Dosha</i> are Mainly affected. It is also mentioned as <i>Tridoshkar</i> and cause <i>Prameha</i>
9.	<i>Nava Madya</i> ^{[23][24]}	Newly Prepared Liquor (Example – Beer, Vodka, Wine, Whiskey)	Acharya Charak and Acharya Sushrut mentioned about <i>Nava Madya</i> , It is Mainly a <i>Guru</i> , <i>Abhishyandakar</i> and <i>Ahridya</i> . As it is <i>Ahridya</i> , <i>Rasa Dhatu</i> gets vitiated hence <i>Atisevan</i> of <i>Nava Madya</i> increases <i>Guru</i> , <i>Snigdha</i> , <i>Picchil Guna</i> of <i>Kapha</i> and <i>Meda</i> , Leading to <i>Prameha Vyadhi</i>

CONCLUSION

Prameha though is considered as *Medovaha Strotodushti Janya Vikara*, it is said to have involvement of 10 factors (10 *Dushyas*). Also pathogenesis comprise abnormality

of *Mutravaha Strotas*, and *Udakavaha Strotas* too. Hence due to multiple *Strotas* being affected and also as it is *Yapya Vyadhi*, major portion of success in management depends on *Nidana*, Especially *Aaharaj*

Nidana. That is frequent, prolonged, and excessive consumption of *Apathya Aahar* that leads to *Prameha Vyadhi*, which has already been mentioned. Therefore *Nidana* is the most important factor in the management of *Prameha Vyadhi* and regular consumption of such *Aaharaj Nidana* should be avoided. Avoidance of *Aaharaj Nidana* can help to prevent disease prevalence.

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