



A CRITICAL REVIEW ON *PRAMEHA* AND DIABETES MELLITUS

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ABSTRACT

Prameha (Diabetes) which has been a gobal problem is well described in the ancient Indian classics life the Vedas and the Ayurvedic works which ensued the Vedic period. In Ayurveda, *Prameha* is considered as *santarpanajanya vyadhi* i.e. caused due to improper diet and sedentary lifestyle. Diabetes mellitus is a chronic metabolic disorder characterized by persistent hyperglycaemia. Diabetes mellitus is a becoming a global public health burden. Chronic hyperglycaemia with other metabolic disorders may increase the risk of life threatening and disabling disorders predominantly microvascular (retinopathy, nephropathy and neuropathy) and macrovascular complications leading to increased risk of cardiovascular disease. *Prameha* is a lifestyle disorder caused due to *apathya ahara* and *vihara*, In Ayurveda, *pathya* has been given utmost importance. Therefore, in present paper an attempt to review *Prameha and Diabetes Mellitus*.

Keywords: *Ayurveda, Prameha, Diabetes Mellitus*

INTRODUCTION:

In Ayurveda, *Prameha* (NAMC code EF-2) [1] is considered as *santarpanajanya vyadhi* i.e. caused due to improper diet and sedentary lifestyle. *Prameha* has been extensively explained and classified into many types in classical texts, one among those types is *Dhatukshayajanya* and

Avaranajanya Prameha proposed by *Acharya Vagbhata* [2]. Eventhough the *nidana* is that of *Kapha dosha*, the resulting disease is of 3 types based on the *dosha* involved. *Guru, snigdhadhi ahara, avyayamadi vihara* etc. leads to *prakopa* of *Kapha* and *Pitta dosha* which in turn leads

to increase in quantity of *Meda* and *Mamsa*. All these cause *avarana* of *Vata* leading to its *prakopa*. The *prakupita Vata* removes *Oja* from the body and takes it towards the *Basti* and leads to *prameha* [3]. The cardinal symptom of *Prameha* is *prabhuta, avila mootra* [4]. *Prameha* when manifested as a result of *avarana* of *Vata* due to *Kapha* and *Pitta* will be managed by *Laghu-Santarpanooha Ahara* and *shamana chikitsa* [5]. The signs and symptoms of *Prameha* is similar to that of Diabetes mellitus (ICD-10 code E11.9) [6].

Diabetes mellitus is a chronic metabolic disorder characterized by persistent hyperglycaemia. Diabetes mellitus is becoming a global public health burden. Chronic hyperglycaemia with other metabolic disorders may increase the risk of life threatening and disabling disorders predominantly microvascular (retinopathy, nephropathy and neuropathy) and macrovascular complications leading to increased risk of cardiovascular disease [7].

Diabetes Mellitus is broadly classified into 3 types based on etiology and clinical presentation, Type I, Type II and gestational diabetes (GDM). Type 2 diabetes mellitus accounts for 90% of all cases of diabetes. In this type response to insulin is diminished results in insulin resistance. During this state, insulin is ineffective and is initially countered by

increase in insulin production to maintain glucose homeostasis but over time the insulin production decreases and results in type 2 DM. it is common in persons older than 45 years. Still increasingly seen in children adolescents and younger adults due to rising levels of obesity, physical inactivity and energy dense diets [8].

An estimated 537 million adults (20-79years) were lining with diabetes worldwide in 2021 of which 14% (74.2 million) were from India. India has second largest number of people with diabetes in the world. The number is expected to raise by 68% (124.9 million) over the next 25years. Furthermore, India has third highest number of deaths from diabetes globally, at about 0.6 million [9].

Prameha is a lifestyle disorder caused due to *apathya ahara* and *vihara*, In Ayurveda, *pathya* has been given utmost importance. *Prameha* though is considered as *Medosrotodushti vikara*, it is said to have 10 *dushyas*. Also, pathogenesis comprise abnormality of *swedawaha srotas*, *Mutravaha Srotas*, *Udakvahasrotas* too. Hence due to multiple *srotas* being affected, major portion of success in management depends on *Pathya*. *Pathya* in the form of millets [10] will be prescribed to the subjects in this study, as it has *Kapha-pittahara, kledashoshana* property. It will help in removing the excess *kleda* by acting on

udakavaha, *mutravaha* and *swedavaha srotas* and removing *Kapha-pitta avarana* which are the main culprits in *madhumeha*. *Bhudhatryadi yoga* is mentioned by *Yogratnakara* in *Prameha chikitsa*. *Acharya* mentioned that by using *swarasa* of *Bhumi amlaki* and *Maricha churna* it converts *Asadhya Prameha* to *Sadhya Prameha* in *Sapta ratras*. In the present study, *Bhudhatryadi yoga* will be given to the patient in the form of *Ghanvati* in order to deliver precise doses in a safe and easy manner to consume. *Bhudhatryadi ghanavati* due to its *Kapha-pittahara* properties and its action on mitigating *Prameha* is an ideal drug to treat *prameha* [11]. There is a need for easily accessible and cost-effective treatment for Type II Diabetes Mellitus. In this point of view, the interventions selected for the study fulfill the much-needed criteria.

MATERIALS AND METHODS:

Material

Literatures are taken from Ayurvedic classics and textbooks of modern science.

Methods:

This review paper reveals the concept of *Prameha*, its pathophysiology in Ayurveda and treatment principles of *Prameha*. Also explain Diabetes mellitus in modern science and its treatment.

Prameha:

Paribhasha:

Prameha is defined as a disease characterized with *prabhuta mootrata* (excessive urination both in quantity and frequency), *avila mootrata* (turbid urine) [12]

Nidana: [13]

- *Asya sukha*-overindulgence in the pleasure of sedentary habits.
- *Swapna sukha*-excess sleep.
- *Dadhini gramyoudaka anuparasah payamsi*-curd, milk and its preparations, soup and meat of domesticated animals, aquatic animals and animals living in marshy habitat.
- *Navannapana*-intake of freshly harvested food articles.
- *Guda vaikrta*-freshly prepared drinks made of jaggery.

Bheda:

Based on *Samprapti*- [14]

- *Dhatukshayjanya*
- *Avaranajanya*

Based on *Dosha* [15]

- *Kaphaja-10*
- *Pittaja-6*
- *Vataja-4*

Samprapti of prameha:

In *Prameha*, *Kaphavardhaka Nidanasevana* leads to *Vata Avarana*, which in turn leads to *Ojas Karshana* which comes to the *Basti* and patient passes *Madhura*,

Kashaya, Ruksha Mutra resulting in *prameha* [16].

Lakshana:

- *Prabhuta mootrata* (excessive urination both in quantity and frequency)
- *Avila mootrata* (turbid urine)
- Other *lakshanas* are based on *doshadushya samurchana* [17].

Chikitsa:

In our classical texts *Chikitsa of Prameha is based on Sthool Pramehi and Krisha Pramehai. Sthool pramehi with excess dosha and bala is given Shodhana. Krisha Pramehi who is durbala, Brimhana chikitsa is recommended. Prameha* when manifested due to *avarana of Vata* due to *Kapha and Pitta* will be having severe *Agni Dushti* there is improper nourishment of tissue making person weak. Status of *Agni* must be taken into consideration and managed by *Laghu-Santarpanotha Ahara*. Things that will improve patient's condition but which will not contribute to the pathogenesis of disease by their *Brimhana* nature must be managed along with *shamana* [18].

Modern review:

Diabetes Mellitus:

Definition: The term Diabetes mellitus describes a metabolic disorder of multiple etiology characterized by chronic hyperglycemia with disturbances of

carbohydrate, fat and protein metabolism resulting from defects in Insulin secretion, insulin action, or both.

Types:

- Type I Diabetes Mellitus
- Type II Diabetes Mellitus
- Gestational Diabetes Mellitus

Pathogenesis of Diabetes Mellitus Type 2:

Type 2 diabetes mellitus is characterized by following pathophysiologic abnormalities:

1. Impaired insulin secretion
2. Peripheral insulin resistance
3. Abnormal fat metabolism and muscle metabolism
4. Increased Hepatic Glucose Production.

Clinical features:

Common presenting symptoms of DM include polyuria, polydipsia, weight loss, fatigue, weakness, blurred vision, frequent superficial infections, and poor wound healing. Other symptoms are Weakness, Cramps on walking, Libido, Joint pain, Weight loss, Burning sensation in feet, Glycosuria, Dry mouth & tongue, Deep sighing respiration (Kussmaul breathing), Skin infections, Banalities (devoid of freshness or originality), Cardiac pain, Neuropathy, nephropathy, Ulceration, Dementia, Cognitive impairment, Fatigue, Pruritus vulvae, Incontinence of urine and stool and weight loss.

Diagnosis:

- A1C test
- Fasting blood sugar
- Post prandial blood sugar
- Random blood sugar
- Glucose Tolerance test etc.

Complications:

- Retinopathy
- Nephropathy
- Neuropathy
- Diabetic ulcers,
- Coronary artery diseases.

Treatment:

- **Glycemic control-** Life style modification (Dietary control & exercise) & Medication.
- **Treatment of associated conditions-** Dyslipidemia Hypertension, Obesity, CAD etc.
- **Screening /Management of complications-**Retinopathy, CAD, Nephropathy, Neuropathy & other complications [19].

DISCUSSION:

Ayurveda have unique method to diagnose the disease known as *Nidanpanchaka*; include five factors. Among these five *Roopa* (symptoms) is said to be most important in diagnosing the disease. In the modern science of medicine, there is a reading method or a number method that means some fixed level of parameters to diagnose the particular disease; e.g. hemoglobin level to diagnose anemia, blood

pressure level, blood sugar level, etc. These readings are used to diagnose the disease. There are innumerable diseases, diagnosed on the basis of this number or reading method. In *Ayurvedic* classics nowhere mentioned this type of number method to diagnose the disease. Ayurveda has been given importance to body feedback to diagnose the disease. It means blood sugar reading is not primary to diagnose diabetes. In *Prameha* there is no single reference about blood sugar in symptoms or in treatment principles; rather they mentioned honey, jaggery as Anupana in *Prameha*, Honey and jaggery contain fructose; and fructose cannot increase blood glucose. Treatment principles of *Prameha* are aimed to correct lifestyles like night awaking and exercise. Diabetes can be control without drugs. Diabetes is not a disease of sugar, sugar is the only indicator. Diabetes is a change in the metabolism of the body or its disease of liver where metabolism of the body is completely upset or disturbed. Insulin is a growth hormone and hyperinsulinemia get vascular damage.

CONCLUSION:

Diabetes is not a progressive disorder. The main aim is not to control the sugar or not to control the blood sugar with insulin Treatment protocol of *Prameha* in Ayurveda are aimed to correct metabolic impairments and live a healthy life. In diagnosing

Prameha Ayurveda gives importance to body feedback or symptoms rather than Blood Sugar Level (BSL) or Diagnosis should not be only on the basis of numbers. Hence, *Prameha* treatment may not be an essential means to have hypoglycemic effects only.

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