

An Overview of the Symptoms of *Prameha* and its Accurate Diagnosis Based on Ayurveda-An Ayurvedic Diagnostic Tool to *Prameha*

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Abstract

Obesity, Metabolic Syndrome & DM are increasing in epidemic proportions globally. Ayurvedic texts that include clinical conditions involved in obesity, prediabetes, diabetes mellitus & metabolic syndrome. India is one of the epicenters of the global diabetes mellitus pandemic. Rapid socio-economic development & demographic change, along with increased susceptibility for Indian individuals, have led to the expensive increase in the prevalence of DM in India over the past four decades. When metabolic disorder happens, we might have too much of some substance or too little of other ones that we need to stay healthy. In other words, *dhatu vridhi* or *dhatu kshaya*. In *prameha* mainly, *medodushti* happens precedingly other *dushyas* also involved. In our science very clearly and objectively stated the diagnosis of different *prameha*. In this paper, I tried to emphasis on this ayurvedic method of diagnosis is based on a preventive framework to positively identify diabetes, using the criteria laid down and save future generations from *prameha*. Among 20 *prameha*, *vataja* only considered as *asadya*. *Kaphaja* is considered as *sadhya*. This reveals there should be a treatment for in management of this disease. There is no doubt that this ayurvedic method of integration definitely helps us in accurate dosha determination, by the way we can assure the proper treatment.

Keywords: *Sthoulya, prameha poorvarupa, nidana, abaddha medas, mutra pariksha*

Introduction

Prameha is considered as *medo sroto asrita Roga*. In *Medasamsraya Roga* mainly *meha purvarupa* [1] are present. Those who are having *prameha purvarupa*, they are all considered as the *prameha rogi* [2]. The only way of evaluating these predisposing factors by *Darshana, Sparshana & Prasna pareeksha* now a days Obesity and sedentary lifestyle are more common causative factors behind prediabetes. Doshik wise differentiation is very important in present scenario for performing preventive aspect of Ayurvedic management. In Ayurveda mainly 20 *mehas* are explained. For management of each *meha*, *acharya* has mentioned specific *Kashayas* also. If we successful to predetermine these factors specifically it will help us a lot in preventive and curative aspects in present & future.

Materials and Methods

All *bruhattrayis* and journal articles which are related with *Prameha* Interpretation of basics of our *samhitha* with present scenario Application of our *sidhanta* in clinical practice as a preventive as well as curative.

Discussion

What is the *pratyatma Lakshana* of *Prameha Prabhuta & Avilata* [3] are two self-forms of *Prameha*. Without these *Lakshana*, we can't call a *rogi* as *Prameha* in our Science. *Prabhuta*: *Pramana Vridhi* of *mutra* is considered here i.e. Quantity of *mutra* is increased. This cardinal symptom can be evaluated by this formula which is explained under conventional science, it is very helpful in our clinical practice

also. Urine output ml/kg/hr = Collected urine/Weight x time [4]

In adults, if value is greater than 5 is considered as polyuria *Avilata*: *Dalhana* has specifically mentioned that *Avilata* means *Samala* [5]. Here *mala* means not only *trimala* it includes all *dushya* or *dhatu*. Again *Chakrapani* has mentioned that *Avilata* is analyzed by both qualitatively and quantitatively [*Atipramanat vridhatvat/guna ati vridhi*] We can be evaluated these factors by lab investigation based on several factors such as specific gravity, PH, Colour, Microscopic examinations.

Diagnosis of *Prameha* on the basis of *Nidana* and *Purvarupa* [6] *Nidana*. If patient coming with an history of taking *Kapha-Medo vardhaka ahara* like [excessive/daily intake of *dadhi, Masha*, most of the south Indian food contain this horse gram] *Payasa, krisara, ikshu vikara* [all types of sweets and cold drinks] *drava, madhura, taruna praya* (Freshly/Newsly Ripened fruits) also those who are much indulged in sleeping, doing work in sitting position continuously (most of the people working in IT field, drivers, Accountants etc.) In *pittaja prameha Nidana*, mainly *pitta prakopa kara Rasa* like, *ushna, amla, lavana, katu* [Those who are taking excessive quantity of spicy, salty, hot items] and who are working in hot environment, these are considered as *pittaja meha*.

Vataja prameha Nidana, those who are having more exposure to *vata-pikonda Nidana*. For example, Those who are travelling with exposed to cold wind & who are having the habit of *vegadharana* since from long time In *Arso nidana*, *acharya* has explained *meha* is the *Lakshana* of *Kaphaja arsas*.

Purva Rupa

Among purvarupa, acharya mentioned as sweda anga gandha' That means if patient c/o excessive sweating in other words hyper-hydrosis' can be considered as a prediabetes symptom. Another symptom is 'Hritnetrajihwa Sravanopa deha' that means if there is a history of infection of oral cavity with continuous attack. Another cardinal symptom is "Karapada daha". It is nothing but peripheral neuropathy which considered by conventional science. Likewise we have to co-relate all these symptoms with present scenario with an Ayurvedic basis.

Specificity of Prameha According to Doshik Wise ^[7]

Kaphaja Prameha: 10 types of Kaphaja prameha are explained by Acharyas. Generally Sandra, Guru, Pichila Prasada, Manda, Madhura Rasa are gunas of kaphaja likewise Specific gravity, Urine sediment, GFR, Glycosuria can be considered for kaphaja Prameha in respectively. In Sanai Meha, manda gund is more. When GFR is elevated urine flow will be affected. In sukra meha, urine contain semen that we can consider it as sedimented urine, which contain both Organized & Unorganized sediments, semen is one among unorganized sediment in urine Pittaja Prameha; 6 types of Prameha are explained by acharya. In pittaja prameha, acharya has given names mainly on the basis of colours. Kshara meha which resembles like kshara as per gandha, vana & Rasa. High-level of PH in urine may produce alkaline urine. When bilirubin is present in urine, it colour like dark brown same as Haridra meha. Likewise we can consider Manjishta meha & Lohita meha with Haematuria, increased level of presence of sodium, amorphous urate etc.

Vataja Prameha

4 types of vataja prameha has explained by acharya. Vasa meha which contain vasa in urine Sudha hamsasya yaha sneha Sa Vasa ityuchyathe" The Sneha Bhaga of mamsa is considered as vasa when urine goes with protein, we can considered it as vasa or majja meha. Madhumehi madhu sammam Jayate" Here we can considered ketoacidosis as madhumeha.

Diagnosis on the Basis of Upadrava ^[8].

Acharya also explained upadravas based on dosha wise. Among them Kasa and Swasa is similar in both Kapha & vata. No, it is different. In kaphaja it is Ardra but in vataja it is sushka. When a patient came Sosha/Weight loss, there is no doubt that patient belongs to vataja type.

Conclusion

Whatever we explained here, it is not an evidence based. These all are perspectives of a vaidya. Our Ayurveda vaidyas, everyone starts to analyse Prameha on this basis by making a record should be definitely a new step in the field of health & will help bring an end to disease due to lifestyle, As Acharya Charaka Quoted that Gridhanu Abhyawaharjeshu Snana Chankramanatdwisham, Prameha Kshipranmabhyeti Nida druma Eva Andaja Mandotsaha Atisthula Atisnigdham Maha sanam, Mrityu Prameha Rupena Kshipram adaya gachathi" ^[9]

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