

**AYURVEDA PERSPECTIVE OF PRAMEHA: CAUSES, SYMPTOMS AND MANAGEMENT**

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Article Received on 07/02/2018

Article Revised on 28/02/2018

Article Accepted on 20/03/2018

**ABSTRACT**

Ayurveda the ancient science of medical system describe diabetes as Madhumeha or Prameha. Ayurveda mentioned various types of Prameha depending upon imbalance of the Doshas; Vata, Pitta and Kapha. Prameha related to vitiation of Vata dosha (air body humor) considered incurable. Prameha associated with vitiation of the Pitta dosha (fire body humor) difficult to cure while Prameha which involve vitiation of Kapha dosha (phlegm body humor) considered as curable. Ayurveda describe various treatment modalities for the management of Prameha such as; conduction of pathya, yoga and sodhana karma along with use of ayurveda formulation and herbs. This article presented ayurveda perspective of Prameha and its management.

**KEYWORDS:** Ayurveda, diabetes madhumeha, prameha.

**INTRODUCTION**

*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), *yapya* (paliable) and *asadhya* (incurable) depending upon involvement of *dosha*. *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 *Bahudravasleshma* 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*. Conduction of *brimhana*, use of medicine, diet control, *panchakarma* and balanced life style are some therapeutic measure which increase *dhatu*s and help to combat diabetes. This article described some therapeutic approaches for the management of *Prameha* based on literary study.

**Causes (etiologic factors) of diabetes**

- Diet such as sugar, fats, potatoes, rice and junk foods.
- Lack of exercise.
- Mental stress and strain.

- Genetic
- Obesity
- Excessive sleep etc.

**Table 1: Samprapthighatakas of diabetes.**

S. No.	Ghatakas	Predominance
1	Dosha	Vata, pitta, kapha
2	Dushya	Meda, mamsa, kleda, rakta, vasa, majja, lasika, rasa and ojas
3	Srotas	Mootravaha
4	Srotodusti	Atipravrutti
5	Agni	Dhatvagni
6	Udhbhavasthana	Kostha
7	Vyaktasthana	Mootravaha srotas

**Samprapthi**

Etiological factors
↓
Vitiation of Vata, Pitta & Kapha
↓
Vitiation of rasa & rakta
↓
Vitiation of Medas, mamsa and kleda
↓
Shaithilyata
↓
Prameha

### Common symptoms or clinical manifestation of diabetes

- *Krisa*
- *Rauksha*
- *Bahu Pipasa*
- *Parisaranasila*
- *Sthula*
- *Snigdha*
- Delaying to recovery of any injury
- Urinal dysfunction
- Disturbed appetite
- Skin manifestation, etc.

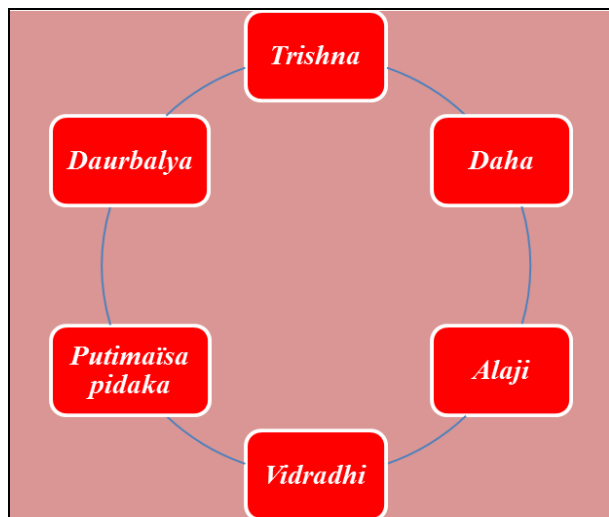


Figure 1: General Complications of diabetes.

### MANAGEMENT OF DIABETES

#### Ahara (Diet)

Ahara which is light and capable to combat etiological factors of *Prameha* is recommended.

#### • Suggested Diet

- *Laghu bhaksha & laghu ahara*
- *Mantha, Odana, Appopa, purana shali and Roti* etc.
- *Mudga, Chanaka, Kulattha & Adhaki* etc.
- *Tikta shaka; Karela, Methi, Patola, Rasona and Udumbara* etc.
- *Jambu, Amalaki, Kapitta, Tala phala, Kharjura, Kamala & Utpala* etc.
- *Harina mamsa, Shashaka mamsa, Kapotha & Titira* etc.
- *Sarshapa taila & Ingudi Ghritha* may be used in *pitthaja prameha*.

#### Vihara (Exercise)

*Pramehi* should involve in physical exercise, wrestling, sports, riding, long walks & running etc.

#### • 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
- *Balāsana:* Child pose
- *Ushtrasan:* Camel pose
- *Sirsasana:* Headstand pose

#### Beneficial effects of some specific yogas in diabetes

##### ❖ *Paschimotasana*

This *yoga* boosts pancreatic and renal activities.

##### ❖ *Veerāsana*

Relieves tiredness and weakness associated with diabetes.

##### ❖ *Mayurasana*

It improves metabolic process thus offer relief in diabetes.

##### ❖ *Uddiyan Bandha*

This *yoga* stimulate hormonal glands & therefore effective in diabetes.

##### ❖ *Dhanurasana*

It stimulates the pancreatic secretion.

##### ❖ *Ardha matsyendrasana*

It lowers down blood sugar level.

##### ❖ *Bhastrika Pranayama*

This *yoga* improves digestion thus maintain metabolic balances of body.

#### Ausadhi (Medicines)

Drugs having *Tikta, Katu* and *Kasaya Rasa* help to pacify *kapha & meda* therefore recommended in diabetes. *Guggulu, Haritaki* and *Amalaki* offer relief in diabetes due to their inherent *guna & rasa*. Ayurveda preparation *Avaleha* such as *Saraleha* (decoction of *asana, khadira, babbula* and *bakula*, etc.) also recommended in all types of *prameha*. *Gokshuradyavaleha* (decoction of *gokshura* along with *trikatu, nagakeshara, cinnamon, ela, jatipatra* and *vamshalochana*) relief symptoms of diabetes.

#### • Herbs

*Giloya* possess hypoglycemic activity, *Gudmar* suppress blood glucose level and promote insulin secretion,

*Amalaki* possess hypolipidaemic action, *Tejapatra* exhibits anti-hypercholesterolemia effects, *Haridra* showed hypoglycemic & hypocholesterolemic effect, *Methi* also exhibited hypoglycemic effect, *Katuki* offer hepatoprotective activity while *Shilajit rasayana* reduces insulin resistance in T2DM patients.

#### **Rasausadhies and other ayurveda formulations for diabetes**

- *Silajatu Rasayana*
- *Mehakalanal Rasa*
- *Panchanan Rasa*
- *Vanga Bhasma*
- *Yasada Bhasma*
- *Rasasindoor*
- *Brihat vangeswara Rasa*
- *Mehari Ras*
- *Meghanada Rasa*
- *Guduchi swarasa*
- *Amalaki Curna*
- *Karavellaka Phala Curna*
- *Chandraprabha*.

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