



**“Review about causative factors of *Prameha* (Diabetes mellitus)
from *Bruhatrayee*”**

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Abstract:

India is becoming the diabetic capital of the world. Nearly 1 million Indians die due to diabetes every year. Prevalence of Diabetes in India in 2018 was 7.1% according to WHO studies. Prevalence of diabetes in Maharashtra is 8.4%. Sedentary lifestyle, lack of exercise and yoga, stress, and improper diet habits are main reasons of diabetes for becoming a common lifestyle disease else than just Heredity.

According to *Ayurveda*, diabetes mellitus comes under a category named *Madhumeha*, which is one of 20 types of *prameha* ^[1]. For controlling the disease from affecting much population, we need to make the people aware of its causes first. *Acharya Charaka*, *Sushruta* and *Vagbhata* have explained the aetiology of *prameha* very well. Hence

here is a small attempt to review the causative factors of *prameha* from *bruhatrayee*.

Key words: *Prameha*, *Madhumeha*, *Hetus of Prameha*, Diabetes Mellitus, Causative factors of *prameha*, *Prameha nidana*, *Nidanaparivarjana*.

Introduction:

Prameha is *santarpanjanya vyadhi* ^[2] (caused due to over nourishment of body). It is a largest spreading disorder in India as the prevalence rate says it all. The word ‘मेह’ literally means ‘To flow’ which is derived from the *Sanskrit* word ‘*miha sinchane*’.

The *Sanskrit* word ‘*MEHA*’ literally means ‘*MICTURATION*’. And

the verbal mechanism signifies urination in excess. It is qualified by prefix 'PRA' meaning excess in both quantity and frequency of urine. According to *Sushrutacharya* and *Vagbhatacharya*, *Prameha* is also characterized by copious flow of cloudy or turbid urine, called as 'avilamutrata.' [3, 4]

There are three main types of *Prameha* depending on the *Tridoshas* as *Kaphaj*, *pittaj*, *vataj*, in which the (HETU) etiology is predominantly *kapha dosha vardhak*. Out of the *tridoshas*, *kapha dosha* is most prominent to cause *Prameha* than the remaining two. [5]

In *ayurvedic samhitas*; etiological factors of the diseases are very well explained by *acharyas*. *Acharyas* have explained *dincharya* i.e. daily regimen, *rutucharya* i.e. seasonal regimen and have advised proper *ahara* and *vihara* according to the seasons and *doshsthiti*. In *sutra sthana*, *charakacharya* has given detailed description of *aahara varga* with their *gunas* i.e. properties. Persons not taking care of all these facts may suffer from various metabolic disease like *prameha*. Detailed aetiology, i.e. *aharaja* and *viharaja hetu(s)* of *prameha* are explained by *acharyas* in *ayurvedic* texts.

According to *Ayurveda*, the very first line of treatment of disease is *nidana parivarjana* i.e. identifying the cause of disease and avoiding it further. There are number of diseases which can be controlled or cured by only

prevention of *nidana*. For that, the appropriate *nidana* of that disease should be known. There is a deep thought in *ayurvedic* texts that every disease is a result of imbalance of *dosha*, *kshaya* or *vridhi* of *dhatu* and *mala sanchaya*. Similarly, in *prameha*, *kapha dosha* is predominant according to *samprapti* (pathogenesis). This *kapha dosha* imbalances the *meda dhatu* and *dosha-dushya samurchhana* take place. [6]

Acharya Charaka has mentioned the use of *hetuviparit chikitsa* in curing the disease and also for *Swasthya Rakshana*. Dietary and behavioral regimen can be concluded from the given etiology *prameha* followed by the patients as a part of prevention and treatment of disease by simply avoiding the dietary and habitual factors.

Definition of prameha:

The word *Prameha* is made up of two words, i.e. "Pra and Miha" The word *Meha* is derived from the "Mih *Sinchane*". By adding 'Lue' *Pratyaya* to it; 'Mehati, *Sinchati Mutraretansi*" which means 'to excrete'. In *sanskrit* literature, the 'Miha' indicate to make water, to wet, to emit semen. So this root 'Miha' is added to prefix 'Pra' and the word becomes 'Prameha'. This is a general name for a urinary disease. It is a condition characterized by excessive excretion of urine.

Causative factors of prameha:

Table no.1-Showing the Aharaja Nidana of Prameha [8, 9, 10, 11]

Sr. No.	NIDANAS	Cha. S	Su.S	A.H	M.N	B.P	Y.R
1	<i>Hayanaka</i>	+	-	-	+	+	+
2	<i>Yavaka</i>	+					
3	<i>Dadhi Sevana</i>	+					
4	<i>Gramya Rasa</i>	+	-	-	+	+	+
5	<i>Audak Rasa</i>	+	-	-	+	+	+
6	<i>Aanupa Rasa</i>	+			+	+	+
7	<i>Kshir Sevana</i>	+	-	-	+	+	+
8	<i>Nava Anna</i>	+	-	-	+	+	+
9	<i>Nava Pana</i>	+	-	-	+	+	+
10	<i>Gud Vaikruta</i>	+	-	+	+	+	+
11	<i>Kaphakara Hetu</i>	+	+	+	+	+	+
12	<i>Sheeta</i>	+	+	-	-	-	-
13	<i>Snigdha</i>	+	+	-	-	-	-

14	<i>Madhura</i>	+	+	+	-	-	-
15	<i>Medovardhak</i>	+	+	-	-	-	-
16	<i>Drava Anna</i>	+	+	-	-	-	-
17	<i>Drava Pana</i>	+	+	-	-	-	-
18	<i>Nava Dhanya</i>	+	-	+	-	-	-
19	<i>Nava Sura</i>	+	-	+	-	-	-
20	<i>Ikshu</i>	+	+	+	-	-	-
21	<i>Gauras</i>	-	+	+	-	-	-
22	<i>Amla</i>	-	+	+	-	-	-
23	<i>Guru</i>	-	+	+	-	-	-
24	<i>Picchila</i>	-	+	+	-	-	-
25	<i>Mandak</i>	+	+	+	-	-	-

Table no.2-Showing the Viharaja Nidana of Prameha

Sr.No	<i>Nidana</i>	<i>Ch.S</i>	<i>Su.S</i>	<i>A.H.</i>	<i>M.N</i>	<i>B.P.</i>	<i>Y.R.</i>
1	<i>Asyasukh</i>	+	-	-	+	+	+
2	<i>Swapnasukha</i>	+	-	-	+	+	+
3	<i>Diwaswapa</i>	-	+	-	-	-	-
4	<i>Avyayam</i>	+	+	-	-	-	-
5	<i>Alasya</i>	-	+	-	-	-	-

6	<i>Ekasthanasana</i>	-	-	+	-	-	-
7	<i>Ratih</i>	-	-	+	-	-	-
8	<i>Vidhirahitshayan</i>	-	-	+	-	-	-
9	<i>Swapnaprasang</i>	+	-	-	-	-	-
10	<i>Shayanprasanga</i>	+	-	-	-	-	-
11	<i>Asanaprasang</i>	+	-	-	-	-	-
12	<i>Sharirshodhan varjya</i>	+	-	-	-	-	-

Aaharaj and *viharaj hetus* described in *bruhatrayee* are as follows:

A. Aharaj Hetu:

1. **Hayanak, itkata, mukundaka** - *Hayanak*- A variety of *Sali*,
2. **Itkata**- This is not properly identified. *Sesbania bispinosa* *Faucet* and *Rendle* called *Ekada* in Gujarat is said to be its source plant. *Mukundaka*- A variety of coarse grain cereal of the *krisna swastika* group
3. **Cheenak** - *Panicum milliaceum* Linn; *cena*. This is a wild form of *Paspalum scobiculatum* Linn; *kodrava* wild and cultivated.
4. **Uddalaka**- *Paspalum scobiculatum*-*kodrava*, fleshy root eaten by people living in hilly areas and tribal people
5. **Pramodaka, sugandhaka** – It's *basmati* rice
6. **Nava harenu** – It's *kabuli chana* or chickpea
7. **Gramya audka anupa mansa rasa** - Meat of marshy and aquatic animals.
8. **Payansi** – Excessive consumption of milk.
9. **Nava annapana** - New grains, water.
10. **Mash** - *Urada dal/ Black gram*.
11. **Madhur swadu annapana** - Excess consumption of sweets.
12. **Drava annapna** – Excessive consumption of liquid food.
13. **Sheeta aahara** – Food which is cool in nature and cool in touch.
14. **Mandaka** - These are dairy products. In layman language its *basundi*.
15. **Villepi** - Eating various kinds of gruels.
16. **Snigdha bhojana** – Food which includes ghee oil.
17. **Guru bhojana** – Food that is heavy in nature and heavy to digest.
18. **Bhojnopsevi** - Persons who have habit of eating after taking meal.
19. **Sura / madya sevana** – Excessive consumption of alcohol
20. **Amala, lavana rasa sevana** – Excessive consumption of sour, salty food

21. **Dadhi** – Excessive consumption of yogurt/ curd.
22. **Maansa vargra** – Meat of domestic, marshy and aquatic animals.
23. **Ushna** – Hot food indulgence.
24. **Atitikshna** – Over spicy food.
25. **Agni** – Exposure to fire.
26. **Santap krodha** – Excessive anger or heat.
27. **Mahavreehi** - This is low-quality rice.
28. **Tila** - *Borassus flabellifer* Linn; Tada.
29. **Shuka dhanya** - Excessive consumption of *basmati* rice/ brown rice/ wheat/ corns/ *jowar*/ *bajra*.
30. **Taruna annapana** – Eating the raw food (uncooked food) in excess.
31. **Laghu-Katu tikta and kasaya rasa** – Food which is Light to digest, pungent, spicy, bitter in taste.
32. **Shak** - *Tectona grandis* Linn; Excessive consumption of potato/ sweet potato/ brinjal/ tomato/cauliflower/ cucumber.
33. **Pishtanna**- Eating various kinds of flours.
34. **Krushara**

B. Viharaj hetu: [12,13]

1. **Aasyasukham/ ekasthanasan** - Habit of sitting at one place for a longtime.
2. **Swapna sukham / diwaswapna** - Sleeping in the day or afternoon.
3. **Mruja vrijnama** - Avoidance of rubbing or cleaning body.
4. **Asanaprasanga** - Persons lying

on beds and sitting on soft sits comfortably.

5. **Avyayam** - Lack of exercise.
6. **Sheeta vihara** – Living in cool environment or in water.
7. **Alasya prasakata**- Laziness due to *sthira guna* leads to *kapha dosha* deposition in our body. In fact this is the main *hetu* of *prameha vyadhi*. Patients who are suffering from *prameha vyadhi* mostly have habit of laziness in every aspects. It further leads to *sthulta* (obesity).
8. **Vamana virchana atiyoga** – Excessive therapy of *vamana* and *virechana*.
9. **Sandharana** – Holding up the urges (*adharaniya vega*) for long time.
10. **Anashana** - Means fasting.
11. **Udveg shok** - Immensely sad or have any mental depression.
12. **Shonitatishek** - Situation of excess blood loss.
13. **Atijagarana** - Staying awake at night for long time.
14. **Vishama sharir asana** - Awkward body posture and often
15. **Shrama** - Excessive exertion

General symptoms of prameha:

1. **Prabhuta mootrata:** [14]

This is the cardinal sign of *prameha* explained by all *Acharyas*. *Prabhuta mootrata* shows increase in both quantity and frequency of micturition. This happens due to increased *kleda* (water

content) in the body which gets accumulated in the *basti* (urinary bladder). *Kledavahan* is the function of *Mootra*. The vitiated *Apanavata* excretes excess of *kleda* in the *basti* through *mootra* frequently. It results in the *prabhootha mootrata* which shows increased in quantity and frequency of micturition.

2. Avila mootrata:

Avila mootrata indicates the abnormality in the density and turbidity of urine. Urine passed by patient has a hazy consistency.

Samprapti (pathogenesis) of prameha:
[15, 16, 17, 18]

The above causative factors help in the instant appearance of *prameha* due to *kapha*. The aggravation of *Kapha* is due its close resemblance to the related *Hetu*. Due to *Sharirashathilya* of body, this aggravated *Kapha* spreads very rapidly in all over the body. The aggravated *Kapha* while spreading gets merged with *Medo Dhatu* leading in its vitiation and this is because *Meda Dhatu* has similar properties like *Kaphadosha* such as *Bhahutva*, *Abadhdha*, etc.

When this mixture of excess quantity of vitiated *Meda* and *Kapha*; which are already in excess comes in close contact with *Sharira-Kleda* and *Mamsa*, it further results into *Putimamsapidaka*. The vitiated *Kleda* gets transferred into *Mutra*. *Kaphadosha* along with *Medodhatu* obstructs the openings of *Mutravaha Srotasa* resulting into *Prameha*. *Sushrutacharya* has described *Dushyas* in each different type of *Doshika Prameha*.

He has also described vitiation of *Kapha* along with *Vata*, *Pita* and *Meda* in *KaphajaPrameha*. [19]

General complications of *prameha*:

- *Trushna*, *Atisara*, *Daha*,
Daurbalya, *Arochaka*,
Avipaka, *Putimansa*,
Prameha Pidaka, *Alaji*,
Vidradhi. [20]

Conclusion:

Prameha is a disease caused due to over nutrition. [21] The etiological factors of *prameha* are likely to be *kaphakrut* in nature. Nowadays; we see people suffering from *prameha* since very younger age because of today's living pattern and so here is a reason to call *prameha* as a lifestyle disorder.

Following the daily and seasonal regimen i.e. *dinacharya* and *rutucharya* as advised in *Ayurveda samhitas*, and avoiding the *hetu(s)* of *prameha vyadhi* might be a prevention of the disease. [22] Also the above said etiological factors; if avoided by *prameha* patient can definitely be helpful in treating *prameha*; as *nidana parivarajana* is ultimately the first line of treatment.

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