



# A Critical Study on *Prameha* According to *Ayurvedic Classics* and its Management Through *Ayurvedic Medication*

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## ABSTRACT

Ayurveda is a traditional Indian health-care system that dates back to the dawn of civilization. Arogya is essential for achieving Purushartha Chatushtaya, according to Acharya Charak. Ayurveda places a strong emphasis on the preventative and proactive elements of health rather than the curative. In Ayurveda, the concepts of Dinacharya, Ritucharya, Sadvritta, and Achara Rasayana, as well as guidelines for a balanced diet and lifestyle, are well recognised, but few people can follow them adequately in the current scenario. As a result, there has been a large increase in lifestyle illnesses such as pandemics, the most dangerous of which is diabetes. Nearly 80% of the occurrences are caused by type 2 diabetes mellitus. Madhumeha is one of the kinds of Vataja Prameha in Ayurveda, and it is likened to Diabetes Mellitus because of the disease's etiopathogenesis, clinical symptoms, and prognosis. Lack of exercise, poor dietary practises, excessive consumption of food containing Snigdha and Guru Guna, and food that causes Kapha Dosha vitiation are the main causes of Madhumeha. Modern therapy has its limitations, but Ayurvedic management principles can assist the patient in controlling blood glucose levels and altering their routine.

**KEYWORDS** – Prameha, Madhumeha, Diabetes, Ayurveda etc.

## INTRODUCTION

From the times of the Vedas, prameha is a well-known illness. As scientific understanding has grown, there has been a significant advancement in our knowledge of the pathophysiology and treatment of this illness. The ancient medical texts Sushruta Samhita and Charaka Samhita were used to diagnose and cure this ailment early on. The biochemical assays that modern doctors use to identify diseases are relatively new. Prior to their availability, the doctor had to rely solely on the patient's excretions and, in the distant past, his sense of taste allowed him to identify the ailment, which was defined by the patient passing enormous volumes of

exceedingly sweet, honey-like pee. The three main symptoms of this illness that have been well documented in pre-Christian Indian literature are thirst, pleasant urine discharge, and weight loss.

Nearly every ailment has a separate classification in Ayurvedic medicine, depending on factors like its sign and symptoms, underlying cause, Aashraya, Sthana, etc. Prameha's Pratyatma Lakshana is the source of its name. Ayurvedic classics give in detail a variety of facts on Prameha. Here, an effort is made to analyse Prameha through the compilation of several sources: From several ayurvedic treatises, differing viewpoints on definition, paryaya, historical review, nidana, poorvarupa, etc., are assembled. This article does not address Prameha's therapeutic aspect. Many individuals nowadays are afflicted with this illness, which is sometimes referred to as the silent killer. This characteristic alone made a conceptual analysis of the illness necessary.<sup>1</sup>

## METHODOLOGY –

Materials pertaining to Madhumeha or Prameha were provided by various newspapers, ayurvedic and modern text books, authoritative pages, reputable journals, literature, manuscripts, Sanskrit Shabdakosha, and other sources.

## HISTORICAL REVIEW

**TABLE 1: REFERENCES OF PRAMEHA /MADHUMEHA IN VARIOUS INDIAN LITERATURES<sup>2</sup>**

Period	Literature	Term used for Madhumeha
Vedic Period	Atharva Veda (Kaushika Sutra) - K.Su.26/6-10	<i>Aastravam</i> - which means Mutratisara i.e. excessive urination
Pauranic period	i. Agni Purana	<i>Kshaudrameha</i> and <i>Akshaudrameha</i> are described
	ii. Garuda Purana - G.P.159-9	The term <i>Madhumeha</i> itself being used as “ <i>Madhuryacha tano rata</i> ”
	iii. Valmiki Ramayana - Sundara Kaanda 24/2	Description about urine in this condition is available. After taking excessive sweet juices some monkey passed <i>Madhura Mutra</i> .
	iv. Kautilya Artha Shastra	The word <i>Prameha</i> is found

**TABLE 2: AN OVERVIEW ON PRAMEHA/ MADHUMEHA IN BRUHATRAYI<sup>3</sup>**

Bruhatrayi	References	Described on
Charaka Samhita	1. Nidana : 4	Etiology, pathogenesis, symptomatology and complications
	2. Chikitsa : 6	Detailed treatment with Pathya- Apathya
	3. Sutra : 17	Etiopathogenesis of Avaranajanya Madhumeha along with complications is narrated
	1. Nidana : 6	Nidana Panchaka of Prameha

Sushruta Samhita	2.Chikitsa: 11	Prameha Chikitsa
	3.Chikitsa:12	Prameha Pidaka Chikitsa
	4.Chikitsa :13	Madhumeha Chikitsa
Ashtanga Hridaya	1.Nidana :10	Prameha Nidana Panchaka
	2.Chikitsa :12	Treatment aspects

**TABLE 3: AN OVERVIEW ON PRAMEHA / MADHUMEHA IN OTHER AYURVEDIC CLASSICS<sup>4</sup>**

S.N	Texts	Description
1	Bhela Samhita (Bh.Ni.6/1-4)	Two types of Prameha is given i.e <i>Swakritija Prameha</i> and <i>Prakritija Prameha</i>
2	Harita Samhita (Ha.S.3rd Sthana.31)	Narrated Prameha as <i>Papajanya Roga</i> . Enumerated 13 types of Prameha with different classifications like <i>Puya Prameha</i> , <i>Takra Prameha</i> , <i>Rasa Prameha</i> , <i>Grita Prameha</i> etc.
3	Kashyapa Sam ita (Ka.Su.25/22)	In Vedana Adhyaya symptoms of Pramehi child are given. Considered as <i>Chirakari Vyadhi</i> .
4	Parashara Samhita (P.S.S.2-1)	Madhumeha is described as <i>Papakarma janya roga</i> .
5	MadhavaNidaa (Ma.Ni.33)	20 types of <i>Prameha</i> and 10 types of <i>Prameha Pidakas</i> are described.
6	Sharangadhara Samhita ( Sh.Sam.Pur.7/59-62)	Named 20 types of <i>Prameha</i> and mentioned 10 types of <i>Prameha Pidakas</i> .
7	Bhavaprakasha (B.Pra.M.38)	Added some new preparations for the treatment of <i>Madhumeha</i> .
8	Chakradatta (35th chapter)	Described the treatment of <i>Prameha</i>
9	Yogaratanakara	<i>Chandraprabha Vati</i> and <i>Vasantakusumakara Rasa</i> are specially indicated for Prameha.
10	Nyaya Chandria (Gayadasa)	Narrated <i>Avila Mutrata</i> is due to the presence of <i>Dushya</i> in urine.

**MADHUMEHA (A TYPE OF PRAMEHA)**

The earliest treatment for Ayurvedic Madhumeha (Diabetes Mellitus) is group prameha. The primary causes of Prameha are bad eating habits and inactivity, which come under the Ushna category; fish and curd are good examples of Snigdha and Guru. Doshic imbalances are the cause of Prameha's irregular features. Foods high in medhas, Mootra, and Kapha are the etiological factors of Prameha. The terms Pra (overflow) and Meha (kscharane, urine pass) are the roots of the word Prameha. Prameha has significant urine turbidity and color turbidity ('Prague') as a result.

**NIDANA (MAIN CAUSES)**

Daytime naps, inactivity, sloth, sedentary lifestyles, cold food and drink intake, sensuality, sugary and fatty meals, and so on.

**TABLE 4: PRAMEHA NIDANA<sup>5</sup>**

	<i>Charaka</i>	<i>Susruta</i>	<i>Ashtanga hrudaya</i>	<i>Madhava nidana</i>	<i>Bhava prakasha</i>
<b>Aharataha</b>					
<i>Nava Dhanya</i>	+	-	+	+	+
<i>Sura</i>	+	-	+	-	-
<i>Anupa Gramya Udaka Mamsa</i>	+	-	+	+	+
<i>Ikshu</i>	+	-	+	+	+
<i>Ksheera</i>	+	-	+	+	+
<i>Dadhi</i>	+	-	+	+	+
<i>Hayanaka, Yavaka, Cinaka, Iktaka</i>	+	-	-	-	-
<i>Uddalaka Naisa ha, Mukund raka</i>	+	-	-	-	-
<i>Harenu, Masa, Mahavrihi</i>	+	-	-	-	-
<b>Viharataha</b>					
<i>Asaya Sukha</i>	+	+	+	+	+
<i>Swapna Sukha</i>	+	+	+	+	+
<i>Divaswapna</i>	-	+	-	-	-
<i>Avyayama</i>	+	+	-	-	-
<i>Atapa Sevana, Agni Santapa</i>	+	-	-	-	-
<i>Ajeerna Bhojana, Anashana</i>	+	-	-	-	-
<i>Vegadharana,</i>	+	-	-	-	-

<i>Abhigata</i>					
<b><i>Rasataha</i></b>					
<i>Madhura</i>	+	+	+	-	-
<i>Amla</i>	+	-	+	-	-
<i>Lavana</i>	+	-	+	-	-
<i>Katu</i>	+	-	-	-	-
<i>Tikta</i>	+	-	-	-	-
<i>Kashaya</i>	+	-	-	-	-
<b><i>Gunataha</i></b>					
<i>Snigdha</i>	-	+	+	-	-
<i>Guru</i>	-	-	+	-	-
<i>Picchila</i>	-	-	+	-	-
<i>Sheeta</i>	-	+	+	-	-
<i>Drava, Ushna, Kshara</i>	+	-	-	-	-
<i>Ruksha, Laghu</i>	+	-	-	-	-
<b><i>Karmataha</i></b>					
<i>Kapha Samjanana</i>	+	-	+	+	+
<i>Medo Samjanana</i>	+	+	+	+	+
<i>Mootra Samjanana</i>	+	-	+	+	+
<b><i>Manasikataha</i></b>					
<i>Alasya</i>	-	+	-	-	-
<i>Krodha, Shoka, Udwega</i>	+	-	-	-	-
<b><i>Atiyoga</i></b>					
<i>Vamana, Virechana</i>	+	-	-	-	-
<i>Asthapana, Nasya</i>	+	-	-	-	-

### PREMONITORY SYMPTOMS

Soil buildup on your teeth (mouth, eyes, nose, and ears), a burning feeling in your hands, feet, and body, hunger, and a delightful mouth taste, among other things (sweetness of urine).

TABLE 5: PRAMEHA POORVAROOPA<sup>5</sup>

<i>Poorvaroopa</i>	<i>Charaka</i>	<i>Sushruta</i>	<i>Ashtanga Hrudaya</i>	<i>Ashtanga Sangraha</i>
<i>Sweda</i>	+	-	+	+
<i>Angagandha</i>	+	+	+	+
<i>Anga Shaithilya</i>	+	-	+	-
<i>Anga Sada</i>	-	+	-	-
<i>Shayya Sukherati</i>	+	-	+	-
<i>Svapna Sukherati</i>	+	-	+	-
<i>Asana Sukherati</i>	+	-	+	-
<i>Hridayopadeha</i>	+	-	+	-
<i>Netropadeha</i>	+	-	+	-
<i>Jihwopadeha</i>	+	+	+	-
<i>Shravanopadeha</i>	+	-	+	-
<i>Taluni Malotpathi</i>	-	+	-	-
<i>Danteshu Malotpathi</i>	-	+	-	-
<i>Ghana Gatra</i>	+	-	+	-
<i>Kesha Ati Vriddhi</i>	+	-	+	-
<i>Nakha Ati Vriddhi</i>	+	+	+	-
<i>Kesha Jathilee Bhava</i>	+	+	-	+
<i>Sheeta Priyatvam</i>	+	-	+	-
<i>Gala, Talu Shosha</i>	+	-	+	-
<i>Asya Madhurya</i>	+	+	+	+
<i>Kara Pada Daha</i>	+	+	+	-
<i>MootraPipeelika Abhisarana</i>	+	-	+	-
<i>Madhura Mootrata</i>	-	+	-	+
<i>Shukla Mootrata</i>	-	+	-	+
<i>Snigdha Gatra</i>	-	+	-	+
<i>Picchila Gatrata</i>	-	+	-	-
<i>Gana Gatrata</i>	-	+	-	+
<i>Pipasa</i>	+	+	-	-
<i>Shvasa Dourgandya</i>	-	+	-	-
<i>Tandra</i>	+	+	-	-
<i>Kara Pada Suptata</i>	+	-	-	-
<i>Anga Suptata</i>	+	-	-	-
<i>Alasya</i>	+	-	-	-

<i>Mukha Shosha</i>	+	-	-	-
<i>Kayachidropadeham</i>	+	-	-	+
<i>Sarvakale Nidra</i>	+	-	-	-
<i>Shatpada Abhisarana on Shareera</i>	+	-	-	-
<i>Shatpada Abhisarana on Mootra</i>	+	-	-	+
<i>Pipeelika Shareera Abhisarana</i>	+	-	-	+

### CLINICAL SYMPTOMS

1. Madhu samana varna
2. Anga gandha
3. Madhuryamasya
4. Prabhuta mutrata
5. Avila mutrata
6. Shithilangata
7. Shayana asana Swapna sukha
8. Shitapriyatwa

### MAIN SYMPTOMS

1. Exhaustion
2. Bodyache
3. Polyneuritis
4. Polyuria
5. Polyphagia
6. Polydipsia
7. Visual disturbance.
8. Delayed Healing of wound
9. Alashya
10. Thirstiness

### CLASSIFICATION

1. Prameha is classed as Sahaja (Hereditary) or Apathya Nimittaja.
2. According to physical management, the lean diabetic is described as Apatharpana uthaja prameha. Santharpana uthaja prameha, which is concerned with the obese diabetic.

3. These Prameha are divided into twenty categories based on their doshic causes: Vataja Prameha - There are four vataja Prameha in total.
4. Pittaja Prameha - There are six pittaja Prameha in total.
5. Kaphaja Prameha - There are 10 kaphaja Prameha in total. Madhumeha is the name given to diabetes mellitus. The Vataja Prameha is one of the four Vataja Pramehas.

**TABLE 6: CLASSIFICATION OF PRAMEHA<sup>6</sup>**

Sr. No	Classification based on	Types
A	Dominant <i>Dosha</i>	1. Kaphaja Pramehas – 10 types 2. Pittaja Pramehas – 6 types 3. Vataja Pramehas – 4 types
B	Etiology	1. Sahaja 2. Apathyanimittaja 3. Santarpanajanya & Apatarpanajanya 4. Prakriti Prabhava & Swakrita
C	Pathogenesis <sup>7,8</sup>	a) 1.Avaranajanya 2.Dhatukshayajanya b) All the Prameha turn to Madhumeha in course of time
D	Body constitution <sup>9</sup>	1.Sthoola Pramehi 2.Krishha Pramehi
E	Prognosis <sup>10</sup>	1.Sadhya 2.Yapya 3.Asadhya

**TABLE 7: CLASSIFICATION OF PRAMEHA- DIFFERENT VIEWS<sup>11</sup>**

Types	Charaka	Susruta	Ashtanga hrudaya	Madhava nidana
<b>Kaphaja Meha</b>				
<i>Udakameha</i>	+	+	+	+
<i>Ikshuvalikameha</i>	+	+	<i>Ikshumeha</i>	<i>Ikshumeha</i>
<i>Sandrameha</i>	+	+	+	+
<i>Sandrprasadameha</i>	+	<i>Surameha</i>	<i>Surameha</i>	<i>Surameha</i>
<i>Shuklameha</i>	+	<i>Pishtameha</i>	<i>Pishtameha</i>	<i>Pishtameha</i>
<i>Shitameha</i>	+	<i>Lavanameha</i>	+	+
<i>Sikatameha</i>	+	+	+	+
<i>Shanairmeha</i>	+	+	+	+
<i>Alalmeha</i>	+	<i>Phenameha</i>	<i>Lalameha</i>	<i>Lalameha</i>
<i>Shukrameha</i>	+	+	+	+
<b>Pittaja Meha</b>				



<i>Ksharameha</i>	+	+	+	+
<i>Kalameha</i>	+	<i>Amlameha</i>	+	+
<i>Nilameha</i>	+	+	+	+
<i>Lohitameha</i>	+	<i>Shonitameha</i>	<i>Raktameha</i>	<i>Raktameha</i>
<i>Manjishtameha</i>	+	+	+	+
<i>Haridrameha</i>	+	+	+	+
<b><i>Vataja Meha</i></b>				
<i>Vasameha</i>	+	+	+	+
<i>Majjameha</i>	+	<i>Sarpimeha</i>	+	+
<i>Hastimeha</i>	+	+	+	+
<i>Madhumeha</i>	+	<i>Kshoudrameha</i>	+	+

**TABLE 11: TYPES OF PRAMEHA PIDAKA BY DIFFERENT ACHARYA<sup>12</sup>**

S.no.	<i>Pidaka</i>	<b>Charaka</b>	<b>Sushruta</b>	<b>Ashtanga hrudaya</b>
1	<i>Saravika</i>	+	+	+
2	<i>Kacchapika</i>	+	+	+
3	<i>Jalini</i>	+	+	+
4	<i>Vinita</i>	+	+	+
5	<i>Alaji</i>	+	+	+
6	<i>Masurika</i>	-	+	+
7	<i>Sarsapi</i>	+	+	+
8	<i>Putrini</i>	-	+	+
9	<i>Vidarika</i>	-	+	+
10	<i>Vidrdhika</i>	+	+	+

**SAMPRAPTI GHATAKAS<sup>13</sup>**

- Dosha – vata,pitta,kapha
- Dushya – meda, mamsa, kleda, Rakta, vasa, majja, lasika, rasa and ojas
- Srotas – mootravaha
- Srotodusti – atipravrutti
- Agni – dhatvagni
- Udhbhavasthana – kostha
- Vyaktasthana – mootravaha srotas

**SAMPRAPTI**

Due to etiological reasons, Rakta (blood) and other dooshyas (plasma) have been contacted by Kapha, which has disseminated throughout the body. The body circulates, distributes, and becomes vitiated (body fluids) due to its Shaithiylata (looseness). Body fluids have vitiated and led them into the bladder, in the same way that Pitta affects them and Vata generates prameha.<sup>14</sup>

**UPADRAVA****TABLE 9: SAMANYA UPADRAVA<sup>15</sup>**

S.no	Upadravas	Charaka	Bhela
1	<i>Trushna</i>	+	+
2	<i>Atisara</i>	+	-
3	<i>Jwara</i>	+	-
4	<i>Daha</i>	+	-
5	<i>Daurbalya</i>	+	-
6	<i>Arochaka</i>	+	+
7	<i>Avipaka</i>	+	-
8	<i>Angamarda</i>	-	+
9	<i>Kasa</i>	-	+
10	<i>Brama</i>	-	+
11	<i>Tama</i>	-	+
12	<i>Shoola</i>	-	+
13	<i>Kandu</i>	-	+
14	<i>Putimamsa pidaka alaji vidradi aadi</i>	+	+

**TABLE 10: KAPHAJA, PITTAJA, VATAJA PRAMEHA UPADRAVA<sup>16</sup>**

<i>Kaphaja Prameha Upadrava</i>	<i>Pittaja Prameha Upadrava</i>	<i>Vataja Prameha Upadrava</i>
<i>Makshikopa Sarpanam</i>	<i>Vrushana- Avadarana</i>	<i>Hrdgraha</i>
<i>Alasya</i>	<i>Bastibheda</i>	<i>Laulyam</i>
<i>Mamsopachaya</i>	<i>Medratoda</i>	<i>Anidra</i>
<i>Pratisyaya</i>	<i>Hridshula</i>	<i>Stambha</i>
<i>Shaithilya</i>	<i>Amlika</i>	<i>Kampa</i>
<i>Arochaka</i>	<i>Jwara</i>	<i>Shula</i>
<i>Avipaka</i>	<i>Atisara</i>	<i>Badhapurisetvam</i>
<i>Kapha Praseka</i>	<i>Arochaka</i>	<i>Shosa</i>
<i>Chhardi</i>	<i>Vamathu</i>	<i>Kasa</i>
<i>Nidra</i>	<i>Paridhupanam</i>	<i>Swasa</i>

<i>Kasa</i> <i>Swasa</i>	<i>Daha</i> <i>Murchchha</i> <i>Pipasa</i> <i>Nidranasa</i> <i>Panduroga</i> <i>Peeta- Vidmutratva</i>	<i>Udavarta</i>
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## MADHUMEHA PROGNOSIS<sup>17</sup>

### Charaka explains the prediction:

1. **Sadhya** – Curable: patients who have been identified with Sthoola (obesity) early on, as well as the basis of apathyaja problem.
2. **Yapya** – palpable: Pittaja prameha and other varieties of Prameha Kaphaja, on the other hand, might help with care (palliative management).
3. **The Sahaja** variation defines Krisha (lean) patina, an incurable form of prameha and hereditary diabetes.

## TREATMENT

Prameha, according to Ayurveda, is perceived differently depending on a person's constitution. In addition to drugs and diets, the patient is urged to maintain a healthy lifestyle and lead an independent existence based on a whole lifestyle transformation.

Diabetics are divided into two groups:

Type 1 diabetes and Type 2 diabetics.

1. Sthaulya
2. Krusha

## DIET<sup>12</sup>

The following food which can be given to the diabetics: -

### 1. Cereals:

2. Yava can be fed the best, most varied meal dishes, such as barley (*Hordeum vulgare* - Barley). bread, Mantha, Odana, and other such items are available. Roti is a type of bread. Wheat may be given as well (*Godooma*). Rice: Purana shali (ancient rice) is suggested. Diabetics should consider Ayurveda as one of the grains to consume.

### 3. Pulses:

Mudga (*Vignaradiata* Greengram), Chanaka (*Cicer arietinum* Linn. – Bengal gram), Kulattha (*Dolichos biflorus*), etc, can be taken.

### 4. Vegetables:

5. Bitter vegetables (*Tikta shaka*), such as Karela (*Momordica charantia* - Bitter gourd), Methi (*Trigonella foenum-graecum* - Fenugreek), Patola (Vietnamese luffa, Vietnamese gourd, or Chinese okra), Rasona (*Allium sativum* Linn. – Garlic), etc.

**6. Phalas:**

7. Amalaki (Phyllanthus emblica - Nepalese/Indian gooseberry, or Dhatrik (in Maithili) or amla), Jambu (Syzygium cuini - Black berry), Kapitta (Phyllanthus emblica - Nepalese/Indian gooseberry, or Dhatrik (in Maithili) or amla), Jambu (Syzygium cuini - Black berry), Jambu (Limonia acidissima - Wood Apple, Elephant Apple, Monkey Fruit or Curd Fruit).

**8. Vyayama**

1. Gomukhasana
2. Salbhasam
3. Vyayarma
4. Niyuddha
5. Kreedha
6. Gajacharya
7. Turagacharya
8. Rathacharya
9. Padacharya to ride an elephant, horse, cart riding and walking etc,

**Drugs**

1. Shilajatu
2. Guggulu
3. Haritaki
4. Amalaki.

**SINGLE FORMULATIONS**

1. Guduchi swarasa (Tinospora cardifolia) – 10ml twice a day with honey (A.H.Ci 12/6)
2. Amalaki Curna (Phyllanthus emblica) – 6 gm twice a day with honey (A.H.Ut. 40/48)

**Avaleha**

1. Saraleha: (Bhavaprakash): Dose: 3to 5 mg / day.
2. Gokshuradyavaleha (Bhavaprakash): Dose: 3to 5 mg / day.

**Kwatha**

1. Darvi, Surahwa, Triphala, Musta.
2. Triphala, Darvi, Vishala, Musta.

**DISCUSSION –**

The main factor influencing how the body grows and develops is nutrition, and a poor diet can cause a wide range of diseases. Acharya Charaka said that a balanced diet restores the broken structures, feeds the tissues, and keeps the components of the body in balance. Conversely, an illogical diet results in illness. Restricting food intake has also been shown in several studies to enhance insulin sensitivity and beta cell activity, which are pancreatic cells that secrete insulin. Ahar and Vihara have an equally, if not more, significant role in managing blood sugar levels and averting complications in people with diabetes. Ayurveda suggests dietary adjustments in addition to herbal therapy, such as reducing consumption of simple carbohydrate-rich meals and sugary foods

while boosting consumption of a range of healthful grains. All category treatment regimens are built around diet.<sup>18</sup>

## CONCLUSION

You may find references to prameha throughout the purana, Vedas, and other literary works. Ayurvedic treatises enumerate it and discuss it in detail. These fundamental ideas are necessary for an effective doctor to understand in order to do the samprapti vighatana with ease. Diabetes mellitus does not see Ayurveda as a disease that can be treated with simple medications or a diet plan. Though Yasya is not completely curable, long-term usage of the aforementioned treatments can assist a person not only become diabetes-free but also ensure a long life (deergha jeevanam), a stable (Sukhayu), and a supportive community (Hitayu). Madhumeha can be prevented if Pathya Ahara and Vihara are administered in the early phases, either before diabetes or when the disease is stabilised.

**SOURCE OF SUPPORT:** NIL.

**CONFLICT OF INTEREST:** NONE

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