



A literature review of Prameha in Ayurved w.s.r. to Hetu, Lakshana and Samprapti.

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Abstract-

Prameha disorder can be found as diseases characterized by passing increased quantity of Urine, increased frequency of urine or both the conditions in combination with turbid urine. According to this definition the word '*Prameha*' implies those disorders in which, increased quantity of urine, increased Frequency of urine and Loss of transparency in the urine is found. *Prameha* can be discussed under the following headings, *Samanya* and *Apathya nimittaja*. Sushruta in *Chikitsasthan* mentioned '*Sahaja*' as a type and causative factor of this is the defect in the '*Beeja*' of mother and father. Charaka have mentioned the term '*Jata pramehi*' i.e. diabetic right from the time of birth and '*Beejadosat*' i.e. due the abnormalities in *Beeja*. The evolution of a disease process from the beginning of *Doshas* vitiation caused by etiological factors. The vitiation of *Dhatu* by provoked *Dosha* results as pathological lesion in body tissue and the consequent manifestation of symptomatology is known as *Samprapti* of the that *Roga*. *Prameha* can be classified in to two types i.e. *Hetu bheda* (Etiological classification) and *Dosik Bheda* (Clinicopathological classification). This article makes highlights on Hetu, Classification, Lakshanas and Samprapati of *Prameha* in Ayurveda.

Keywords – *Prameha*, Classification of *Prameha*, *Nidan*, *Samprapti*

Introduction-

Prameha is one of the major disease has been described in all the classics of Ayurveda. The origin of disease is traced up to the prehistoric period and Charaka has mentioned it as one of those diseases which started by the time of historic disruption of *Yagya* organized by Daksha Prajapati in ancient time. This disease was originated for the time due to the consumption of *Havish*, a special type food made from milk, sugar, ghee, rice use as an oblation of *Yagya*.^[1] The word *Prameha* consists of two words i.e. 'Pra' (upsarga- prefix) and 'Meha'. *Meha* is derived from the root 'Mih secane' by adding 'Lue' pratyay to it 'Mehati, Sinchati Mutraretasi' which means to excrete. *Shayanacharya* interpreted the word *Mehana* as *Medhra* which denotes to *Shishna* (Penis). In Sanskrit literature the 'Mih' is used to denote, to make water, to wet, to emit semen in reference disease of human body, so this root 'Mih' add to prefix 'Pra' which means the passing of urine in excess by in both term quantity and frequency and it became *Prameha*.

Prameha disorder can be found as diseases characterized by passing increased quantity of Urine, increased frequency of urine or both the conditions in combination with turbid urine.

According to this definition the word 'Prameha' implies those disorders in which,

- Increased quantity of urine
- Increased Frequency of urine
- Loss of transparency in the urine is found.

Thus, 'Prabhutavilamutrata' i.e. large quantity of urine and turbidity of urine become cardinal symptoms of *Prameha*.

Nidana (Etiology)

Nidan is the first step of the disease and it is most essential factor Regarding the study of a disease as it is potent enough to cause the disease (etiological factor).

1. Sahaja (genetic factors):

Sushruta in Chikitsasthan mentioned 'Sahaja' as a type and causative factor of this is the defect in the 'Beeja' of mother and father^[2]. Charaka have mentioned the term 'Jata pramehi' i.e. diabetic right from the time of birth and 'Beejadosat' i.e. due the abnormalities in *Beeja*. Chakrapani explained that this defect may be caused due to the indulgence of faulty foods at the time of pregnancy. Charaka narrated that indulgence in excessive use of *Madhura Rasa* by mother at the time of pregnancy causes *Prameha* and *Sthaulya*.^[3]

2. Apathya nimittaja^[4,5,6]

- *Adhyasana, guru guna ahara atisevana*
- *Sheeta guna ahara atisevana, madhura ahara atisevana*

- *Amla rasa ahara atisevana, lavana guna ahara atisevana*
- *Navannapana, guda vikara atisevana.*
- *Ikshu vikara atisevana, ksheera, dadhi atisevana*
- *Anoopa, udaka & gramya mamsa atisevana.*
- *Meda vardhaka ahara atisevana.*
- *Hayanaka, vilepi, tila atisevana etc.*
- *Divaswapna* (sleeping in day time)
- *Ashya atisuka, alashya, achinta.*
- Lack of physical exercise

RUPA OF PRAMEHA (CLINICAL FEATURES)^{[7][8]}

Clinical features of Prameha :

1. General sign and symptoms.
2. Specific sign and symptoms of each subtype.

1. General sign and symptoms of Prameha

सामान्यं लक्षणं तेषां प्रभुताविलमुत्रता च

1. *Prabhuta mutrata* (Excessive urination)
2. *Avila mutrata* (Turbidity in the urine).

2. Specific sign and symptoms of each subtype.

Clinical features of Kaphaja Prameha

- Udaka Meha*- Individual passes large quantity of water like urine which is transparent, white, cold and without any smell.
- Ikshuvalika Rasa Meha*- Urine like sugarcane juice and is extremely sweet and cold.
- Sandra Meha*- Precipitation in the urine and is deposited in the pot, when kept for overnight.
- Sandra Prasad Meha or Surameha*- Urine is partly viscous and partly clear, Surameha means alcoholic smell in the urine.
- Suklameha or Pistameha*- Urine seems to be mixed with some paste.
- Sukrameha*- Urine passed mixed along with semen.
- Sitameha*- Cold, sweet and increased quantity of urine with increased frequency.
- Siktameha*- Urine passed with some particals.
- Sanairmeha*- Quantity of urine is small & passed with difficulty and slowly
- Alalameha* - Urine is like full of threads due to slimy property of kapha.

Clinical features of Pittaja Prameha

1. *Ksarameha*- Smell, colour, taste and touch of urine is as like as alkali.
2. *Kalameha*- Blackish urination.

3. *Nilameha*- Bluish urination.
4. *Lohitameha/Sonitameha/Raktameha*- Color of urine is reddish having the smell of fresh blood and salty taste.
5. *Manjisthameha*- Color of urine is like juice of manjistha and the smell like ofraw flesh and passes frequently.
6. *Haridrameha*- Color of urine is like haridra (yellow) and the taste is pungent.

Clinical features of *Vataja Prameha*

1. *Vasameha*- Patient frequently passes urine mixed with fat (Vasa).
2. *Majjameha* or *Sarpimeha*- Patient frequently passes urine mixed with bone marrow like substance.
3. *Hastimeha*- Large quantity of urine passes as like as elephant.
4. *Kshoudrameha*- Urine is little astringent, sweet like oja passed in the micturation.

Samprapti of Prameh

The evolution of a diseases process from the beginning of *Doshas* vitiation caused by etiological factors. The vitiation of *Dhatu* by provoked *Dosha* results as pathological lesion in body tissue and the consequent manifestation of symptomatology is known as *Samprapti* of the that *Roga*. These above-mentioned factors take their own time for their own time for the formation of particular disease. In case of *Prameha*, combination of three factors i.e. *Nidana*, *Dosha* and *Dushya* being homologues to *Kapha* get vitiated instantaneously. The provoked *Kapha* first pervades all over the body, due to predisposed laxity of tissues (*Sharir sthauilyata*). During this process, it come in contact with *Meda Dhatu* which is abundant and lack compactness (*Drava*) processing similar properties to *Kapha*. Thus, being identical to *Kapha* it vitiates *Medas*. *Kapha* and *Meda* get saturated and come in contact with already increased *Sharir Kleda* and *Mamsa Dhatu*. *Samprapti* of *Prameha* had taken a new course of manifestation in two ways. If earlier provoked *Dosha* come in contact with *Mamsa Dhatu*, then *Prameha Pidika* appears. If vitiated *Dosha* mixes with *Sharir kleda*, then it is ultimately converted into *Mutra*. During the process *Meda* and *Kleda* afflicts the *Mutravaha Strotas* along *Basti* and *Vanksana* with the quantity, frequency and transparency of urine, producing *Prameha*. Sushruta has not explained the pathogenesis of *Prameha* like Charaka. But according to him excessive indulgence in the earlier mentioned *Nidana*, result into *Aparipakva Vata*, *Pitta*, *Kapha* and *Meda*. This circulates in the body, comes downwards through *Mutravaha Strotas* and gets lodged at the *Basti mukha*, causing the disease *Prameha*.

Samprapti Ghatak**Table no.1 - Samprapti Ghatak of Prameha**

<i>Dosa</i>	<i>Tridosha, especially kapha.</i>
<i>Dushya</i>	<i>Specially Meda along with Rasa, Rakta, Mamsa, Vasa, Majja, Lasika, Kleda, Sukra and Oja.</i>
<i>Adhistan</i>	<i>Basti</i>
<i>Udbhava</i>	<i>Antakostha</i>
<i>Strotas</i>	<i>Mutravaha strotas, Medavaha strota, Udakavaha strota</i>
<i>Strotadusti</i>	<i>Atipravritti.</i>
<i>Agni</i>	<i>Dhatwagni Manda</i>
<i>Vyadhiswabhaba</i>	<i>Chirakali</i>

CLASSIFICATION OF PRAMEHA [6,7,8]

Ancient Indian physicians have tried their level best to classify this disease in different manner to include etiological, pathological and prognostic point of view.

Table no.2.-Classification of Prameha

Sr.No.	Classification	Types
1	<i>Hetu bheda</i> (Etiological)	i) <i>Sahaja</i> or <i>Kulaja</i> (Hereditary) ii) <i>Apathya nimmittija</i> (Acquired)
2	<i>Dosik Bheda</i> (Clinicopathological)	i) <i>Kaphaja</i> -10sub types ii) <i>Pittaja</i> - 6sub types iii) <i>Vataja</i> - 4 sub types
3	<i>Deha Prakriti Bheda</i> (Constitutional)	i) <i>Sthula</i> or <i>Balavana Pramehi</i> (obese type 2DM) ii) <i>krusha</i> or <i>Dourbalya Pramehi</i> (Asthenic type 1DM)
4	According to <i>Sadhya</i> <i>Asadhya</i> (Prognostic)	i) <i>Sadhya</i> (curable) ii) <i>Yapya</i> (palliable) iii) <i>Asadhya</i> (Incurable)

Discussion-

Prameha classified in mainly two types-

1. Hetu bheda (Etiological classification)

प्रमेहौ भवतरू सहजोअपथ्यनिमित्ता च

त्र सहजो मातृपितृबीजदोषकृतरू अहिताहारजोअपथ्यतिमित्तरू च

On the basis of etiology Sushruta has mentioned clearly 2 types of *Prameha*. One is *Sahaja* (Hereditary), another is *Apathyaja* (Acquired). Sushruta has also mentioned the *kulja* diseases in relation with *Adibala pravritta* diseases. The hereditary may be either due to defective sperm or ovum. On the other hand, acquired is completely dependent upon dietary habit and life style.

2. Dosik Bheda (Clinicopathological classification)

Prameha is a *Tridoshaja* diseases^[6]. Relative predominance of *Dosha*, *Dushya* and *Nidana* enable its classification in to *Vataja*, *Pittaja* and *Kaphaja*. Again *Kaphaja* 10 types, *Pittaja* 6 types and *Vataja* are 4 types.

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