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Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 9158387437

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

The History of Prameha In Ayurveda And Diabetic Mellitus**Vd. Katole Jayshree R.,**

Professor , HOD Kayachikitsa Dept.,
Dr.VJD Gramin Ayurved Mahavidyalaya,
Patur, Dist. Akola.
Email – drjkatole@gmail.com

Vd. Kawalkar Chaitanya S.,

M. D.(Scholar) ,Kayachikitsa Dept.,
Dr.VJD Gramin Ayurved Mahavidyalaya,
Patur, Dist. Akola.

Abstract

Prameha is set of urinary disorder which name on the frequency, appearance and quantity of urine output. The history of Prameha from Vedic period in Ganesh Purana mention as lord Ganesh as Prameharogi. In Atharveda the disease is mentioned as Ashrayan which mean Mutratrisara. In Ayurvedic Samhita text clearly indicate about Prameha Vyadi and Madhumeha.

Ancient Egyptian described the feature of Polyurea resembles like Prameha. The term diabetes coin by Cappodocia, later on word Mellitus added by Thomas Willis according to sweetness of urine and blood.

Keywords – Prameha, DM**Introduction**

Ayurveda is science of life which base on principles of prevention of disease condition by following Dinacharya, Rutucharya, dietary advice or cure the disease condition by medicine or surgical intervention, if develop in human beginning. Ayurveda is considering being the oldest system of health care in the world. Today's globalised and modernized practice of medical sciences is derived from Ayurveda.

Prameha is well known disease in vedic period. Lord Ganesh is representative of Pramehavyadhi Guna. The description available in Atharveda mentioned in kaushiksutra as Mutratrisara mean excessive urination. In Ayurvedic classic text Prameha is mention as Mahagada. Prameha refers to set of urinary disorders that are Mutravahstrotasjanyavyadhi. Prameha literary mean Pra+Meha i.e. Pra mean to flow and Miha means excess urination. The prefix Pra denotes excess both in quantity and frequency.

Prameha is predominantly describe in Charak Samhita Sutrsthana Adhtyaya 17, Nidanshana Adhyaya 4 and Chikitsashtana Adhyaya 6, Sushrut Samhita Nidansthana Adhyaya 6 and Chikitsastana Adhyaya 11, 12, 13, Asthangah Hudya Nidanshtanaadhyaya 10 and chikitsashtanaadhyaya 12 and madhavnidanadhyaya 33 which contain causes, signs and symptoms Pathophysiology, treatment and dietary advice that is Nidanpanchak, Chikista, Pattiyaatha .

On the basis of urine appearance 20 types of prameha is introduced in Ayurvedsamhita out of these 10 types of kaphajprameha, 6 types of PittajPrameha and 4 types of Vataj Prameha. Madhumeha is one of the four types of Vataj Prameha in which Madhumehi passes Kashay, Madhur, Rukshya urine . Name Madhumeha is derived from Madhu + Meha i.e. Madhu mean sweet urine. Madhumeha has synonyms Ojomeha and kshodrameha .In Madhumeha Diabetes mellitus is disease in which the body ability to produce or response to the hormone insulin impaired, resulting

in abnormal metabolism of carbohydrate and elevated level of glucose in the blood. The term was first coined by Aretaeus of Cappadocia later, the word Mellitus added by Thomas Willis after rediscovering the sweetness of urine and blood of patients. In 19th century lots of work done on diabetes mellitus with development of treatment like oral hypoglycemic agent, insulin pump development and pancreas transfer also done.

The global prevalence (age-standardized) of diabetes has nearly doubled since 1980, rising from 4.7% to 8.5% in the adult population. Over the past decade, diabetes prevalence has risen faster in low- and middle-income countries than in high-income countries. Diabetes caused 1.5 million deaths in 2012. Numbers of research work carried out on diabetes mellitus in the world and progress of development disease also changing very widely. World health organization even ayush ministry of Indian government take wild program in hand to aware about the disease to people and prevent the disease progress And treat correct manner of disease. Therefore, understand history of diabetes mellitus to be a stating topic.

Review of Literature

History of Prameha

In Ganesh Purana "Shree Ganeshnashtakam" describes the features of Lord Ganesha as "Pramehagunaste" i.e. Lord Ganesha suffered from the Prameha. General appearance of Lord Ganesha shows centralized obesity and Sthoola having affection for modakawhice is MadhurRasatmak and Guru Gunatmak and showing Guna of Pramehahetu. In 2500 BC the disease is mentioned as Ashravam, which means Mutraatisaar i.e. excessive urination.

According to Susutra and Vagbhata, Prameha is characterized by copious flow of turbid urine. In Charak Samhita origin of Prameha is mentioned during the Yagnyavidhwansa of Dakshaprajati Wardirogopatti occurred. After Gulmarogopatti Pramehavyadhi utpattimotioned due to overeating of havisha i.e. contained much of carbohydrates and fats a special type of food in Yagnya. According to Charaka Prameha Dosh Dushya Samandha is Bahudravagunshleshma. Prameha is Santarpanjanya vyadi Tridosh drushtri and affecting the urine outputs and frequency.

In Susutra Samhita Bhagvan Bhavantari explained about Prameha to their students two types are Sahaj Prameha or Jatjanya Prameha and Apathyanimitaj Prameha. According to appearance of Prameharugnachikitsa sutra explained Kush rugna Santarpanjanya chikitsa and Sthularugna Apararpanjanya chikitsa. 20 types of Prameha mentioned according to urine appearance and dosh sambandha. Madhumeha chikitsa explained the shilajaturasayana.

Vagbhata explained the Prameha after the Mutraghat Nidan giving clear indication that Prameha ha Mutravaha Strotasjanya Vyadhi as Charak explained after Gulma Nidana. Vagbhata mentioned 20 types of Prameha as Charak Susutra mention above giving 10 Kaphaj 6 Pittaj 4 Vataj Pramehayog.

Madhumeha is explained in Prameha as type of Vataj Prameha having Madhusam Kashay Madhur Rasatmak urine in all Ayurvedic text. If Prameha is remained untreated it land into the Madhumeha which developed Ojodhrutri and Asadhya Vyadhi.

History of Diabetics Mellitus

In ancient Ayurvedic sciences mention about patients passing sweet urine label as Madhumeha which have similar feature of Diabetes Mellitus. In 3000 yrs age by ancient Egyptians described same clinical feature as Diabetics. Abru papyrus an Egyptian medical compilation has

referred the condition called Polyuria. Celsus 2nd AD first clinical clear description of Diabetes was given. The term Diabetes was first coined by Aretaeus of Cappadocia in 81-133 AD later the word mellitus was added by Thomas Willis in 1675 after rediscovering the sweetness of urine and blood of Diabetes patients which is already mentioned in Ayurvedic Samhita name it as Madhumeha.

Mathew Dobson in 1776 AD demonstrated sugar in urine. Claude Bernard in 1813 AD-1878 AD first said about Diabetes. He punctured the 4th ventricle of dog's brain and produced Glycosuria. Paul Langerhans identified islet of Langerhans in 1869 AD. Kunhena and Lea discovered anti Diabetes hormones. In 1889 Von Merind and Oskar Minkowski discovered the role of pancreas in diabetes. After removing the dog's pancreas, they found that the animals developed all the signs and symptoms of diabetes.

In earlier of 19th century in 1910 Sir Edward Albert Sharpey Schafer's study of the pancreas leads him to the discovery of insulin. The name insulin came from Latin Insula meaning island, referring to the insulin producing islets of Langerhans in the pancreas. Elliott Joslin, MD, published the first edition of treatment of Diabetes Mellitus in 1916. In 1921 Frederick Banting and Charles Best extracted insulin from dog pancreas and then injected the insulin into dogs whose pancreas was removed, and animal blood sugar level goes down. Eli Lilly and company began commercial production of insulin in 1923. Rachim Levine discovers that insulin works in transporting glucose into cells.

Mid of 19th century oral medication that stimulates the pancreas to release more insulin are available in 1955. First successful pancreas transfer was done in 1966 at University of Minnesota hospital. In 1976 first insulin pump was invented. In 1979 Diabetes classification done into insulin dependent or type 1, non insulin dependent or type 2, gestational diabetes and diabetes associated with other symptoms or conditions. In 1995 the drug metformin is available biguanides that prevent glucose production in liver.

Nowadays Diabetes Mellitus is one of the most common chronic diseases in nearly all countries, and continues to increase in numbers and significance, as economic development and urbanization. Diabetes is an important public health problem, one of four priority noncommunicable diseases (NCDs) targeted for action by world leaders. Globally, an estimated 422 million adults were living with diabetes in 2014, compared to 108 million in 1980.

Numbers of research work carried out on Diabetes Mellitus in the world. The mission of the WHO diabetes programme is to prevent diabetes whenever possible and where not possible, to minimize complications and maximize quality of life. Ministry of AYUSH on occasion of first National Ayurveda Day launch mission Madhumeha through Ayurveda which will be protocol for treating diabetes through Ayurveda and will be implemented throughout the country.

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