

## A Review Of Prameha W.S.R. To Diabetes Melitus & It's Management

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### Abstract:

*Prameha is defined as a disease with excessive urination & turbidity. Though it is Yasya i.e. difficult to cure but prolonged ayurvedic treatment will help the person to prevent complications of the disease & live a healthy life. Diabetes mellitus is a silent killer which leads to microvascular & macrovascular complications if not treated properly.*

### Introduction :

**A**yurveda is the most ancient medical science.

The moto of Ayurveda is not only cure the disease but also give healthier life. Ayurveda described eight angaj among these 8 angaj, Acharya described the prameha in first department called kayachikitsa.

Prameha is a disease well known since vedic time. The word prameha literally means flow. The word diabetes came from Greek means Siphon and word Sanskrit literally means to micturate . according to Acharya Charak and Vagbhata Prameha is characterized by copious flow of cloudy or turbid urine .

Turbidity of urine differ from one another by depending upon the involvement of doshas and dushyas . diabetes mellitus is a metabolic disorder characterized by hyperglycemia resulting from defect in insulin secretion , insulin action or both. It may be accompanied by other biochemical disturbances and the presence of progressive diabetic tissue damage with micro and macro vascular complication. Diabetes is the leading cause of end stage renal disease a major cause of non traumatic amputation , responsible for 30% of the preventable blindness and a leading cause of cardiovascular mortality.

### Classification:

In 1979 the national diabetics data group in USA developed a uniform terminology and a functional working classification of diabetes. Which classified diabetes based on the therapy used.

1) Insulin dependent diabetes mellitus (juvenile D.M.)

2) Non insulin dependent diabetes mellitus( adult onset)

### Symptoms:

- Hyperglycemia
- Polyuria
- Polydipsia

### Pathogenesis :-

insulin is the principle anabolic hormone of body . defect in secretion and insulin action (insulin resistance ) are evident in subject with type 2 diabetes.

### Beta cell dysfunction :

In the early part of diabetes mellitus beta cell adapt to insulin resistance in the peripheral tissue with a compensatory increase in insulin .

Pancreatic beta cell appear to reach their maximum adaptive capability protracted hyperglycemia is associated with no further adaptation of beta cell function. Insulin secretion start declining further progression is associated with progressive beta cell failure leading to fasting hyperglycemia .

### Pathogenesis of type 1 diabetes :

Type 1 diabetes result from beta cell loss and or severe insulin secretory deficiency to the extent that these subject require insulin replacement for their survival .

### Diagnosis:

Glucose concentration mg/dl .

Fasting bsl > 126 mg/dl

2 hrs. post prandial bsl > 200mg/dl

Casual > 200mg/dl

**Management of diabetes mellitus:**

- 1) Diet : modification of diet is the most important aspect in the therapeutic plan for patient with D.M.
- 2) Exercise : it is important aspect of the management. It helps to improve glycemic control by increasing insulin sensitivity .
- 3) Drug: Use of oral hypoglycemic agent and insulin therapy

**Ayurvedic view :**

according to ayurvedic samhitas prameh means

प्रकर्षेण प्रभूतं, प्रचुरं वारंवारं वा मेहति, मूत्रत्यागं  
करोति यस्मिन् रोगे स प्रमेहः

**Nidan:**

आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि।  
नवान्नपानं गुडवैकृतं च प्रमेहेतुः कफकृच्च सर्वम्॥

च.चि.६४

- 1)All the factor which increases kaph dosha
- 2)Beej defect

**Purvaroop:**

दन्तादीनां मलाहृत्यत्वं प्रायूपं पाणिपादयोः।  
दाहश्चिक्कणता देहे तृट् स्वाद्वास्यं च जायते॥

मा.नि.प्रमेह५

**Roop:**

सामान्य लक्षणं तेषां प्रभूताविल मूत्रता।  
दोषदृष्याविशेषेऽपि तत्संयोगविशेषतः॥  
मूत्रवर्णादिभेदेन भेदो मेहेषु कल्प्यते॥

मा.नि.प्रमेह ६

- 1) Prabhut mutrata
- 2) Mutra avilata

**Samprapti :**

As we see the samprapti all three doshas are involved but Acharya charak has given the importance to kaph doshas. As bahudrava shleshma dosh vises . as the cledak kaph increases liquid content increases and leads to agni mandya due to dhatvagnimandya the process of proper dhatu nirmiti is hampered and apachit dhatu nirmiti takes place .

**Samprapti Ghatak :**

- 1) Dosha : cledak kaph  
Pachak pitta  
Saman , apan , vayu
- 2) Dushya : meda , mansa , rakta , shukra , majja
- 3) Shrotodusti: medovah , mutravah

**Classification :**

Classification of prameh on the basis of -

- 1) Hetubheda
- 2) Dehaprakrutibheda
- 3) Mutravikarbheda

**Chikitsa According to Ayurveda :-**

Aacharya charak have explained treatment according to Bal of patient.

- 1) If patient is Sthool and Balwan then he should be treated with Apatarpan chikitsa.  
Apatarpan chikitsa includes Kashay & Tikta rasatmak aushadhi like Haridra, Nimba, Khadir, Guduchi, Patol. These drugs are ushna, ruksha, lekhan dravyas.
- 2) If patient is Krush and Durbal then he should be treated with Santarpan chikitsa.

Aacharya Charak explained chikitsa according to Doshadhikya-

**1)Kapha-Pittaj Prameha-**

In this Ushna, Lekhan & Apatarpan chikitsa should be given.

**2)Pittaj Prameha-**

Mehantak ras

**3)Vataj Prameha-**

Vasant kusumakar, suvarnaraj vangeswar

**Conclusion-**

Prameha can be controlled with the help of proper treatment, diet, exercise. Prameha is a silent killer so it should be closely monitored , actively treated.

**Result :-**

According to Ayurveda Prameha has 20 subtypes due to the interaction of three doshas and 10 dushyas. Out of them 4 Vataj Prameha are asadhya, 6 Pittaj Prameha are Yapya & 10 kaphaj prameha are sadhya.

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