

## Conceptual Study of Etiological Factors of Prameha According to Ayurvedic Perspective

**Dr. Chetan Shinagare**

PG Scholar ( Rognidan evum Vikruti vighan)  
Yashavant Ayurved Medical College , Kodoli.

### Abstract :

*Prameha is one of the most troublesome disease in today's era. There are various factors responsible for the vyadhi Prameha. Ayurveda has given the detail description about various hetus (etiological factors) of Prameha. Most importantly, today's generation prefers sedentary lifestyle, unhygienic food habits and are addicted to the faulty diet intake. All these leads to vitiation of Kapha dosha , which is one the prominent element of human body. Ultimately, it results in the Prameha Vyadhi formation. The present study is an attempt to conceptualize all the etiological factors of Prameha mentioned in our classical Ayurvedic texts and advice to minimize the intake of these etiological factors for the well being of Human & healthy, peaceful lifestyle.*

**Keywords:** Prameha, Etiological factors , Kapha dosha, sedentary lifestyle.

### Introduction :

The human life has been deteriorating in recent era due to some important factors such as heavy stress, sedentary life style, unhygienic food habits and our nation has become a hub of such lifestyle disorders. The lifestyle disorder means malfunctioning of a human body due to a substantial change in lifestyle adversely physical, mental as well as spiritual wellness of human being.

The young generations in our India are totally obsessed with western culture or lifestyle and often take pride in adopting the same blindly. It is by and large observed that changes in our "Ahar and Vihar" leads to lifestyle disorders and to overcome these disorders it is almost necessary to adopt a healthy and peaceful lifestyle which can only be achieved by consistent efforts.

Prameha is one of the most important lifestyle disorder. As per the recent report of International Diabetes Federation , 4.2 million death occurs in every year due to diabetes and other related issues which can be prevented around most by adopting a healthy lifestyle consisting nutritious diet and physical activities. For the sake of convenience, the subject matter of the article is divided into following parts:

■ **Aim** – To analyse the etiological factors of Prameha conceptually.

■ **Objective -**

- To review causes of Prameha from Ayurvedic samhitas
- Adverse repercussions on a human body
- Precautionary measures.

■ **Material –**

- Ayurvedic Samhitas
- Information in form of articles available in public domain.
- Miscellaneous literature / books on Ayurveda.

■ **Method –**

Etiological factors of Prameha as evident from Ayurvedic literature are elaborated as under :

■ **Literary review –**

The main cause for Prameha is ' Tridosha' among which ' Kapha dosha' is a dominant factor. Vitiating of kapha dosha along with jalamahabhuta causes Prameha. Kaphadosha is an important element in human body. Its vitiation caused due to numerous factors affects the body adversely to a great extent and It is observed that the vitiation of Kapha dosha mainly worsens meda dhatu ( body fat) and lipid metabolism resulting in formation of kleda (undigested body fluids).

Charakacharya in Charak Samhita described that the excessive fluid component is specific vitiation in Prameha. <sup>1</sup> Specific dushtas of Prameha contains excess abadha med (loose fat), mamsa (muscle tissue), vasa (muscle fat), majja (marrow), Kleda (undigested body fluid), Shukra, Rakta ( blood), Lasika (lymph) and rasa (Plasma), oja (the purest form of all dhatus) <sup>2</sup>

#### **Causes Prameha according to Ayurvedic Samhita**

As seen above , different factors are responsible for causing Prameha. It is necessary to analyse each one of them in detail at this stage and a meaningful reference can be made from the sutra mentioned in Charak Samhita. <sup>3</sup>

##### **1) Asyasukham <sup>4</sup>-**

Sitting lazily without taking physical efforts for long period of time causes increase in 'Sthir guna' of Kapha and forms medodushti. In today's modern lifestyles, most of the people prefers sedentary life style and do not give importance of physical activities / exercise which is quite harmful to human body.

Lack of physical exercise causes Kapha dosha prakop which is directly responsible for Prameha. <sup>5</sup> Similarly while narrating the importance of physical activities, state that med- dushti mainly occurs due to avyayama (lack of exercise) and divaswapna (afternoon nap). <sup>6</sup>

From the aforesaid analysis, it is quite clear that meda dhatu dushti is one of the main reason for Prameha formation and it is totally necessary for a human being to do some physical activities every day in order to lessen the risk of Prameha.

##### **2) Swapnasukham (Excessive sleep) –**

It is the second factor which is closely related to first factor mentioned above. Swapna sukha means excessive comfort and sleep and if is directly responsible for increase in Kapha dosha which ultimately leads to formation of Prameha. <sup>7</sup>

##### **3) Dadhini (Excessive consumption of curd)**

Ayurveda clearly explains the characteristics of dadhi (curd) and different vyadhi (diseases) that can form due to account of over consumption of Dadhi. Acharya Sushruta in Sushrut Samhita clearly mentions that the excessive intake of Dadhi is responsible for Kapha and Medo dushti which in turn increase risk for Prameha. <sup>8</sup> Dadhi , due to its abhishyandi quality, produces Ama and Prameha &

causes sroto avarodh (blocking of channels). Arundatta and Hemadri have given the precise definition of Abhishyandi as it causes the excessive production of factors in channels.

Acharya Charaka has given clear guidelines on consumption of Dadhi (curd) that helps to minimize adverse consequences arising from consumption of Dadhi <sup>9</sup>.

##### **4) Gramyodakaanuparasa payansi ( Meats and soups of the domestic , aquatic and marshy land)**

The meats and soups of all the animals produce Kapha and Kleda <sup>10</sup>.

##### **5) Navannapanam (New cereals and Drink)**

Generally , new cereals have abhishyandi quality and it block the channels. It produce Ama (sticky material) , Kapha and Kleda (Undigested fluid). According to Ayurveda, consumption of at least one year old cereals is recommended as such cereals are laghu in nature and easy to digest. <sup>11</sup> Similarly there is reference in Sushrut Samhita that old cereals are anti diabetic in nature and must be consumed. <sup>12</sup>

##### **6) Gud (Products of Jaggery and Sugar)**

Guda (Jaggery) being Madhur in nature is responsible for producing excessive Kapha and Meda. <sup>13</sup> In fact, Nava – guda which is less than a year old increases Kapha and hampers agni which in turn produce ama. <sup>14</sup>

##### **7) Kaphakrucchsarvam (other factors responsible to increase kapha)**

Snigdha (oily food), Guru (Heavy food not easy to digest), Madhur ( sweet food), Pichchhil (food sticky in nature like cheese, paneer), sheeta ( cold food) , Amla (Sour food), Lavana (Salty food), Divaswapna (Afternoon sleep), Harsh (Cheerfulness) , Avyayam (No physical activity) – all these factors are responsible to increase the level of Kapha in a human body and increase the risk of developing Prameha. <sup>15</sup>

#### **Conclusion –**

All aforesaid etiological factors are found in large quantities in present era due to numerous reasons. Unfortunately, under the garb of convenience, people are addicted to worst habit of

consuming outside food that is especially sheet, pichhil , guru and snigdha in nature and thus its Consumption have become a prominent etiological factor of Prameha. Additionally, people are preferring to buy the cereals at the need basis and unlike old days the good habit of consumption of old stored cereals for long years has gone , which also causing alarming threat to increase in Kapha dosha in a human body and consequently, becomes responsible for Prameha. Also, people due to change in life style and other reasons , have lost a habit of daily exercise which leads to Kapha and Medo dushti. Thus, it is now essential for every human being to introspect in detail and take all possible efforts to avoid the all mentioned above etiological factors in his life to ensure a healthy and long life ahead.

**References –**

- 1) Dr. Lakshmidhar Dwivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part II, Nidansthana , page no. 703.
- 2) Dr. Lakshmidhar Dwivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part II, Nidansthana , page no. 703.
- 3) Dr. Lakshmidhar Dwivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part III, Chikitsasthana , page no. 260.
- 4) Dr. Lakshmidhar Dwivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part III, Chikitsasthana , page no. 260.
- 5) Dr. Lakshmidhar Dwivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part II, Nidansthana , page no. 702.
- 6) Dr. Lakshmidhar Dwivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part II, Vimansthana , page no. 785.
- 7) Pt. Hari sadashiva sastri patadakara Bhisagacarya , Ashtang hrudya of Vagbhata with the commentaries Sarvangasundara of Arundatta and Aturveda rasayana of Hemadri, Choukhambha Surbharati prakashan , Varanasi, 2017, Nidansthana , page no. 455.
- 8) Dr. Sharma Anant Ram. Sushrut Samhita of Maharshi Sushrut Volume 1 , Choukhambha Surbharati Prakashan , Varanasi, 2015, Sutrasthan, page no. 361.
- 9) Dr. Lakshmidhar Deivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part I, Sutrasthan , page no. 76.
- 10) Dr. Sharma Anant Ram. Sushrut Samhita of Maharshi Sushrut Volume 1 , Choukhambha Surbharati Prakashan , Varanasi, 2015, Sutrasthan, page no. 399.
- 11) Pt. Hari sadashiva sastri patadakara Bhisagacarya , Ashtang hrudya of Vagbhata with the commentaries Sarvangasundara of Arundatta and Aturveda rasayana of Hemadri, Choukhambha Surbharati prakashan , Varanasi, 2017, Sutrathana , page no. 89.
- 12) Dr. Sharma Anant Ram. Sushrut Samhita of Maharshi Sushrut Volume 1 , Choukhambha Surbharati Prakashan , Varanasi, 2015, Sutrasthan, page no.436.
- 13) Dr. Sharma Anant Ram. Sushrut Samhita of Maharshi Sushrut Volume 1 , Choukhambha Surbharati Prakashan , Varanasi, 2015, Sutrasthan, page no. 375.
- 14) Pt. Hari sadashiva sastri patadakara Bhisagacarya , Ashtang hrudya of Vagbhata with the commentaries Sarvangasundara of Arundatta and Aturveda rasayana of Hemadri, Choukhambha Surbharati prakashan , Varanasi, 2017, Sutrathana , page no. 75.
- 15) Dr. Lakshmidhar Dwivedi, Charak Samhita of Maharshi Agnivesa with Ayurvedadipika commentary of Chakrapanidatta, Chowkhamba Krishnadas Academy, 2014, Charak Samhita Part II, Nidansthana , page no. 688.