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“PRAMEHA IN AYURVEDA: INSIGHTS INTO CAUSES, SYMPTOMS AND MANAGEMENT”

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ABSTRACT:

Ayurveda the ancient science of medical system describe diabetes as Madhumeha Prameha. Prameha is a syndrome described in the ancient Ayurvedic texts that includes clinical conditions involving metabolic syndrome and is said to be a Santarapanajanya Vyadhi. Prameha, as described in Ayurveda, is a group of metabolic disorders primarily related to abnormal urinary output and imbalances in sugar metabolism, often compared to diabetes in modern medicine. Rooted in the vitiation of Kapha dosha, Prameha is categorized into 20 subtypes, with Madhumeha (often equated with diabetes mellitus) being the most severe form. The condition arises due to a combination of poor diet, sedentary lifestyle, and genetic factors, leading to the impairment of agni (digestive fire) and accumulation of Ama (toxins), which disrupts metabolic processes. The disease Prameha can be understood as having three stages based on the severity of Dhatudusti. Ayurveda describe various treatment modalities for the management of Prameha such as, conduction of pathya, yoga and sodhana karma along with use of ayurveda formulation and herbs. Prameha associated with vitiation of the Pitta dosha (fire body humor) difficult to cure while Prameha which involve vitiation of Kapha dosha (phlegm body humor) considered as curable. This article presented ayurveda perspective of Prameha and its management.

KEYWORDS: Ayurveda, diabetes, madhumeha, prameha.etc.

INTRODUCTION:

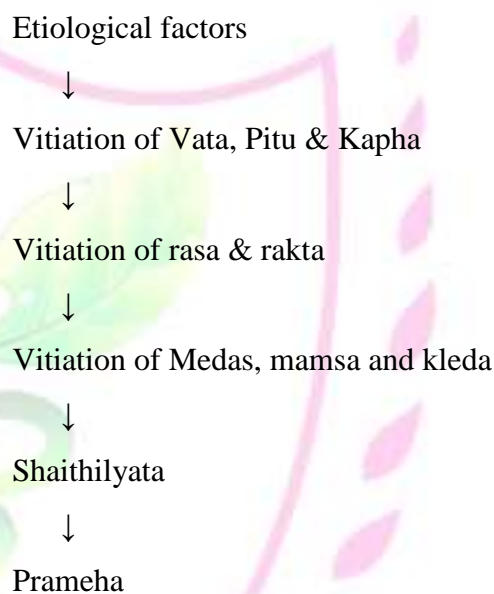
The term is derived from the root words "Pra" (excess) and "Meha" (urination), indicating the disease’s hallmark symptom of excessive urination. Prameha means diabetes which involves high level of blood sugar, frequent urination and presence of sugar in urine, etc. Ayurveda mentioned that described that Nidana Sevana aggravates Kapha which vitiates Meda Dhatu and clinical manifestation of diabetes may observe. Conduction of use of medicine, diet control, panchakarma and balanced life style are some therapeutic measure which increase dhatus and help to combat diabetes. This article described some therapeutic approaches for the Bahudravasleshma and Bahuabaddhameda are the main pathological factors for Prameha, further ayurveda management of Prameha based on literary study. Prabhootha mutrata, Avila mutrata and Medo dushti lakshanas are the cardinal symptoms of prameha. Ayurveda considered prameha as sadhya (curable), yapya (paliabile) and asadhya (incurable) depending upon involvement of dosha, Sushruta descrihe it depending on physical appearance as, saheja prameha & apathyani mittaja.

Causes (etiological factors) of diabetes:

- Diet such as sugar, fats, potatoes, rice and junk foods.

- Lack of exercise.
- Mental stress and strain.
- Genetic
- Obesity
- Excessive sleep etc.

Samprapti



Common symptoms or clinical manifestation of diabetes:

- Bahumutrata
- Bahu Pipasa
- Trushna
- Kshudha
- Delaying to recovery of any injury
- Urinal dysfunction
- Disturbed appetite etc.

MANAGEMENT OF DIABETES:

❖ **Ahara (Diet):**

- Dietary Management (Pathya-Apathya)
 - Avoid Kapha-aggravating foods: Reduce intake of heavy, oily, sweet, and starchy foods.

- Include bitter and astringent foods: Bitter gourd, fenugreek, and turmeric are beneficial. ➤ metabolism and provide energy without aggravating Kapha.
- High-fiber diet: Incorporate whole grains, green leafy vegetables, and legumes to improve digestion and balance sugar levels. ➤ Avoid Sugar and Refined Carbs

Suggested Diet:

- Bitter and Astringent Foods. ➤ Completely avoid sugars, sweets, and refined carbohydrates like white rice, bread, and sugary snacks, which rapidly increase blood glucose.
 - Include foods like bitter gourd, fenugreek, neem leaves, and turmeric as they help regulate blood sugar levels and balance Kapha dosha. ➤ Limit Dairy Products
 - High-Fiber Foods. ➤ Reduce heavy dairy intake, particularly full-fat milk, cheese, and yogurt, which can aggravate Kapha and promote fat accumulation.
 - Eat fiber-rich vegetables such as spinach, broccoli, cabbage, and cauliflower, as well as whole grains like millets, barley, and oats to improve digestion and control blood sugar. ➤ Barley (Yava)
 - Low Glycemic Index Fruits ➤ Barley is considered highly beneficial for Prameha and can be consumed in various forms, such as barley water or barley roti.
 - Consume fruits like Indian gooseberry (Amla), apples, berries, and guava that have a low glycemic index and help manage sugar levels. ➤ Avoid Heavy, Oily, and Fried Foods
 - Legumes and Pulses ➤ Stay away from fried foods, oily preparations, and rich, fatty meats, as they lead to an increase in Kapha and Ama (toxins).
 - Incorporate lentils, chickpeas, and mung beans, which provide protein and help stabilize blood sugar without spiking glucose levels. ❖ **Vihara (Exercise) :**
 - Healthy Fats. ➤ Pramehi should involve in physical exercise, wrestling, sports, riding etc.
 - Use moderate amounts of ghee or coconut oil for cooking, which enhance ➤ **Yoga**
- Yoga practices such as Kriya Yoga, Surya Namaskara, Ardha-Matsyendrasana, Pawan-muktasana, Pranayamas. The asanas offer rejuvenation of the pancreatic cell due to abdominal contractions and relaxation therefore promotes insulin synthesis which helps in diabetes.. The breathing exercises improve

circulatory process therefore offer relief in hypertension induced diabetes. Yoga practices reduce blood as well as urine glucose level. Yoga practices also boost glandular secretion, improve blood circulation, detoxification and open up shrotas therefore overall relief in Prameha symptoms observed. The muscular exercise associated with Yoga practices help to reduce blood sugar level. Bhastrika Pranayama and dhyana offer relief in Prameha.

• **Some recommended yoga poses for diabetes**

- Vakrasana - Twisting sleeping position
- Matsyasana- Fish pose
- Mandakasana- Frog pose
- Balasana- Child pose
- Sirsasana- Headstand position

Beneficial effects of some specific yogas in diabetes

○ ***Paschimatavana***

This yoga boosts pancreatic and renal activities.

○ ***Dhanurasana***

It stimulates the pancreatic secretion.

○ ***Ardha matsyendrasana***

It lowers down blood sugar level.

○ ***Mayurasana***

Improves metabolic process than offer relief in diabetes.

○ ***Bhastrika Pranayama***

This yoga improves digestion thus maintain metabolic balances of body.

❖ **Ausadhi(Medicines):**

Drugs having Tikta, Kata and Kasaya Rasa help to pacify kapha & meda therefore recommended in diabetes. Guggulu, Haritaki and Amalaki offer relief in diabetes due to their inherent guna & rasa.

Ayurveda preparation Avaleha such as Saraleha (decoction of anama khadira habbula and bukula etc.) also recommended all types of prameha.

Herbal Drug Formulations:

• **Bitter gourd powder**

It lowers blood & urine sugar levels. It increases body's resistance against infections and purifies blood. Bitter Gourd has excellent medicinal virtues. It is antidotal, antipyretic tonic, appetizing, stomachic, antibilious and laxative. The bitter Gourd is also used in native medicines of Asia and Africa.

The Bitter gourd is specifically used as a folk medicine for diabetes. It contains compounds like bitter glycosides, saponins, alkaloids, reducing sugars, phenolics, oils, free acids, polypeptides, sterols, 17-amino acids including methionine and a crystalline product named p-insulin.

• **Pancreatic Tonic (Ayurvedic herbal supplement):**

Pancreas Tonic is a botanical mixture of traditional Indian Ayurvedic herbs currently available as a dietary supplement.

• **Gurmar powder:**

It is an anti-diabetic drug, which suppresses the intestinal absorption of sacharides, which prevents blood sugar fluctuations. Gurmar stimulates insulin secretion and has blood sugar reducing properties. Besides having these properties, it is a cardiac stimulant and diuretic and corrects metabolic activities of liver, kidney and muscles.

It blocks sweet taste receptors when applied to tongue in diabetes to remove glycosuria. It deadens taste of sweets and bitter things like quinine (effects lasts for 1 to 2 hours). It also correlates the metabolic activities of liver, kidney and muscles.

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