

DIAGNOSIS OF DIABETES MELLITUS ACCORDING TO AYURVEDA TEXTS W.S.R. PRAMEHA

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ABSTRACT

Ayurveda is hope for suffering humanity in today's world where no one found complete treatment solution for commonest chronic disease *prameha* (diabetes mellitus). This causes burning sensation in hands and legs, frequent urination and dryness of the throat and palate, excessive thirst, hunger and fatigue. Chronic condition may cause retinopathy, poor wound healing, and other systemic deformities. Unfortunately the man has not succeeded in eradicating this diseases and find to come out with successful therapeutic measures that can control blood sugar level and other symptoms of patient properly.

Ayurveda can play a wide role in treatment of *prameha*. So we need to study of *ayurveda* classics with deep understanding is demand of today. *Ayurveda* texts like *Charak samhita*, *Sushruta samhita*, *Ashtang hridayam* and *Asthtang samgrah* had widely mentioned about *prameha* and *Madhumeha*. *Ayurveda* focus on *nidaan* i.e cause of disease and symptoms of disease. *Ayurveda* has described detailed list of causative factors of *prameha*. So study of this causative factor will help scientific society to control this disease. As we are very well aware and known to the cause of diabetes mellitus in modern science. When cause of disease is known then physician can provide proper treatment. This study has focus on *Nidaan* (causative factors), *Samprapti* (Pathogenesis)*Purvaroop*, *Roop* (sign and symptoms) and *sadhyata/ Asadhyata* (Prognosis), *Upadrava* (complication) of disease *prameha* according to *ayurveda* classic texts.

KEYWORD: *Prameha, Nidan, Samprapti, purvaroop, roop, upadrava*, diabetes mellitus.

INTRODUCTION

Ayurveda is science of life as it explains (the conditions of) the life. The purpose of science of life is maintenance of the health and alleviation of disease of one that is ailing. This science of treatment is taught for the benefit of life. As life in the modern era has become more commercialized and mechanical. The tendencies of a person has been changed a lot with respect to himself that's why the lifestyle disorders like heart disease, diabetes, cancer etc. are now mostly seen. Incurable and chronic diseases are increasing in the society because of irregular diet pattern and stress conditions; one of them is *prameha*, Which are mentioned in classical *ayurvedic* texts. It can be co-related with DM (diabetes mellitus), Diabetes mellitus is a chronic disorder of carbohydrate, fat, and protein metabolism, with a relative or absolute deficiency in insulin secretory response resulting in hyperglycemia. Insulin resistance is a major factor in the development of Type 2 diabetes, which is a growing health hazard in developing countries like India. Although diabetes has been known since ancient times, it is in the last 30 years where a changing status has been observed from being considered as a relatively mild disorder seen predominantly in the elderly population, diabetes has become a major cause of morbidity and mortality worldwide. It has been found to affect not only the elderly population but also the youth and middle aged subjects. It is pertinent to observe that this has been a global phenomenon and not a geographical restricted finding, though regional variations do exist in the prevalence in the disease. Rates for type II diabetes have risen sharply with age for both men and women and for members of all racial and ethnic groups. Global burden of increasing prevalence of diabetes created trepidation in society. Ten countries have been estimated to have the highest number of people with diabetes in 2000 and 2030, out of them, the 'top five' countries are China (109.6 million), India (69.2 million), United States of America (29.3 million), Brazil (14.3 million), Russian Federation (12.1 million). The IDF (International diabetic federation) Diabetes Atlas 2015 provides the latest information which states that Almost 415 million people have diabetes, by 2040 this will rise to 642 million, and the age predisposition is mainly seen between 40 and 59 years of age.

Ayurveda has its own systemic approach plan to treat diseases and have significant role in controlling such conditions as effective treatments are mentioned in large numbers in *ayurvedic* classics. Therefore, it is a need to know the full detail about *prameha* and find out an efficacious remedy to co-fight against the disease *prameha* and reduce human sufferings.

AIM AND OBJECTIVE

- ❖ To review the concept of *Prameha* and there causative factors, Pathogenesis, sign and symptoms, Prognosis and complication as per *ayurvedic* classical texts.

DISEASE REVIEW ACCORDING TO AYURVEDA

Inclusion of *prameha* among the eight major disorders in *caraka Nidana*, shows the significance of the disease. It was incurable besides imposing a ban on dietary freedom of the patient. The disease was considered among the *mutragata rogas* and there are 20 types of *prameha*. 4 types of *Vata*, 6 types of *Pitta* & 10 types of *Kapha*. However the *ayurvedic* concept of *prameha* as a whole and *madhumeha* in particular is difficult to understand, more so because of the confusing and even contradictory statements and less, because of the vagueness of description. There is increased in frequency of micturition and increased in urinary output in this disease. Therefore it is called *prameha*.

Dosha Dushya of prameha

- In (Pathogenesis of) *pramehas*, *doshas* are *kapha*, *pitta* and *vata* and *dushyas* are *medas*, blood, semen, fluid, muscle-fat, *lasika* (lymph), *majja* (marrow), *rasa*, *ojas* And muscles. *Prameha* has twenty types.^[1]

Nidan of prameha

- The *nidana* cause immediate manifestation of *pramehas* due to *kapha*-Such as in excessive quantity and prolonged use of new grains like *hayanaka*, *yavaka*, *chnaka*, *uddalaka*, *naisadha*, *itkata*, *mukundaka*, *mahavrihi*, *pramodaka* and *sugandhaka*; use of new legumes like *hareṇu* and black gram, meat of domesticated, marshy and aquatic animals, vegetables, sesamum paste, preparations of (rice) flour, *payasa* (rice cooked with milk), *krishara* (preparation of rice cooked with pulse), *vilepi* (paste-like preparation of rice) and sugarcane products milk fresh wine, immature curd and liquids, sweets and fresh substances; absence cleanliness and physical exercise, indulgence in sleep, lying down and other (similar) regimens producing *kapha*, fat and urine. All this constitutes particular etiology of *prameha*.^[2]
- Idle sitting, oversleep, excessive use of curd, meat soup of the domestic aquatic and marshy animals and milk; new cereals and drinks, products of jaggery and all other *kapha* promoting regimens are etiological factors for *prameha*.^[3]

- The person indulged in day-sleep, lack of exercise and idleness and constantly taking cold, unctuous, sweet, fatty and liquid food and drinks should be known as liable to be affected by *prameha*.^[4]
- Foods, drinks and activities which produce more *medas* (fat), *mutra* (urine) and *kapha*, these are generally the chief causes, such as; foods which are sweet, sour, salt, fatty, not easily digestible, slimy and cold fresh grains, beer, meat of animals of marshy regions, sugarcane juice, molasses and milk; (habit of) always sitting at a place and sleeping without adopting its proper procedure.^[5]

Samprapti of prameha

- By combination of all these three factors (*nidana* etc.) *kapha* gets vitiated immediately because of the predominance of its aggravating factors. When vitiated, it spreads all over the body immediately due to laxity of body. While spreading at first it gets mixed up with the fat because fat is abundant, non-compact and similar in properties. While mixing up *kapha* affects its morbidly due to its vitiation. Now that vitiated *kapha* associated with fat joins with body fluid and muscle because the latter are increased excessively. Thus affecting the muscle, it produces boils *sharavika*, *kacchapika* etc. due to sloughing of muscle because of abnormalcy. By affecting the body fluid, transforms it in urine and also blocks the heavy openings of the urinary tubules coming out from *vankshana* (urinary bladder) and *basti* (kidney) and associated with fat and fluid. Thus it (*kapha*) produces the *pramehas* and leads to their stability or incurability, due to abnormalcy.^[6]
- *Kapha* causes *pramehas* by affecting *medas* (lipid metabolism), muscles and body fluid situated in urinary bladder. *Pitta* aggravated by hot things causes the same affecting the above entities. *Vayu*, on relative diminution of other two doshas, draws on the *dhatu*s in urinary bladder and thus causes *pramehas*. *Doṣha* produces respective types of *prameha* by reaching the urinary bladder and affecting the urine.^[7]
- In the person with the above life-style when immature (*ama*) *vata*, *pitta* and *kapha* mixed and integrated with fat move down through urine-carrying channels to the opening of urinary bladder and are excreted then different types of *prameha* originate.^[8]
- *Kapha* which gets vitiated (increased) and localized in the urinary bladder, produces *prameha* by vitiating the body water, sweat, *pitta*, fat, plasma and muscle (all these are watery tissues,) even *pitta* and *rakta* (blood) also produce it, by vitiating the residence of urine (urinary bladder) when they (watery tissues) are decreased (depleted) even *maruta*

(*vata*) also causes it, by dragging the *dhatu*s (watery tissues) into the bladder when they are depleted.^[9]

Purvaroop of prameha

- The three *doshas* vitiated and about to produce *pramehas* exhibit these prodromal symptoms-such as, matting of hairs, sweetness in mouth, numbness and burning sensation in hands and feet, dryness in mouth, palate and throat, thirst, lassitude, dirt in the body, smearing in body orifices, burning sensation and numbness in body parts, crawling of bees and ants on the body and urine, morbidities in urine, fleshy smell in body, frequent sleep and drowsiness.^[10]
- Sweating, foul smell in body, flabbiness of body, inclination to lie down, sedentary habits, excessive mucosal discharge, obesity and flabbiness, excessive growth of hairs and nails, thirst, sweetness of mouth, burning sensation in hands & feet, swarming of ants on the urine these are the premonitory symptoms of *prameha*.^[11]
- Their premonitory symptoms are burning sensation in palm and sole, unctuousness, sliminess and heaviness of body parts, sweet and white urine, drowsiness, malaise, thirst, foul-smelling respiration, appearance of dirt in palate, throat tongue and teeth, matting of hair and increase of nails.^[12]
- More of perspiration, bad smell of the body, looseness and flaccidity of the body parts, desire for the comfort of the bed, seat and sleep; thickening of the heart, eyes, tongue and ears, stoutness of the body, greater increase of (growth rate) the hairs and nails, desire for cold, dryness of the throat and palate, sweet taste in the mouth (always) burning sensation of the palms and soles, and swarming of ants towards his urine (place of urination or urine pots) are the premonitory symptoms of the groups of diabetes.^[13]

Roop of prameha

- All *prameha* are characterized by turbid and copious urine.^[14]
- The common symptoms in all of them are-increased quantity and turbidity of the urine.^[15]

Classification of *prameha***According to *acharya Charaka***

1. *Doshaja* classification.^[16]

1. <i>Kaphaja Prameha</i> 10 type (Early Diabetes)	2. <i>Pittaja Prameha</i> 6 type (Acute Diabetes)	3. <i>Vataja Prameha</i> 4 type (Chronic Diabetes)
Overweight with Mild Hyperglycemia Polyuria/Glycosuria	Overweight with Mild hyperglycemia Polyuria/Glycosuria	Severe Hyperglycemia with Glycosuria Cachexia Nephropathy, Neuropathy Retinopathy Cardio Respiratory Complication Gangrene

According to *acharya Sushruta*

➤ Etiological Classification.^[17]

1. <i>Sahaja Prameha</i> (Growth onset/Juvenile/IDDM)	2. <i>Apathyanimittaja Prameha</i> (NIDDM)
Family history Early onset Asthenic constitution Prone to complications	Over nutrition Sedentary habits Obese Manageable with diet control and Herbo-mineral treatment (<i>Apatarpana Chikitsa</i>)
1. <i>Sthool Pramehi</i> (Obese- NIDDM)	2. <i>Krishha Pramehi</i> (Asthenic- IDDM)
Manageable with diet control and exercises	Not manageable with diet control alone rather requires nutritive treatment (<i>Brimhana chikitsa</i>)

According to *Vagbhatta*

➤ *Prameha* (diabetes) are twenty, out of which ten are born from *sleshma* (*kapha*), six from *pitta* and four from *anila* (*vata*).^[18]

Sadhyata and asadhyata of prameha

➤ Ten types of *kaphaja prameha* are curable, six types of *pittaja prameha* are maintainable and four types of *vatika prameha* are incurable due to similarity of management, and severity of complications respectively.^[19]

<i>Sadhya</i> (Manageable)	<i>Yapya</i> (Palliative)	<i>Asadhyata</i> (Unmanageable)
<i>Apathyanimittaja Prameha</i>	<i>Pittaja Prameha</i> (Acute Diabetes)	<i>Sahaja Prameha</i>
<i>Kaphaja Prameha</i> (Early Diabetes)		<i>Vataja Prameha</i> (Chronic Diabetes)
<i>Sthoola Pramehi</i> (Obese Diabetics)		<i>Krishha Pramehi</i> (Asthenic Diabetics)

- Finding diabetes, with urine being sweet, slimy and resembling honey, the (unintelligent) physician gets doubt on two points, whether it is born from *kapha* caused by over nutrition or whether it is born from *anila (vata)* caused by decrease of the *dosha*. *Prameha* caused by *kapha* and *pitta* (all varieties) having all the premonitory symptoms and those caused by *vata*, after lapse of time are incurable, those caused by *pitta* persist for long time are controllable; and those are curable in which the fat tissue is not greatly vitiated (increased).^[20]

Upadrava of prameha

- *Pramehas*, on chronicity, give rise to these complications -thirst, diarrhea, fever, burning sensation, debility, anorexia, indigestion, boils due to sloughing of muscles, like *alaji*, *vidradhi* etc.^[21]
- Poor digestion, anorexia, vomiting, more of sleep, cough and nasal catarrh-are the complications/secondary diseases of diabetes arising from *kapha*. Pricking pain in the bladder and penis, exudation from the scrotum, fever, burning sensation, thirst, sourness (increased acidity), fainting and loose bowels are the *upadrava* of those diabetes) arising from *pitta*. *Udavarta* (upward movement of *vata*), tremors, catching pain in the region of the heart, different kinds of desires, pain in the abdomen, loss of sleep, dryness (of the mouth, throat etc) cough and dyspnoea are the *upadrava* of those (diabetes) arising from *vāta*.^[22]

CONCLUSION

On the basis of above discussion *ayurveda* has described detailed list of causative factors of *prameha*. So study of this causative factor will help scientific society to control this disease. As we are very well aware and known that in modern scientific world, cause of diabetes mellitus. Modern science also reveals that lifestyle factors (sedentary life) and genetic factors are primarily causes of Diabetes Mellitus. Under the present circumstances *ayurveda* approach for etiopathogenesis and treatment would be of great use. It also answers all those doubts raised about the contradictions and confusions about the disease. therefore, early diagnosis and timely intervention with proper management is highly essential to prevent the Diabetes Mellitus. *Ayurveda* says *chikitsa* (Treatment) is *Nidaan Parivarjna* (removal of cause).

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