

A BRIEF REVIEW OF PRAMEHA UPDRAVA WITH SPECIAL REFERENCE TO COMPLICATIONS OF DIABETES

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ABSTARCT

As the cases of Diabetes mellitus (DM) are increasing, its complications are becoming more and more prevalent. The Diabetes currently affects about 8.8% of the Indian population.^[1] Hence there is need to prevent patients from becoming dependent on external insulin dosages and lifelong intake of oral medications, which may further make the prognosis worse. Though management of Diabetic Complication is possible by Modern medicines, it has its own fallacies. Both Shodhan and shaman chikitsa have been mentioned in the Ayurvedic texts for the treatment of Prameha using various formulations which have significant results. The effect of these treatments on the prameha updravas are yet to be explored fully. Hence

it is important to know the Updravas of Prameha, their Lakshanas peculiarities, keeping the Diabetes Complications in mind.

KEYWORDS: Diabetic Complications, Prameha Updravas, Diabetes, Ayurveda, Diabetes Mellitus, Chikitsa

INTRODUCTION

Upadrava is one which occurs in the course of some other disease, although it may result from the main disease. The origin of upadrava is either due to improper management of disease or the continuation of vyadhi nidanas. Sushruta mentions word Aupasargika as a synonym to Upadrava.^[2] It also means that Upadrava manifests upon another disease and also due to same factors which are responsible for the manifestation of the main disease.^[3] Hence management of upadrava is having at most importance or significance in Vyadhi. Updravas

are manifested only in the later or terminal stage i.e. with the Dushti of all Dhatus. The mild form of Upadrava can be considered as Anu Upadrava and severe form of Upadrava can be termed as Sthoola Upadrava.^[4]

Here the special focus will be on Updrava of Prameha.

Pramehajanya Upadrava/Complications of Prameha

In Various Ayurvedic texts Pramehjanya updrav have been mentioned.

Acharya Charak Sushrut Madhvakar, Bhavprakash, Kashyapa, Acharya Bhel all have mentioned the various lakshanas formed in these updrava, except Harit Samhita in which these complications have not been mentioned.

The Kaphaja, Pittaja and Vataja Updravas are the result of the disease according to the predominance of the respective Doshas in the severe form of Prameha. Thus these Prameha Updravas have laskhanas based on predominant Doshas.

Anu and Sthool updrava

Acharya Charaka has clearly mentioned that the Lakshanas of the Tridoshas manifest intermittently in Prameha, though the involvement of predominant Doshas will cause certain Updravas. As the disease Prameha is one of the Mahagada, it is considered as Anushangi and it is also called as Mahatyaya, because of its Sheeghra Vinasha Karitva (rapid destruction) of the body due to Ojosravana (passing of essence of tissue elements) in the form of Mutra (urine). In the initial stages of Oja Kshaya (depletion of oja), there will be mild form of Upadrava, this can be considered as Anu Upadrava and when the loss of Ojas is severe, then there will be severe form of Upadrava, which causes the death of the individual and it can be termed as Sthoola Upadrava. Since both Sthanika and Sarvadaihika Lakshanas seen in the form of Upadrava of Prameha this classification is useful in specifying the treatment as it the lakshanas give a clarity of Dosh Dushya Samoorchhna and Severity of the complication.

Most common Updrava Lakshanas Mentioned are

- 1)Daha, 2)Kasa, 3)Aruchi followed by
- 5)Peenas, 6)Pratishyaya, 7)vitbheda,
- 8)Anidra, 9)chhardi, 10)Avipaka
- 11)Jwara, 12)Trishna, 13)Bastitoda
- 14)Mehantoda, 15)Mushkavadarana, 16)Amlika, 17)Murchha, 18)Kamp

19)Hridgraha, 20)Laulya, 21)Shula
22)Sosha, 23)baddhpurisha, 24)Shwasa

Acharya Charak only has mentioned following Prameha Updrava lakshanas:-

1. Prameha Pidika along with Chikitsa (also mentioned by Acharya Bhel.)
2. Alaji,
3. Vidradhi,
4. Daurbalya.

Other Distinguished Lakshanas mentioned are

1. Stambh
2. Makshika Sarpuna by Acharya Sushrut
3. Pandu in Ashtang Sangrah
4. Sharir Shaithilya in Charak and Ashtang Hridaya

The above mentioned various lakshanas give a brief picture of the complications faced by the earlier Ayurveda Acharyas during Prameha chikitsa.

Complications of Diabetes

Incorrect persistent lifestyle and treatment both can lead to development of complications in Diabetic patients. The classification of the various complications of Diabetes is as follows:^[5]

I) Acute Complications

- i. Diabetic ketoacidosis
- ii. Hyperosmolar coma
- iii. Hypoglycemia

II) Chronic complications

1. Micro vascular

- a. Eye disease
 - i) Retinopathy (Proliferative/ non proliferative)
 - ii) Macular edema
 - iii) Cataract
 - iv) Glaucoma

- b. Neuropathy
 - i) Sensory and motor (mono and polyneuropathy)
 - ii) Autonomic (Gastroparesis, Altered bowel habit, Postural hypotension)
- c. Nephropathy (Renal failure)
- d) Foot disease (Ulceration, Arthropathy)

2. Macro vascular

- a. CAD-Coronary Artery Disease
- b. Myocardial ischaemia/infarction
- c. PVD-Peripheral vascular disease
- d. Claudication, Ischemia
- e. CVD-Cerebrovascular disease
- f. Transient Ischemic attack , Stroke

3. Others

- a. Gastrointestinal
- b. Genitourinary
- c. Dermatologic
- d. Cardiomyopathy

The development of these complications takes place due to mainly three mechanisms:

- i. Non-enzymatic protein glycosylation
- ii. Polyol pathway mechanism.
- iii. Excessive oxygen free radicals

Also the three basic pathological pathways are as follows:-

- a. Metabolic:-It causes lesions in Aorta, Lens of Eyes, Kidney and Nerves.
- b. Immune:-It causes Reduced immune response of body leading to infections like Tuberculosis, Urinary Tract Infections and Pneumonia.
- c. Vascular:- It causes micro vascular and macro vascular complications.

All these Complications affect the vital organs and decrease the quality of life of the patients.

Thus the various complications of Diabetes and Prameha updrava as reviewed above portray a picture of similarity. Thousands of years ago when the tools as present today were not even

imaginable, at that time, Acharyas had keen observation skills and patience which gave the base to all the Prameha Updrava lakshanas mentioned in Ayurvedic Texts and modern concept of Complications of Diabetes. The Various complications arise due to non compliance of patients when it comes to following Pathya and Apathya religiously. Hence along with Chikitsa, Pathyaapathya play a major role in controlling the updravs of Prameha.

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