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RESEARCH ARTICLE

“A COMPREHENSIVE REVIEW OF LITERATURE ON PRAMEHA”

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Abstract

This abstract examines the literature on Prameha, a word that encompasses several metabolic problems, in order to provide light on Ayurveda's unique insights regarding pancreas health. The review delves into historical Ayurvedic literature, examining their viewpoints on preserving pancreatic health and averting issues associated with Prameha. The abstract attempts to offer light on holistic approaches to pancreas health within the Ayurvedic framework by fusing ancient wisdom with new scientific findings. A fuller comprehension of Ayurveda's contributions to contemporary viewpoints on metabolic health comes from this investigation, with possible implications for integrative healthcare practices and preventive measures.

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Introduction:-

The fact that Prameha is listed in Caraka Nidana among the eight main diseases highlights the importance that ancient seers placed on this illness. The sickness, which was regarded as critical due to its apparent widespread occurrence, was characterized by patients being placed on dietary restrictions and being thought to be incurable. Mutragata Rogas classified it into 20 different categories, all of which, from a Western perspective, appeared to have different causes. Unresolved but persistent are recent parallels between diabetes mellitus and Prameha, particularly Madhumeha. (01) While similarities exist in etiological factors and clinical presentation, Ayurvedic pathogenesis diverges from the Western perspective. This article aims to scrutinize these components, emphasizing the enigmatic nature of Ayurvedic pathogenesis.

Prameha, a term encompassing various metabolic disorders in Ayurveda, holds a significant relationship with the pancreas. (02) In Ayurvedic literature, the pancreas plays a crucial role in the context of Prameha, contributing to the understanding of metabolic imbalances. The condition, characterized by disturbances in glucose metabolism, closely aligns with modern interpretations of diabetes mellitus. (03) Ayurvedic perspectives emphasize the pancreas' role in regulating blood sugar levels and link Prameha to pancreatic dysfunction. (04) Exploring this connection provides valuable insights into holistic approaches to managing Prameha, bridging ancient wisdom with contemporary understanding of pancreatic health and metabolic disorders.

अस्तांस्थूलमलमुत्कृष्टं पिपासापानपातिनि।
प्रमेहो नाम दोषः स्यादुदकादिविकृतिः॥

"When urine is thick, dirty, abundant, and fluctuates like water, it is called Prameha, a disorder arising from irregularities in thirst, drinking, and diet."

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Need of Study

This study on Ayurveda's perspective on pancreas health and Prameha is crucial for integrating ancient wisdom into modern healthcare. By delving into Ayurvedic literature, it seeks to uncover unique insights into pancreas-related issues, potentially influencing preventive measures and holistic approaches in contemporary health practices.

Materials and Methods:-

The term 'Prameha' comprises 'Pra,' signifying abundance, and 'Meha,' denoting the substantial discharge of urine. Interestingly, 'diabetes' originates from the Greek 'Diabainein,' meaning 'to cross through a siphon,' reflecting a continuous flow of water, aligning with the substantial urine excretion in Prameha. Similarly, 'madhumeha' and 'diabetes mellitus' are akin, with 'madhu' and 'mellitus' both implying sweetness, emphasizing copious sweet urine discharge. This synonymous connection between 'Prameha' and 'Diabetes' extends beyond etymology, encompassing etiological and therapeutic parallels, highlighting a shared significance in these terms' understanding and treatment.

NIDANA: (Etiology) (05)

आस्यासुखंस्वप्नसुखंदधीनिग्राम्यौदकानूपरसाःपयांसि

नवान्नपानंगुडवैकृतंच प्रमेहहेतुःकफकृच्छ्रसर्वम्॥४॥

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The causes of Prameha, which include Vataja, Pittaja, and Kaphaja kinds, are primarily related to factors that increase Kapha in the body. Among these factors, sedentary behavior and increased intake of carbohydrates and lipids stand out as major causes. This common etiology of all Prameha kinds points to Kapha as having a major role. Caraka emphasizes that these conditions raise Kapha, which is what causes Prameha to appear. In Nidana, Charaka outlines precise causative causes for Vataja, Pittaja, and KaphajaPramehas; other classics do not go into this detail. This asserts that all Kaphakara Bhavas are Pramehakara Bhavas and highlights the crucial role that Kaphakara Ahara Viharas play as major components in the disease process.

Hyperglycemia, which is brought on by either a complete lack of insulin or a decrease in its physiologic efficiency, is the hallmark of diabetes mellitus. Situated between endocrine and metabolic illnesses, the unique feature of the condition is endocrine involvement resulting in metabolic disruptions. Hyperglycemia is thought to be the primary feature of Diabetes Mellitus, and almost every factor that raises blood glucose levels is thought to be related to this illness.

Types Of Prameha (06)

Ayurveda recognizes several types of Prameha, each associated with specific doshic imbalances. The main types include:

VatajaPrameha

1. Caused by an imbalance in the Vata dosha.
2. Symptoms may include increased frequency of urination, pain during urination, and dryness.

PittajaPrameha

1. Resulting from an aggravation of the Pitta dosha.
2. Common symptoms involve a burning sensation during urination, yellowish or reddish discoloration of urine, and increased body heat.

KaphajaPrameha

1. Caused by an excess of the Kapha dosha.
2. Manifestations may include pale and whitish urine, excessive thirst, and a feeling of heaviness in the body.

SannipatajaPrameha

1. Involves a combination of all three doshas - Vata, Pitta, and Kapha.
2. Presents with a mix of symptoms from each dosha, making it complex to treat.

Samprapti: (Pathogenesis)

The Samprapti (pathogenesis) of Prameha in Ayurveda involves a complex interplay of doshas, dhatus (tissues), and malas (waste products). The process unfolds in several stages:

Dosha Imbalance:

1. Prameha is primarily a disorder of the Kapha dosha, but it can involve Vata and Pitta doshas as well.
2. Aggravated doshas affect the digestion and metabolism of food.

Impaired Agni (Digestive Fire)

The vitiation of doshas leads to the impairment of Agni, affecting the digestive fire's efficiency.

Poorly Digested Food (Ama Formation)

Impaired Agni results in the formation of undigested and toxic substances known as Ama.

Ama Circulation

Ama circulates in the body, obstructing channels (srotas) and causing further dosha imbalance.

Dhatu Disturbance

The presence of Ama affects the formation and functioning of dhatus (tissues) in the body.

Ojokshaya (Depletion of Vital Essence)

Ama affects Ojas, the essence responsible for immunity and vitality, leading to its depletion.

MutravahaSrotodushti (Impaired Urinary Channels)

Ama obstructs the urinary channels, leading to the manifestation of symptoms related to urine.

Prameha Manifestation

The culmination of these processes results in the manifestation of Prameha, with characteristic symptoms related to urine, increased thirst, and other associated signs.



Management Of Prameha

The management of Prameha in Ayurveda involves a holistic approach that addresses the underlying doshic imbalances, corrects digestion and metabolism, and promotes overall well-being. Here are some key aspects of managing Prameha:

Dietary Modifications

1. Emphasize a diet that pacifies the aggravated dosha. For KaphajaPrameha, focus on a Kapha-pacifying diet; for Pittaja, follow a Pitta-pacifying diet, and similarly for Vataja.
2. Include bitter, astringent, and pungent tastes. Avoid excessive sweet, sour, and salty foods.

Lifestyle Changes

1. Encourage regular physical activity to enhance metabolism and improve insulin sensitivity.
2. Establish a daily routine that aligns with the individual's constitution and the prevailing doshic imbalance.

Herbal Remedies

1. Ayurvedic herbs are often prescribed to balance doshas and support the proper functioning of the pancreas.
2. Commonly used herbs include Guduchi (*Tinospora cordifolia*), Amalaki (*Emblica officinalis*), Haridra (Turmeric), and Meshashringi (*Gymnemasylvestre*).

Panchakarma (Detoxification Therapies)

1. Panchakarma therapies such as Virechana (therapeutic purgation) and Basti (medicated enema) are recommended to eliminate Ama and balance doshas.
2. These therapies are administered under the guidance of an experienced Ayurvedic practitioner.

Stress Management

Stress can aggravate doshic imbalances. Techniques like yoga, meditation, and pranayama are beneficial for managing stress and promoting overall mental well-being.

Medicated Ghee Therapy (Snehapana)

Consumption of medicated ghee helps in detoxification and balancing doshas. This is often part of the preparatory phase for Panchakarma therapies.

Regular Monitoring

Periodic check-ups and monitoring of blood glucose levels are essential to assess the progress of the treatment and make necessary adjustments.

Risk factor for Prameha(07)

Ayurveda identifies various risk factors that may contribute to the development of Prameha (metabolic disorders related to urine). These factors can vary based on an individual's constitution (Prakriti) and lifestyle. Some common risk factors include:

Dietary Habits

1. Excessive consumption of sweet, salty, and fatty foods.
2. Irregular eating patterns or overeating.

Lifestyle Choices

1. Sedentary lifestyle and lack of physical activity.
2. Irregular sleep patterns or insufficient sleep.

Genetic Factors

A family history of Prameha or diabetes may increase the risk.

Age and Gender

1. Advancing age, especially after 40, increases susceptibility.
2. Men are generally considered more prone to Prameha than women.

Obesity

Overweight or obesity is a significant risk factor for Prameha.

Stress

Chronic stress or mental strain can contribute to doshic imbalances.

Occupational Factors

Jobs that involve long periods of sitting or lack of physical activity may contribute.

Previous Illnesses

History of other diseases or conditions that affect metabolic health.

Heredity

A family history of diabetes or metabolic disorders may increase the risk.

Pregnancy

Gestational diabetes during pregnancy can increase the risk of developing diabetes later in life.

Dosha Imbalances

Individuals with pre-existing imbalances in Vata, Pitta, or Kapha doshas may be more susceptible.

Discussion:-

The discussion of Prameha in Ayurveda encompasses various aspects, including its etiology, pathogenesis, and management strategies. The identification of risk factors, doshic imbalances, and the interconnectedness of lifestyle choices play a pivotal role in understanding and addressing this group of metabolic disorders related to urine.

Vataja, Pittaja, and Kaphaja Pramehas are known in Ayurveda to be connected to particular doshic disorders. The focus on customized care emphasizes how crucial it is to design therapies according to each person's distinct constitution (Prakriti) and particular doshic imbalance. The Ayurvedic approach to Prameha addresses the underlying reasons, such as blocked Agni, poor digestion, and Ama production, rather than only treating the symptoms.

The pathophysiology of Prameha is a progressive process that begins with dosha imbalance and ends with the appearance of urine-related symptoms. The genesis of ama, its movement throughout the body, and the ensuing disruptions of dhatus and Ojas add to the intricacy of Prameha's pathogenesis.

Ayurvedic treatment methods are all-encompassing and include Panchakarma therapies, herbal remedies, dietary adjustments, lifestyle adjustments, and stress reduction. Correcting doshic imbalances, enhancing Agni (the digestive fire), and expelling Ama from the body are the goals of these therapies. The preventive and individualized nature of Ayurvedic care is in line with the emphasis on routine monitoring and check-ups.

When compared to the Western medical classification of Diabetes Mellitus, the Ayurvedic method offers a more thorough understanding of Prameha because it takes mental and physical health into account. A more holistic viewpoint is supported by the idea of Ojokshaya, the importance of doshas in the disease process, and the involvement of dhatus.

While Ayurvedic management of Prameha offers valuable insights and potential benefits, it is essential to integrate Ayurvedic approaches with conventional medical care, particularly for individuals with diabetes. Collaboration between Ayurvedic practitioners and healthcare professionals ensures a well-rounded and comprehensive approach to managing Prameha, aligning with the principles of integrative medicine.

Conclusion:-

In conclusion, The delicate relationship between doshas, lifestyle circumstances, and the onset of metabolic illnesses is highlighted in the Ayurvedic discussion of Prameha. Ayurveda's comprehensive approach strengthens the basis for individualized interventions and preventative care by highlighting the significance of preserving equilibrium in one's bodily and mental well-being.

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