

**PRAMEHA (MADHUMEHA) IN AYURVEDA**Satya Prakash Chaudhary<sup>1\*</sup>, Kirtika<sup>2</sup>, Anil Kumar Singh<sup>3</sup> and B. Ram<sup>4</sup><sup>1</sup>Ph.D. Scholar, Department of Dravyaguna, IMS, BHU, Varanasi.<sup>2</sup>M.Sc, Department of Bioinformatics, MMV, BHU, Varanasi.<sup>3</sup>Professor, Department of Dravyaguna IMS, BHU, Varanasi.<sup>4</sup>Associate Professor, Department of Dravyaguna IMS, BHU, Varanasi.**\*Corresponding Author: Satya Prakash Chaudhary**

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**ABSTRACT**

Madhumeha is fairly common and is one of the chronic diseases. The earliest references of madhumeha (Prameha) are found in Vedas, which is oldest documented knowledge of universe. The description available in "Atharvaveda" is considered as the first ever on this topic and mentioned in Kaushika sutra, Sayana and Keshavabhata. Prameha is not clearly mentioned as a separate disease in Vedas but the description of a disease associated with Bahumutrata is clearly found. The commentators of Vedas have interpreted the word 'Asrava' mentioned in Atharvaveda in different ways. Vedic commentator Keshavabhata and Sayana interpreted Asrava as Mutrasrava (excessive urination). Prameha is of twenty types classified on the basis of dosas. Among them Madhumeha or ksaudrameha is taken as type of vataja Prameha. Acharya Charaka defined Madhumeha as the disease in which the patient passes urine characterized as astringent, sweet, yellowish and rough.

**KEYWORDS:** Mdhumeha, Prameha, Charaka Samhita, Vataja prameha.**INTRODUCTION**

The Prameha as a disease entity has been recognized since long in Ayurvedic medicine. All the available classics of Ayurveda have described this disease in Detail. As regards the origin of this disease, it is traced up to the prehistoric period and Acharya has mentioned, "It is one of those diseases which started by the time of historical destruction of Yangyana organized by the Daksha-Prajapati in ancient time" this is related with eating of Havish, a special type of food, made of milk, suger, rice used for offering in yangyanas.

**Charaka Samhita:** He has mentioned the Avarana Janya Pathogenesis of the Disease.

**Sushruta Samhita:** Give the separate chapters for Prameha Disease. He has also described about Kshaudrameha.

**Harita Samhita:** Gives the 13 types of Prameha i.e. Puyameha. Ghritameha etc.

**Kashyapa Samhita:** He has mentioned the Symptoms of Pramehi child.

**Prameha**

The word 'Prameha' consist two sub-words. i.e. 'Pra' and 'Meha'. The word Meha is derived from the root "Mih Secane by adding 'Lue' Pratyaya to it "Mehati, Sinchati Mutraretansi" which means to excrete (Halayudhakosha). Rigveda mentioned this word first is Mehanadthanam Karanallium. The commentator of Rigveda.

Shayanacharya interpreted the word mehana as medhra, which denotes to Shishna (penis). In Sanskrit literature The 'Mih' is used to denote, to make water, to wet, to emit semen in reference to disease of humun body, so this root 'Mih' is added to prefix 'Pra' which mean the passing of urine in excess by in both term quantity and frequency and it becomes 'Prameha'.

**Types**

- Prameha are 20 in number.<sup>[1]</sup>
- Prameha can be classified under following headings:

**1) According to Dosha**Kaphaja<sup>[10]</sup>, Pittaja<sup>[6]</sup>, Vataja<sup>[4]</sup>**2) According to prognosis**

Sadhya (Kaphaja), Yapya (Pittaja), Asadhya (Vataja)

**3) According to body constitution**

Sthula and Krishna

**4) According to Nidana**

- Sahaja and Apathyanimittaja
- Prakritiprabhava and Swakrit

**5) According to Dosha predominance**

- Shleshmasamudbhava
- Doshakshayajanya Vataprakopatah.

**CLINICAL FEATURES****Features of Kaphaja prameha<sup>[2]</sup>**

1. **Udaka meha-** The urine is transparent (accha), excess (bahu), white (sita), cold (sheeta), odourless (nirgandha), similar to water (udakopama), turbid (avila) and slimy (picchila).
2. **Ikshu meha-** The urine is very sweet and similar to sugar cane juice (ikshurasavat madhura). It is slimy and turbid in nature.
3. **Sandra meha-** The urine is dense (sandra) and it precipitates when allowed to settle down when kept overnight (paryushita sandra).
4. **Sura meha-** In this condition, the urine appears similar to arrack (sura). The supernatant part appears clear and the lower part will be dense and thick.
5. **Pishta meha-** In this condition, the person feels horripilation on urination and the urine is white (sita) like the paste of the fine grain flour (pishtavat).
6. **Shukra meha-** The urine appears like semen (shukrabha) or mixed with semen (shukramishra).
7. **Sikatra meha-** In this condition, the urinary gravels appearing like sand particles are expelled out.
8. **Sheeta meha-** Excess amount of urination which is sweet (madhura) and cold (sheeta) in nature is found in this condition.
9. **Shanai meha-** Little by little, repeated, slow urination is complained in this disease.
10. **Lala meha-** In lala meha, the urine appears similar to saliva (lalatanrayuta) and is slimy (picchila) in nature.

**Features of Pittaja prameha<sup>[3]</sup>**

1. **Kshara meha-** Here, the urine has the odor, color, taste and texture of alkaline solution (ksharatoyavat).
2. **Kala meha-** Large quantity of black colour urine, just like the burnt coal (masinibha) is found in Kalameha.

3. **Neela meha-** The urine which is blue in colour similar to the feather of Blue jay bird (chashapakshanibha) is complained in this condition.
4. **Rakta meha-** Here, urine will have the colour and smell of blood and is salty in taste.
5. **Manjishta meha-** Manjishta (*Rubia cordifolia*) is a drug which gives dark red colour decoction or fresh juice. Here, the urine will have bad smell (visra gandha) and the urine appears similar to the decoction of manjishta.
6. **Haridra meha-** In this particular kind of prameha, the urine will be pungent (katu), has dark yellow colour similar to turmeric (haridranibha) and associated with burning sensation.

**Features of Vatajaprameha<sup>[4]</sup>****1. Vasa meha**

In vasa meha, the person passes the urine repeatedly which is mixed with fatty oil and often appears turbid and sticky similar to fat.

**2. Majja meha**

Here, urine will have the appearance similar to marrow and it is excreted frequently.

**3. Hasti meha**

In this condition of Hastimeha, urine is often excreted like an intoxicated elephant (mattahastiriva ajasrammutra) without force. In few of the cases lymph with clots are also found.

**4. Madhu meha**

Acharya Charaka explained that the roughness of aggravated vata dosha transforms the sweet taste (of ojas) into astringent taste and expels out along the urine. Thus, causes Madhumeha. Urine with astringent mixed sweet taste, pale colour and unctuousness are the features of this condition. Acharya Vagbhata opines that all pramehas if neglected or not treated properly, ultimately they reach the terminal stage -madhumeha.

**Table showing different type of prameha according to different text****Table-2.1**

Types of Meha	Charaka	Sushruta	Vagbhata
Kaphajameha	+	+	+
Udakameha	+	+	+
Ikshuvalikameha	+	+	Ikshumeha
Sandrimeha	+	+	+
Sandrprasadmeha	+	Pishtameha	+
Shuklameha	+	Surameha	+
Shitameha	+	Lavanmeha	Shitameha
Siktameha	+	+	+
Shanaimaha	+	+	+
Alalmeha	+	Phenameha	Lalameha
Shukrameha	+	+	+

Table-2.2

Pittajameha	Charaka	Sushruta	Vagbhata
Ksharameha	+	+	+
Kalameha	+	Amlameha	Kalameha
Nilameha	+	+	+
Lohitameha	+	Shonitameha	Raktameha
Manjishthameha	+	+	+
Haridrameha	+	+	+

Table-2.3

Vatajameha	Charaka	Sushruta	Vagbhata
Vasameha	+	+	+
Majjameha	+	Sarpimeha	Majjameha
Hastimeha	+	+	+
Madhumeha	+	Kshaudrameha	Madhumeha

## NIDANA

### General Nidanas

Addiction to the pleasure of sedentary habits (Asyasukham), sleep, curds, soup of the meat of domesticated (Gramya), aquatic (Audaka) animals and animals in habiting in the marshy lands (Anupa), milk preparations, freshly harvested food articles, freshly prepared alcoholic drinks, preparations of jaggery and all Kapha aggravating factors are responsible for the causation of Prameha. All the Acharyashave mentioned the same type of causative factors i.e. Kapha-aggravating factors as the general Nidanas of Prameha.<sup>[5]</sup>

### Specific Nidanas

Charaka has mentioned specific Nidanas of Madhumeha in 17th chapter of Sutrasthana which denotes AvaranajanyaVataprakopaja Samprapti while in 4<sup>th</sup>chapter of Nidanasthana he has mentioned SwakaranajanyaVataprakopaja Samprapti which is as follows-Excessive intake of Kashaya, Katu, Tikta, Ruksha, Laghu, ShitaDravyas; Vyavaya, Vyayama, Samshodhana Atiyoga, Vegavarodha, etc. aggravates Vata, which causes Oja to flow through urine.The correlation of both these Nidanas will be discussed in 'Samprapti'.

### Purvarupa

These are the prodromal symptoms which are manifested at the stage of Sthana Samshraya and are listed below:

Kesheshu Jatilibhava, Asya Madhurya, Karapada Suptata-Daha, Mukha-Talu- KanthaShosha, Pipasa, Alasya, Malam Kaye, Kaya chhidreshuUpadeha, Angeshu Paridaha-Suptata, Shatpada Pipilikabhi Sharira-Mutrabhisaranam, Mutre Cha MutraDoshan, Visra Sharira Gandha, Nidra Tandra Sarva Kalam, Sweda, Shithilangata,Shaiyya-Asana-Swapna-Sukhe Ratishcha, Ghanangata, Kesha-Nakha Ativridhi,Sheeta Priyata,Snigdha-Picchila-Guru Gatrata, Madhura-ShuklaMutrata, Sada, ShwasaDurgandh, Dehe Chikkanata.<sup>[6]</sup>

## RUPA

### (1) Prabhuta mutrata

This is the main cardinal sign described by all Acharyas. Vagbhata mentioned.

Prameha as the disease of Mutraatipravrtija.<sup>[7]</sup> Patients Void urine more in quantity, Gayadasa<sup>[8]</sup> opine that this excess urine quantity is because of liquification of the Dushyas and their blend.

### (2) Avila mutrata

Patient voids urine having hazy consistency or having turbidity. Gayadasa and Dalhana both opined that, this characteristic feature of urine is because of the nexus between Mutra, Dushya and Dosha.Vagbhata also emphasized that this turbidity of the urine is because of its annexation with the Dhatus.<sup>[9]</sup>

### (3) Picchila Mutrata

Charaka mentioned this character of urine especially at the time of diagnosis of the Prameha either, Anilatmaka or Kaphasambhava.

Kashaypa mentioned following symptoms of Prameha to be observed in pediatric patients.<sup>[10]</sup>

### Akasmata Mutra Nirgama

Child excretes urine suddenly with no intention.

### Makshika Akranta

Flies get attracted towards the urine.

### Shweta and Ghana Mutra

Child excretes urine having Shweta colour and solid consistency i.e. turbidity.

## SAMPRAPTI

### Dosha

- Tridosha
- Bahudrava Shleshma
- AvritaVata
- PrakupitaVata
- Vyana and ApanaVayu

**Dushya**

- Bahu-Abaddha: Meda, Mamsa, Vasa, Majja;
- Bahu: SharirajaKleda, Shukra, Shonita, Lasika, Rasa, Oja;
- Sweda.

**Samprapti Ghatakas**

On the basis of various references the Samprapti Ghataka of Madhumeha are illustrated below:-

- ❖ **Dosha:** Tridoshaprakopnimitaja.<sup>[11]</sup>
- **Dushyas:** Rasa, Rakta, Mamsa, Meda, Majja, Vasa, Lasika, Oja, Shukra, Ambu,<sup>[12]</sup>, Sweda<sup>[13]</sup>
- **Srotas:** Medovaha, Mutravaha, Udakavaha
- **Srotodushti:** Sanga, Atipravritti
- **Sanchaya:** Anustrotas
- **Prakopa:** Sarvasharira
- **Prasara:** Rasayani
- **Sthanasamshraya:** MutravahaSrotas
- **Agni:** Dhatwagnimandya
- **Ama:** Dhatugata (AparipakwaDhatu)
- **Udbahva:** Amashaya
- **Swabhava:** Chirkari<sup>[14]</sup>

**Specific Samprapti**

Vataprakopaka Ahara-Vihara, Dosha Avarana, Dhatukshaya, or Doshakshaya causes vitiation of Vata. RukshaVata converts Madhura Oja into Kashayarasa (Astringent taste) and brings it into the Basti leading ultimately to Madhumeha.

**Differential diagnosis of Prameha**

If the patient voids yellow or red coloured urine without Purvarupas of Prameha, the condition should be diagnosed as a case of Raktapitta.

**UPADRAVA****General Upadrava**

Trishna, Atisara, Jwara, Daha, Daurbalya, Arochaka, Avipaka, Putimamsapidaka, Alaji, Vidradhi etc.

**Specific Upadrava**

Hridgraha, Laulyam, Anidra, Stambha, Kampa, Shula, Badhapurishatvam; Udavarta, Kanthagraha, Shula, Shosha, Kasa and Shwasa.

**Sadhya-Asadhytva**

- Sadhya: KaphajaPrameha
- Yasya: PittajaPrameha
- Asadhya

Vataja Prameha. Bijadoshaja Prameha/Madhumeha.

According to Sushruta, Madhumeha along with Pidika and Upadravas, is Asadhya. Sushruta also opines that all types of Pramehas, when not properly treated, get converted into Madhumeha and become Asadhya.

- Krichchrasadhya: Doshavritvatajanya Madhumeha.

**Chikitsa**

- Nidana-Parivarjana,
- Sthula, BalavanaPramehi: Samshodhana,
- Krishna, DurbalaPramehi: Samshamana.

**Pathy apathy.**<sup>[15]</sup>

If we keenly observe the above quotation, it clearly defines the Samprapti of Santarpanottha Prameha. Chaya and Prakopa of Prameha followed by Dravabahulata-Vilayita (liquefied) Kapha followed by Mandagni; the same sequence is also seen in Prameha; in which Dosha-Dushya Sammurchhana takes place and the disease appears. The nija hetu of Prameha is Bahudrava Shlema. Its Dosha-Viparita treatment is 'Vasanta-Ritucharya'. In Jeerna and Krusha Pramehi, Vyanapana Prakopacreates Sthnavikriti, in which Vasantacharya is not suitable to the patient. But in Santarpanajanya and new Prameha, it is quiet useful.

**DISCUSSION**

The present study is established by observation that Prameha is one disease and manifestation of different types and sub types are duration oriented. According to Ayurveda prameha is a group disease. It can be influenced by improper management. Hence the concept of prameha as whole treated as per concept of Madhumeha.

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