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### Role of Ayurveda in the Management of *Prameha* w.s.r to Diabetes Mellitus-A Review

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#### ABSTRACT: -

##### Background

In today's world, prediabetes is more common than diabetes, and the pace at which prediabetes is converted to diabetes is also rising. Prediabetes is an intermediate stage of hyperglycemia in which the glycemic level is above normal but below the Diabetic glycemic threshold level, which affects around 471 million people worldwide. The ancient Vedas and the Ayurvedic well characterize *Prameha* as a global problem. An attempt is made here to examine *Prameha* by compiling a number of references.

##### Aims and Objective:

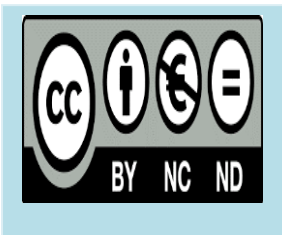
The purpose of this paper is to review the well-documented Ayurvedic idea of the *Prameha Roga*, as the prevalence of diabetes is increasing in society and is becoming increasingly difficult to avoid and control due to its complexity.

**Material and methods-** *Brihatrayee*, *Laghutree*, and other *Ayurveda* literatures, articles related to *Prameha* are compiled. Review mainly focused on description in ancient literature.

**Results-** This article explained Ayurvedic concept of diabetes and diabetic complications. The present review article shows the anti-diabetic effects of various mentioned herbs in ayurvedic texts.

**Conclusion-** *Prameha* references can be found in the Vedas, Puranas, and other literary works. It is extensively mentioned as enumerated in Ayurvedic treatises. An effective physician should understand these fundamental ideas, and with this knowledge, they will be able to provide better care to their patients. As a part of pharmacotherapy, Ayurvedic principles for the treatment of '*Atisthaulya*' & *Kaphaja prameha* should be used wisely to treat prediabetes and prevent it from progressing to diabetes.

**KEYWORD:** Ayurveda, *Prameha*, Prediabetes, lifestyle, diet.



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## INTRODUCTION

According to Ayurveda, the body is the product or outcome of nourishment. Disease, on the other hand, is caused by poor or inadequate diet. The disparity between healthy and bad diets is responsible for the difference between health and illness.<sup>[1]</sup> Vihara includes *Dinacharya*, *Ritucharya*, Yoga act helps to maintain physical and mental well-being. Excessive intake of heavy, unctuous, and saline-tasting foods, new cereals, and fresh wine consumption in big quantities, sedentary lifestyle, lack of physical and mental exercise, and failure to undergo bio-purification of the body are all said to be etiological causes for *Prameha* in Ayurveda.<sup>[2]</sup> The etiological factors worsen *kapha*, *pitta*, *meda*, and *mansa*, as well as obstructing *vata's* usual course. Agitated *vata* transports ojus to the *basti* (urinary bladder) and causes *Prameha*, which is difficult to treat.<sup>[3]</sup> *Prameha* is described in the Charaka Samhita as a kind of *Vataja prameha* characterized by the excessive passage of honey-like urine. Patients pass urine with a sweet taste and a body odour similar to honey.<sup>[4]</sup> The urine is astringent, sweet, pale and unctuous. In Ayurveda, it is stated to be a curable sickness that seeks thorough management of the ailment as well as prevention concepts and other forms of everyday activities that are extremely important. With continued use of Ayurvedic drugs, blood sugar levels fall slowly and steadily, and these drugs are extremely safe because they do not trigger hypoglycemic

episodes.

## AIMS AND OBJECTIVE

To evaluate, elaborate and discuss the *Prameha* with special reference to Diabetes Mellitus.

## MATERIAL AND METHOD

Material Literature is drawn from Ayurvedic classics as well as modern medical texts. This review study explains the idea of *Prameha*, its pathophysiology in Ayurveda, and focuses on *Prameha* treatment principles.

### Literary Review

#### *Prameha*

*Prameha* is a metabolic disorder in which *Dhatu*s develop a variety of metabolic mistakes as a result of a lack of particular *Dhatwagn is*. *Dhatwagn is* appears to be a broad-based generalization of complete biological reactions, implying that each species of *Dhatwagni* should contain a large number of group- and reaction-specific enzymes.<sup>[6]</sup> Due to rising obesity and less active lives, *Apathyanimitaja Prameha* is becoming more common than *Sahaja Prameha*. *Sthaulya* is the most common cause of *Apatyanimitaja Prameha*, and adhering to Ayurvedic practices can help you avoid it. Unhealthy eating habits and sedentary lifestyles cause metabolism to be disrupted. As a result, the cycle of metabolism is interrupted and half-digested, unmetabolized products may act as toxic material and cause tissue damage. Pathology takes place at an intermediary level of body tissue i.e. *Dhatoos*.<sup>[7]</sup> *Prameha's*

pathophysiology clearly suggests that it is a metabolic disease. Sugar is not referenced anywhere in the Ayurvedic classics. In *Prameha*, there isn't a single reference to sugar contraindications or *apathya*.

### Diabetes mellitus

Diabetes mellitus, as defined by current science, is a set of disorders characterized by an excess of sugar in the blood.<sup>[8]</sup> It demonstrates that modern science places a high value on blood sugar levels. While ancient sages addressed sugar in all of *Prameha* illness, they did not mention it anywhere else.

### Diagnosis

The only glucometer reading of blood sugar level cannot diagnose diabetes, which means that only a glucometer reading of blood sugar level cannot designate someone as a diabetic patient. When a person's blood sugar level rises along with symptoms, we can classify them as diabetics. The importance of body feedback in the diagnosis of diabetes cannot be overstated.<sup>[9]</sup>

### Management

This ailment and its therapy are clearly defined in Ayurveda. Sushrut had a complete chapter dedicated to the treatment of this condition, indicating that treatment was available at the time. This serious disease can be controlled by paying close attention to four aspects: *Nidan parivarjan*, *Ahara* (diet), *Vihara* (exercise), and *Aushadha*. The roles of *ahara* and *vihara* are equally crucial, if not more so, in controlling blood sugar levels and preventing disease consequences. In all the classics, *ahara dravyas* are described in detail and they cover all the food groups specially *yava*, *godhooma*, *bajara*, *mudga*, *tikta shaka*, *amla*, *nimba*, *karavellaka*, *patola*, *guduchi*, *tulsi*, *gudmar*, *vijaysara*, *chirayta*, *manjisthja*, *haridra*, *rasona*, *jambu*, *methika*, *bimbi* etc. According to Charaka,<sup>[10]</sup> this disease get immediately cured by different type of exercises, *ruksha udvartana*, *avagaha* and

*parisek snana* along with application of ointment made of *aguru*, *chandan*, *usheer*, *ela* etc. and if they are used always, person will never be its victim.<sup>[11]</sup> Exercise improves insulin delivery to muscles and opens previously non-perfused capillaries, increasing the impact of insulin as well as the surface area available for glucose transfer. Exercise also improves insulin sensitivity in the peripheral and hepatic areas, lowering the risk of CVD and PVD (peripheral vascular disease). According to Ayurveda, the treatment of *Prameha* is entirely dependent on the individual's constitution.<sup>[12]</sup> Patients with type 1 Diabetes Mellitus (*Vathaja prameha*) are generally advised to combine *Bhrimhana* (medication and nutrition that promote dhatus in the body) with *Shaman chikitsa*. After completing *Snehana karma*, bio-purification (*shodhan chikitsa*) of the body is indicated in type 2 diabetes (obese diabetic) patients with optimal physical strength and intense expansion of *doshas*. This is determined by the preponderance of the *dosha* (*Kaphaja* are advised emetics, *Pittaja* are advised purgation).<sup>[13]</sup> Generally *swedana* is contra indicated in this disease because it induces *kleda* which is a causative factor for this disease. Because the treatment has to check the additional fluidity of dhatus and provide them good strength and compactness, herbal drugs employed in the management of *Prameha* should have *katu* (pungent), *tikta* (bitter), and *kasaya* (astringent) rasa (taste). In other words, *katu*, *tikta*, and *kasaya* rasas have properties that are antagonistic to *madhur rasa*.<sup>[14]</sup> *Katu rasa* maintains *pachakagni* so it corrects metabolism.<sup>[15]</sup> *Tikta* and *kasaya rasa* are useful to check excessive urination by their *sthambhan* property. As a result, the Ayurvedic approach to *madhumeha* care is fully reliant on the patient's strength and digestive power, the type of vitiated and prominent *dosas*, the form of therapy, and the season of therapy

administration.

## DISCUSSION

Diabetes is not reversible, according to a common misconception. The human body is not a machine; it cannot be compared to one, and it is not powered by bioelectricity.<sup>[16]</sup> Human consciousness has an effect on the human body. Even a single human cell contains human consciousness.<sup>[17]</sup> Ayurveda has a unique way for diagnosing *Nidan panchaka*, which includes five criteria. Among these five Roopa (symptoms) is said to be most important in diagnosing the disease. There is a reading method or a numerical method in modern medicine that signifies a predetermined level of parameters to identify a certain condition; for example, hemoglobin level to diagnose anaemia, blood pressure level, blood sugar level, and so on. These figures are used to determine the disease's severity. There are numerous disorders that can be diagnosed using this number or reading method. This type of number method to detect the condition is not referenced in any Ayurvedic texts. The importance of body feedback in Ayurveda for disease diagnosis has been emphasized. It means that blood sugar readings aren't the most important factor in determining whether or not someone has diabetes. It means that blood sugar readings aren't the most important factor in determining whether or not someone has diabetes. There is no mention of blood sugar in *Prameha's* symptoms or therapeutic principles; instead, honey and jaggery are referred to as Anupana.<sup>[18]</sup> Fructose is found in honey and jaggery, and fructose does not raise blood glucose levels. *Prameha's* treatment concepts attempt to rectify habits such as night awaking and exercise. Diabetes can be managed without the use of medications.<sup>[19]</sup> Diabetes is a disturbance in the body's metabolism or a liver illness in which the body's metabolism is fully

disrupted. Hyperinsulinemia causes vascular injury since insulin is a growth hormone.

## CONCLUSION

*Prameha*, which is linked to diabetes mellitus, was well-known to Indian physicians, who not only described the sweet taste of urine as one of the main symptoms, but also the link between the disease and obesity, as well as the consequences of biochemical abnormalities in the body causing dyslipidemia in glucose metabolism. With continued usage of Ayurvedic medications, the lowering of sugar levels is slow and gradual. They are risk-free since these medications do not trigger hypoglycemia episodes. If managed by a qualified Ayurvedic physician, Ayurveda can be a lifesaver for diabetic patients.

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