



PHYSIOLOGICAL PERSPECTIVE OF PRAMEHA: FOCUSING ON DOSHA, DHATU, AND MALA

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ABSTRACT

Prameha is one of the leading and progressive disease found in India. It is a very complex disease. Ayurveda mentioned various types of *Prameha* depending upon imbalance of the Doshas; Vata, Pitta and Kapha. Its disease featured as increased quantity (*Prabhut*) and turbidity (*Aavil*) of Urine. Turbidity in urine is due to presence of dosha and *dushyas*. As it is disease related to metabolism, it suggests that there is defect in the Agni (*Agnimandya*). Due to heavy fatty diet and sedentary lifestyle, there is quantitative increase in *Dravatva* of *Kapha* due to the elimination of excessive *kleda* with urine. Turbidity in urine is due to presence of *dosha* and *dushyas* in the urine. In *Prameha*, the normal function of *Mutra* get disturbed and it excretes excessive *Kleda* from urine. Methodology: We will review, *Samhitas* by *Charak*, *Shushrut* and *Vagbhata*, Textbooks, online database and review articles. Conclusion: In *Prameha agnimandya* is present with *Vikruti* of three Doshas but dominance of *Kapha Dosha* and *Meda Dhatu Dushti*. *Prameha* has many *Dushyas*, *Vata*, *Pitta*, *Kapha*, *Meda*, *Mansa*, *Kleda*, *Shukra*, *Shonit*, *Vasa*, *Majja*, *Lasika*, *Rasa* and *Mutra*. The most affected Doshas are *Kleda*, *kapha*, *Samanvayu* and *Pachak Pitta*.

KEYWORDS: *Prameha*, *agnimandya*, *Kleda Meda Dhatu Lasika*.

INTRODUCTION

Prameha is one of the leading and progressive disease found in India. It is a very complex disease. Ayurveda mentioned various types of Prameha depending upon imbalance of the Doshas; Vata, Pitta and Kapha. Its disease featured as increased quantity (Prabhut) and turbidity (Aavil) of Urine. Turbidity in urine is due to presence of dosha and dushyas. As it is disease related to metabolism, it suggests that there is defect in the Agni (Agnimandya). Due to heavy fatty diet and sedentary lifestyle, there is quantitative increase in Dravatva of Kapha due to the elimination of excessive kleda with urine. Turbidity in urine is due to presence of dosha and dushyas in the urine. In Prameha, the normal function of Mutra get disturbed and it excretes excessive Kleda from urine.

The word prameha is composed of the two words i.e. pra and meha.

The word Prameha meha is ‘Mehanti sincati mutratiretamsi’ which means to excrete. In Sanskrit literature the word „Mih- is used to denote to make water, to make wet and to emit. So, this root „Mih“ is added to prefix Pra- word becomes prameha. The word ,pra -means with large quantity or with dominance. On the basis of above explanation, it can be concluded that disease *prameha* is excessive excretion of something predominantly urine.

स्थूलः प्रमेही बलवानिहैकः कृशस्तथैकः परिदुर्बलश्च।

सम्बृंहणं तत्र कृशस्य कार्यं संशोधनं दोषबलाधिकस्य॥१५॥ charak chikitsa 6/15

Thus, it is clear that the types of the *prameha* are dependent upon the body structure. The line of treatment also changes accordingly. For the *sthula pramehi samshodhana*, is indicated and for the *krush pramehi sambruhanam*.

According to nidana, *prameha* has two types,

- 1) *Sahaja prameha*
- 2) *Apathyanimmittaja prameha*

Apathyanimmittaja prameha occurs due to having improper diet and due to having improper behavior in habits. It is required type of the disease.

Sahaja prameha occurs due to *beejdosha*. Apathyanimmittaja prameha is of two types Samtarpanjanya and Aptarpanjanya. Sahaja prameha can be related with congenital disease

or hereditary disease. This review article aims to provide an overview of the physiological aspects of Prameha with special reference to Dosha, Dhatu, and Mala.

MATERIALS AND METHODS

Review of classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridayam. Review of contemporary research articles on Prameha and Ayurveda. Online databases, including Google Scholar, were searched using relevant keywords.

Literature Review

The description of the prameha vyadhi is observed in the *charak samhita*, *sushruta samhita*, and *vaghata samhita*.

Samanya hetu of prameha

According to charaka the following sutra explains the Hetu(nidana) of the prameha in details.

Etiology of prameha

आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि।

नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम्॥charak chikitsa

It means addiction to the pleasures of lounging and sleeping, the excessive use of curds, meat, juice of domestic, aquatic and wet land animals, milks, new grains and drinks and products of gur and all things that increase kapha are the causative factors of the anomalies of the urinary secretion.

Vitiating factors involved in pathogenesis

कफः सपित्तः पवनश्च दोषा मेदोऽस्रशुक्राम्बुवसालसीकाः।

मज्जा रसौजः पिशितं च दूष्याः[१] प्रमेहिणां, विंशतिरेव मेहाः॥८॥ charak nidan

Doshas like kapha, pitta and vata, and dushyas like medas, rakta, shukra, ambu (body fluid), vasa (muscle fat), lasika (lymph), majja, rasa, ojas and mamsa are responsible for the causation of prameha which is of twenty types.[8]

Samprapti (pathogenesis) of prameha-

The pathophysiology of the disease is called as the samprapti. The samprapti of the prameha is explained in details by acharyas. The following sutra are key in the samprapti of prameha.

In prameha the morbid factor of the humor is excessive fluidity of kapha (body colloid). In prameha the predominant dosha is kapha.

मेदश्च मांसं च शरीरजं च क्लेदं कफो बस्तिगतं प्रदूष्य
 करोति मेहान् समुदीर्णमुष्णैस्तानेव पित्तं परिदूष्य चापि॥५॥
 क्षीणेषु दोषेष्ववकृष्य बस्तौ धातून् प्रमेहाननिलः करोति
 दोषो हि बस्तिं समुपेत्य मूत्रं सन्दूष्य मेहाञ्जनयेद्यथास्वम्॥६॥ charak chikitsa

Vitiated kaphadosha, medadhatu, mamsa dhatu and kleda cause Kaphaja prameha involving basti. When vatadosha is in excess amount and the other two dosha i.e. kaphadosha and pittadosha are kshina, and there is vitiation of the vasa, majja, ojas, lasika then it results in the vataja prameha involving basti. Thus, the vitiated dosha reach vitiating mutra, cause the prameha. According to sushruta, the intake of the etiological factors related to prameha which results in the formation of aparipakva or ama vata, pitta, kapha, meda, vasa. These factors vitiate the mutravaha srotasa. These factors are expelled out of the body in the form of the urine resulting in the prameha.

According to vaghbhata, the basic pathophysiology is same as above. but he has described the two types of madhumeha.

- 1) *Dhatikshayajanya*
- 2) *Avaranajanya*

Thus, from the above sutra it is clear that after the *nidana* of the prameha are taken by the patient then first kaphadosha gets vitiated very quickly. This vitiation of the kaphadosha happens in the body due to its excessive presence in the body. It is the kaphasamchayavastha. This vitiated kaphadosha then rapidly gets spread over the body. This procedure occurs due to excessive liquification of the kaphadosha. As the dravaguna of the kaphadosha has been increased due to *nidanasevana*. Kaphadosha gets mixed with the *medadhatu*. The properties of the vitiated medadhatu are bahu and *abaddhatu*. Bahu means more and abaddha means free. Also, the guna of the kaphadosha are similar to the guna of the medadhatu. Thus, kaphadosha vitiates the medadhatu first forming a strong relationship with it.

After the vitiation of medadhatu the vitiated kaphadosha forms the relationship between the body mamsa and kleda. This situation occurs in the body due to preformed excessive production of the mamsa and kleda.

The pramehapidika are formed in the body due to establishment between vitiated kaphadosa, mamsa and kleda. The liquid portion of the body gets vitiated. This portion gets converted to urine i.e. mutra. Mutravaha srotasa is made up of the basti and vamkshana. Mutravaha srotasa gets vitiated due to medadhātu and kleda.

Thus, they form obstruction in the mutravaha srotasa. Thus, they form prameha reaching the basti and vamkshana. According to charakasamhita chikitsasthana the following sutra is explained as samprapti of the prameha.

दोषो हि बस्तिं समुपेत्य मूत्रं सन्दूष्य मेहाञ्जनयेद्यथास्वम्||charak chikitsa

On the diminution of the other two humors, the morbid vata dosha draws into the Genito-urinary system the essential body-elements and gives rise to third class of urinary anomalies. In every case the morbid humor, having reached the Genito-urinary system, vitiates the urine and generates urinary anomalies corresponding to its specific nature.

सपूर्वरूपाः कफपित्तमेहाः क्रमेण ये वातकृताश्च मेहाः|

साध्या न ते, पित्तकृतास्तु याप्याः, साध्यास्तु मेदो यदि न प्रदुष्टम्|| Charak chikitsa

The kapha and pitta types of urinary disorders if they preceded by their respective premonitory symptoms, and those urinary disorders which have gradually culminated into the vata type, are not curable. The urinary disorders due to pitta are generally palliable only, but if the fat element has not been impaired, they admit of curative treatment.

Vataja prameha is asadhya. The reason for asadhyata is its Mahatyayiktwad nature. Pittaja prameha is yapyata. the reason for yapyata is its vishamkriyatwat nature.

Kaphaja prameha is sadhya. The reason for sadhyata is its samkriyatwat nature.

According to charaka, there is one special type of prameha, is described called as jata: prameha. It is called as kulaja vikara occurred due to hereditary. This kind of disease is in large number in the society. This disease is called as bijadoshaja, and it is asadhya in nature.

Importance of Agni in Prameha

1. Agnimandya (impaired digestive fire) is considered a key factor in the development of Prameha, as it leads to impaired carbohydrate metabolism and glucose intolerance.

2. Role of Kapha Dosha in Prameha: Kapha Dosha is responsible for the maintenance of body fluids, including urine, and its imbalance leads to excessive fluid retention and urine production, which are characteristic features of Prameha.
3. Involvement of Meda Dhatu in Prameha: Meda Dhatu is responsible for the storage of energy in the form of fat, and its imbalance leads to impaired glucose metabolism and insulin resistance, which are key features of Prameha.

This flow chart provides a concise overview of the Dosha, Dhatu, and Mala imbalance in *Prameha*, highlighting the key factors involved in the pathogenesis of the disease.

Dosha Imbalance

Vata Dosha

- › Elimination of waste products (urine)
- › Imbalance: Excessive urine production

Pitta Dosha

- › Metabolism of carbohydrates, proteins, and fats
- › Imbalance: Impaired glucose metabolism

Kapha Dosha

- › Maintenance of body fluids (urine)
- › Imbalance: Excessive fluid retention

1. Doshas in Prameha

In Ayurveda, Prameha is primarily caused by an imbalance in the three Doshas — Vata, Pitta, and Kapha. These energies govern the physiological processes in the body. Each type of Prameha is linked to a specific Dosha disturbance

Vata Prameha: Characterized by dry, frequent urination with an inability to hold urine, often linked to irregularity in bowel movements, mental stress, and a disturbed lifestyle. Vata's qualities like dryness and mobility result in an increase in the frequency and irregularity of urination.

Pitta Prameha: The urine becomes yellow, hot, and might have an acrid smell. This condition is linked to an imbalance of Pitta, which governs metabolism, digestion, and transformation.

In Pitta Prameha, the excess heat and acidity in the body affect the urinary system, leading to burning urination, increased thirst, and irritability.

Kapha Prameha: Marked by heavy, turbid, and sweet-smelling urine, Kapha Prameha is associated with a sluggish metabolism. Excessive water retention and mucus-like consistency in the urine are signs of Kapha dominance, leading to low digestive fire and an overall sense of lethargy and weight gain.

Dhatu Imbalance

Rasa Dhatu

- › Nourishment of the body
- › Imbalance: Impaired nutrient absorption

Rakta Dhatu

- › Transportation of oxygen and nutrients
- › Imbalance: Impaired oxygenation and nutrient delivery

Mamsa Dhatu

- › Maintenance of body tissues
- › Imbalance: Impaired tissue repair and maintenance

2. Dhatus in Prameha

The Dhatus are the fundamental body tissues in Ayurveda, each playing a crucial role in maintaining the structural and functional integrity of the body. In the context of Prameha, the imbalance or improper transformation of Dhatus contributes significantly to the condition:

Rasa (Plasma): The liquid aspect of the body. Imbalance in Rasa can result in excessive thirst and abnormal water retention, which is common in Prameha cases. A deranged Rasa leads to an excessive amount of urine production.

Rakta (Blood): The blood plays an important role in the body's overall vitality. Imbalance in Rakta can lead to increased heat in the body, which further exacerbates the symptoms of Pitta Prameha. It also contributes to the overall metabolic imbalance leading to other symptoms of Prameha.

Mamsa (Muscle): This Dhatu is involved in physical strength and structure. While less directly related to Prameha, the imbalance of Mamsa can lead to lethargy and weight gain, which are common features of Kapha-type Prameha.

Medas (Fat): Increased Medas can cause sluggish metabolism and weight gain, as seen in Kapha-type Prameha. This also leads to improper digestion and the accumulation of toxins that affect the urine.

Asthi (Bone): Healthy bone tissue is essential for overall strength and stability. When imbalanced, Asthi contributes to weakness and fatigue, which could be aggravated by Prameha, leading to physical debility.

Majja (Bone marrow and nervous tissue): The nervous tissue or bone marrow contributes to the production of blood and maintaining strength. Any disturbance here may lead to weak immunity, resulting in susceptibility to urinary disorders.

Shukra (Reproductive tissue): Imbalance in Shukra leads to sexual and reproductive issues, which are sometimes intertwined with Prameha. Chronic conditions of Prameha can affect the sexual function and reproductive tissues by increasing the body's toxicity.

Mala Imbalance

Mutra

- › Elimination of waste products (urine)
- › Imbalance: Excessive urine production

Purisha

- › Elimination of solid waste products
- › Imbalance: Impaired bowel function

3. Mala in Prameha

Mala refers to the waste products of the body, including excreta like urine, feces, sweat, and mucus. In the context of Prameha, the primary Mala is urine, and any disturbances in its quality and quantity signify imbalances in the body's metabolic processes

The urine in Prameha is often excessive in quantity and may have an altered composition, indicating disturbances in digestion and metabolism. In Kapha-type Prameha, the urine is often cloudy and sweet-smelling, while in Pitta-type Prameha, it can be yellow and hot.

This flow chart provides a concise overview of the Dosha, Dhatu, and Mala imbalance in Prameha, highlighting the key factors involved in the pathogenesis of the disease.

Rupa of prameha

It means the signs and symptoms which are present in the disease. The aggravation of *poorvaroopa* is seen in the *rupa* of the *prameha*.

The general features of the *prameha* are dependent upon the characteristics of the urine. They are as follows.

1) *Prabhutamutrata*

According to the definition of the *prameha*, *prabhutamutrata* is a major symptom which means production of excess amount of urine. In the origin of the *prameha kledotpatti* is the important factor. The *kleda* is excreted via urine. Thus, it increases the volume of the urine resulting in the symptom *prabhutamutrata*.

2) *Avilamutrata*

Avilamutrata is another major symptom observed in the *prameha*. *Avila* means hazy or turbid. This property is seen in the urine due to *amotpatti*. Involvement of the *kaphadosha* and *medadhatu* leads to the origin of hazy or turbid urination.

3) *Picchilamutrata*:

At the time of diagnosis of the *prameha* this symptom is expressed by the *charaka*. This property is seen in the urine due to *amotpatti*. Involvement of the *kaphadosha* and *medadhatu* leads to *picchilamutrata*.⁶² According to the *sushruta*, few symptoms are described as psychological symptoms in the patients of *madhumeha*. They prefer to stand still than walking, sitting than standing, lying down than sitting, and sleeping than lying down.

RESULTS

The review highlights the importance of Agnimandya, Vikruti of three Doshas, and dominance of Kapha Dosha and Meda Dhatu Dushti in the pathogenesis of Prameha. The

clinical features of Prameha, including increased quantity and turbidity of urine, polyuria, polydipsia, and polyphagia, are consistent with the Ayurvedic concept of Prameha.

DISCUSSION

The review highlights the importance of Dosha, Dhatu, and Mala imbalance in the pathogenesis of Prameha.

The imbalance of Vata, Pitta, and Kapha Dosha, as well as Rasa, Rakta, and Mamsa Dhatu, contributes to the development of Prameha.

The imbalance of Mutra and Purisha Mala also plays a crucial role in the pathogenesis of Prameha.

The review highlights the importance of a comprehensive approach to managing Prameha, including dietary modifications, herbal formulations, and Panchakarma therapies.

The imbalance of Dosha, Dhatu, and Mala in Prameha can be managed through Ayurvedic interventions, including Rasayana therapy and Panchakarma.

the physiological aspects of Prameha and the role of Dosha, Dhatu, and Mala imbalance in its pathogenesis are interrelated to each other.

CONCLUSION

- *Prameha* is a complex disease involving multiple factors, including Dosha, Dhatu, and Mala imbalance.
- The imbalance of Vata, Pitta, and Kapha Dosha, as well as Rasa, Rakta, and *Mamsa* Dhatu, contributes to the development of *Prameha*.
- Ayurvedic interventions, including *Rasayana* therapy and Panchakarma, can be effective in managing *Prameha* by restoring balance to the Dosha, Dhatu, and Mala.

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