

Department :- Ayurved Samhita &
Siddhant

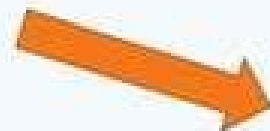
Topic :- Prameha

NIRUKTHI

PRAMEHA

PRA=EXCESS

MEHA=URINE



Pratyatma lakshana :

- **Tatravilprabhutmutralakshanah Sarva eva Prameha**
(Sushruta, Nidan 6/6)
- **Samanyam lakshanam tesham prabhutavilmutrata**
Doshadushyavisheshepi tatsamyog visheshatah,
Mutravarnadibheden medo mehesu kalpate.
(Ashtanghridaya Nidan 10/7)
- **In ayurvedic texts Prameha is defined to be characterized**
with excessive urination (both in frequency & quantity)
and turbidity. The nature of the turbidity may vary
depending upon the body reaction with the doshas.

NIDANA (ETIOLOGY)

*“Asya sukham swapnasukham dadhini
gramyuduka anuparasani*

*Navannapanam gudavaikritam cha prameha hetu
kaphakri chasarvam”*

(Charak Chikitsa 6/4)

SAMPRATHI (pathogenesis)

Kapha vitiation



Spreads all over the body due to laxity of body



Mixed up with medho dhatu



Mixed with kleda & mamsa



Affects mutra vaha srotas, vankshna & basti marga



Prameha (prabhuta avila mutram)

DUSYA IN PRAMEHA

VATA

PITTA

KAPHA

MEDAS

RAKTA

MAMSA

SUKRA

AMBU

VASA

LASSIKA

MAJJA

RASA

PURVARUPA (pre-mordial symptoms)

- ☐ **JATHILEBHAVAM KESEHU**
- ☐ **MADHURASYATA**
- ☐ **KARAPADADAHAM**
- ☐ **MUKHA TALA SOSHAM**
- ☐ **PIPASA**
- ☐ **ALASYAM**
- ☐ **PARI DAHAM**
- ☐ **SUPTATA**
- ☐ **SATPADA PIPILIKABHISCHA**

PURVA RPA (pre-mordial symptoms)

- ❑ SARIRA MUTRABHI SARANAM**
- ❑ VISRAM**
- ❑ SARIRAGANDHAM**
- ❑ NIDRA**
- ❑ TANDRA**
- ❑ KESANAKHATI VRIDDHI**
- ❑ SVEDAM**
- ❑ SITAPRIYATVAM**
- ❑ GHANANGATA**

CLASSIFICATION OF PRAMEHA

➤ **Etiological Classification (Sushrut)**

1. Sahaja Prameha (Growth onset/Juvenile/IDDM)

- ☐ Family history
- ☐ Early onset
- ☐ Asthenic constitution
- ☐ Prone to complications

2. Apathyanimittaja Prameha (NIDDM)

- ☐ Over nutrition
- ☐ Sedentary habits
- ☐ Obese
- ☐ Manageable with diet control and Herbo-mineral treatment (Apatarpana Chikitsa)

➤ Clinico-Pathological Classification

1. Kaphaja Prameha -10 (Early Diabetes)

- ☐ Overweight with Mild Hyperglycemia
- ☐ Polyuria/Glycosuria

2. Pittaja Prameha -6 (Acute Diabetes)

- ☐ Loss of weight
- ☐ Hyperglycemia and Glycosuria
- ☐ Urinary Tract Infection

3. Vataja Prameha -4 (Chronic Diabetes/Complications)

- ☐ Severe Hyperglycemia with Glycosuria
- ☐ Cachexia
- ☐ Nephropathy, Neuropathy
- ☐ Retinopathy
- ☐ Cardio Respiratory Complication
- ☐ Gangrene

➤ Therapeutic classification based on body constitution (Charak)

1. Sthul Pramehi (Obese- NIDDM)

- Manageable with diet control and exercises

2. Krisha Pramehi (Asthenic- IDDM)

- Not manageable with diet control alone
- Rather requires nutritive treatment (Brihmana chikitsa)

➤ Prognostic classification

1. Sadhya (Manageable)

- ☐ Apathyanimittaja Prameha (NIDDM)
- ☐ Kaphaja Prameha (Early Diabetes)
- ☐ Sthula Pramehi (Obese Diabetics)

2. Yasya (Palliative)

- ☐ Pittaja Prameha (Acute Diabetes)

3. Asadhya (Unmanageable)

- ☐ Sahaja Prameha (IDDM)
- ☐ Vataja Prameha (Chronic Diabetes)
- ☐ Krisha Pramehi (Asthenic Diabetics)

TYPES OF PRAMEHA

❖ KAPHAJA: (10)

❑ **UDAKA MEHA –**

- **Transparent**
- **Abundant**
- **White**
- **Cold**
- **Odourless**
- **Waterlike.**

TYPES OF PRAMEHA

❑ IKSHUVALIKA:

- **Excessively sweat,**
- **Cold,**
- **Slightly slimy,**
- **Turbid,**
- **Like the juice of Ikshuvalika.**

TYPES OF PRAMEHA

- SANDRA MEHA-** when urine kept for the night precipitates in the pot.
- SANDRA PRASADA –** in this urine partly precipitates & is partly clear.

TYPES OF PRAMEHA

- ❑ PISTA MEHA** – excretes urine frequently as white and flour like.
- ❑ SUKRA MEHA** – urine is mixed with semen.

TYPES OF PRAMEHA

- SITA MEHA – frequent and excessive urination, urine is sweet and cold.**
- SIKATA MEHA – one who passes small particles situated morbidity in urine.**

TYPES OF PRAMEHA

- SANAIR MEHA – passes urine with difficulty and slowly without any urge.**
- LALA MEHA – urine as bound with threads. Saliva like, slimy.**

TYPES OF PRAMEHA

❖ PITTAJA – 6 TYPES.

- 1. Kasarameha – urine like alkali in respect of smell, color, taste & touch.**
- 2. Kalameha – urine is hot & of black of colour.**
- 3. Nilameha – urine is having sour taste, having colour like that of the feather of casa bird.**

TYPES OF PRAMEHA

□ PITTAJA – 6 TYPES.

- 4. Rakta meha – urine has fleshy smell, saline taste, hot & red in colour.**
- 5. Manjista meha – urine resembles the decoction of manjista & having fleshy smell.**
- 6. Haridra meha – urine like decoction of haridra has pungent taste.**

TYPES OF PRAMEHA

❖ VATAJA – 4 TYPES (incurable)

- 1. Vasa meha – urine mixed with muscle fat.**
- 2. Majja meha – passes majja along with urine.**
- 3. Hasti meha – passes urine excessively and constantly like an excited elephant.**
- 4. Madhu meha – passes urine as astringent , sweat pale, rough.**

UPADRAVAS OF PRAMEHA(AS)

Kaphaja	Pittaja	Vataja
Pratishyaya (coryza)	Amlika (hyperacidity)	Hridgraha (heaviness in the chest)
Sharira shaithilya (laziness)	Pipasa (excessive thirst)	Laulyam (excessive hunger)
Arochaka (anorexia),	Jvara (fever)	Anidra (insomnia)
Avipaka (indigestion),	Daha (burning sensation)	Kampa (tremors)
Praseka (excessive salivation),	Cosha (burning pain)	Shulam (pain)
Chhardi (vomiting)	Atisara (diarrhea)	Baddha purishatvam (constipation)
Nidra (hypersomnia),	Pandu (anemia)	Kasa (cough)
Kasa (cough)	Vrishanavadaranam (cracking of the scrotal skin)	Shwasa (dyspnea)
	Vrishanavadaranam (cracking of the scrotal	

PROGNOSIS OF PRAMEHA

- 1. Kaphaja : Sadhya
(samakriyatwaat)**
- 2. Pittaja : Yaapya
(vishamakriyatwaat)**
- 3. Vaataja :
Asadhyaa(mahatyayatwaat).**

Diabetes as Prameha & Madhumeha

- Sarva ev Pramehastu Kalena parti karinah
Madhumehatvamayanti Tadasadhya
bhavantihi .
(Sush. Nidana 6/29)
- Jatah Pramehi Madhumehinova na
Sadhyaauktah sahi Beejadoshat.
Ye chapi kechitkulaja vikara
bhavantitamstan Pravadantya sadyan.
(Ch.Chi. 6)

- Upekshayasya jayante pidaka Madhumehikah.

(Ch.Su.17)

- Madhumehe madhusam jayate sa kildwidha |
Kruddhe dhatukshayadyayau doshavrittpatheethva
||

Avritto doshalingani soanimittam pradarshyan |

Kshanatksheenah Kshanatpurno bhajate Krichra
sadhyatam || (Madh. Pram. Ni 24-25)

- Madhuram yacch meheshu prayo madhviv mehati |

Sarveapi madhumehakhya madhuryacch tanoratah
|| (Vag.Nidan 10/Madh. Pram.Nidan26)



THANK

YOU

FOR

WATCHING

MY PPT



**Any suggestions are most welcome
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