

## **A COMPARATIVE STUDY OF PRAMEHA ROGA FROM THE BRIHATRAYEE**

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### **ABSTRACT**

The study of this *Prameha Roga* reveals the rich knowledge of the Ayurveda developed since the time immemorial. Although descriptions of this disease are scattered in different classics of Ayurveda but here importance has been given to *Brihatrayee*. The aim and object of this paper review the well documented concept of the Ayurveda about the *Prameha Roga* as the trend of diabetes is increasing day by day in the society and is very difficult to prevent and manage owing to its complexity. The Ayurvedic concept of this *Roga* information on the subject regarding classification, characteristics, features etc. has been also made in this paper. This article highlights the wisdom of ancient Indian literature and some historical view of the disease i.e. *Prameha Roga* or Diabetes Mellitus.

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It is to be believed that the *Rig Veda* is the old textbook of the world (3000 B.C.) and has not mentioned the word “*Premeha*” but the term ‘*Meha*’ has been used at various places to denote its literary meaning of excretion. In Atharvaveda (3000 B.C.) this contact with woman those were closed relatives. In ancient lexicon “*Papillad Samhita*” of Vedic period also described the term *Premeha* in the context of diseases of urinary system (300 B.C.)

However more elaborate description of this disease has been found in famous book of Ayurveda is *Charaka Samhita*. In this *Samhita* this disease has finely discussed with the etiology, pathogenesis, clinical findings, along with complications and treatment. The victim of this disease passes copious urine very frequently which is sweet in taste, as ants get attracted towards it. In *Sushruta Samhita* (300 B.C.) this *Prameha roga* has been found similar literature of Charaka. But Sushruta has noticed one of the *Vatik* type of *Prameha* i.e. *Madhumeha* has been more predominant among the males than the females and also an incurable one. Being a surgeon he has given more emphasis on “*Prameha Pidikas*” which are the common complications of this disease who have been suffering for long time.

Accordingly involvement of three *Doshas* both Charaka and Sushruta described the 20 types of *Prameha Roga*. Ten varieties of *Kaphaja Prameha* 6 varieties of *Pittaja Prameha* and 4 varieties of *Vataja Prameha* where it is considered *Sadhya*, *Kashta Sadhya* and *Asadhya* respectively.

According to Vagbhatta the follows of Charaka has noticed that one of the four varieties of *Vataja Prameha* i.e. *Madhumeha* is not only due to sweetness of urine but due to its profuseness and ultimately all the secretion of body becomes sweetened. It may be observed that the later standard compilation works of Ayurveda like “*Kashyap Samhita*” (500 A.D.) “*Madhav Nidan*” (600 A.D.) “*Bhela Samhita*” (800 A.D.), “*Sarangadhar Samhita*” (1200 A.D.), “*Harita Samhita*” (1300 A.D.) “*Bhava Parkasa*” (1600 A.D.) etc. have described almost the same concept of “*Charaka Samhita*” with few additions in prescriptions.

The *Prameha Roga* is known to mankind since time immemorial, concept of this disease has been described by physicians of ancient India. In view of Ayurveda the morbid secretion of urine in general is called “*Prameha*” profuse urination of, twenty

varieties according to the nature of urine have been described in the ancient Hindu texts under the subject of *Prameha*; where three body humors (*Tridoshas*) are deranged. Ten varieties caused by derangement of *Kapha*, six due to *Pitta* and four due to *Vata Dosha*. One of the four varieties caused by the derangement of *Vata* is called “Madhumeha” (Honey urine) or *Kshaudrameha* (Honey urine or sugar-cane) as discussed by the ancient Hindus known to us today as “Diabetes Mellitus”. *Prameha* is a single disease according to Ayurveda, with difference only in manifestation depending upon the concentration of *Doshas* and *Dhatu*s.

The “*Prameha*” has been defined as “*Prakarshena Mehati Ksharati Veeryadi Ranen eti. Pra+Mih (Ksharane) + Karane Ghain*”. A masculine gender *Mih-skharane*, *Dhatu* and *Ghain* is the *Prataya*. prefix “*Pra*” as an *Upasarga* which indicates the meaning excessive micturation in both quantity and frequency as stated in *Sabdakalpadruma*.

In *Madhav Nidan* it has been mentioned that “*Prakarsena Prabhutam (Prachurana) Varam Varam Va Mehati Mutratyagam Koruti Yasmine Roga Sah Prameha*”. The meaning of which is excess of urination with increased frequency and in the state of turbidity. The *Sushruta* and *Vagbhatta* were of the same opinion that the urine of this disease characterised by mainly two abnormalities i.e.

1. *Prabhuta Mutrata* (Excessive urination)
2. *Avila Mutrata* (Turbidity of urine)

The former is related with metabolic and hormonal changes and latter one is due to abnormalities in the urinary tract.

### **Common Aetiological Factors of *Prameha Roga***

*Ahar* or diet.

1. Excess intake of curd
2. Excess intake of meat of the domestic, marshy and aquatic animals.
3. Excess intake of sugarcandy and its products.
4. Excess intake of milk and its products.
5. Intake of newly harvested crops or rainy water or fresh wine for long time.
6. Excess intake of heavy unctuous food and food having sour and saline taste.

*Vihar* or Life Style Factors

1. Avoidance of physical activities
2. Persistent of *sedentary* habits
3. Persistent of comfortable sleep and bed rest excessively.
4. Avoidance of *Sodhan Chikitsa* or purificatory measures of *Sharira*.

*Manasik* or Psychological Factors

1. Avoidance of mental activities or any kind of mental exercise.
2. Over thinking and anxiety.
3. Excessive stress and strain etc.

*Prameha* as Genetic Disorder

1. *Sahaja (Beeja Dosh)*

The different names of the *Prameha Roga* as mentioned in *Brihatrayee* are given in the table below

**KAPHAJA PRAMEHA**

	<b>CHARAKA</b>	<b>SUSHRUTA</b>	<b>VAGBHATTA</b>
1.	<i>Udakameha</i>	<i>Udakameha</i>	<i>Udakameha</i>
2.	<i>Ikshuvalikameha</i>	<i>Ikshuvalikameha</i>	<i>Ikshumeha</i>
3.	<i>Sandrameha</i>	<i>Sandrameha</i>	<i>Sandrameha</i>
4.	<i>Sandradasameha</i>	<i>Surameha</i>	<i>Surameha</i>
5.	<i>Suklameha</i>	<i>Pistameha</i>	<i>Pistameha</i>
6.	<i>Sukrameha</i>	<i>Sukrameha</i>	<i>Sukrameha</i>
7.	<i>Sitameha</i>	-	<i>Sitameha</i>
8.	<i>Sikatameha</i>	<i>Sikatameha</i>	<i>Sikatameha</i>
9.	<i>Saneimeha</i>	<i>Saneimeha</i>	<i>Saneimeha</i>
10.	<i>Alalameha</i>	-	<i>Lalameha</i>
11.	-	<i>Lavanameha</i>	-
12.	-	<i>Phenameha</i>	-

**PITTAJA PRAMEHA**

1.	<i>Kharameha</i>	<i>Kharameha</i>	<i>Kharameha</i>
2.	<i>Kalameha</i>	-	<i>Kalameha</i>
3.	<i>Nilameha</i>	<i>Nilameha</i>	<i>Nilameha</i>
4.	<i>Lohitameha</i>	<i>Shonitameha</i>	<i>Raktameha</i>
5.	<i>Manjisthameha</i>	<i>Manjisthameha</i>	<i>Manjisthameha</i>
6.	<i>Haridrameha</i>	<i>Haridrameha</i>	<i>Haridrameha</i>
7.	-	<i>Amlameha</i>	-

**VATAJA PRAMEHA**

	<b>CHARAKA</b>	<b>SUSHRUTA</b>	<b>VAGBHATTA</b>
1.	<i>Vasameha</i>	<i>Vasameha</i>	<i>Vasameha</i>
2.	<i>Mazzameha</i>	<i>Mazzameha</i>	<i>Mazzameha</i>
3.	<i>Hastimeha</i>	<i>Hastimeha</i>	<i>Hastimeha</i>
4.	<i>Madhumeha</i>	<i>Kshaudrameha</i>	<i>Madhumeha</i>

The following ten are the names of the varieties of *Prameha* alongwith their characteristic features caused by *Kapha*.

	<b>Varieties of Prameha</b>	<b>Characteristic features</b>
1.	<i>Udakameha</i> (Diabetes Insipidus)	<i>Achha</i> (transparent), <i>Shweta</i> (white) <i>sheeta</i> (cold) and without any smell
2.	<i>Ikshuvalikameha</i> (Glycosuria)	<i>Madhura</i> , (sweet), <i>Sheeta</i> (cold) slightly saline and turbid.
3.	<i>Sandrameha</i> (Phosphaturia)	Increased viscosity and turbidity
4.	<i>Sandrprasadameha</i> (Belluria)	Partly clear and partly viscous
5.	<i>Shuklameha</i> (Chyluria)	White colour urination
6.	<i>Sukrameha</i> (Spermaturia)	Semen like urine

- |     |   |   |
|-----|---|---|
| 7.  | <i>Sheetameha</i><br>(renal glycosuria) | Coldness and sweetness                      |
| 8.  | <i>Sikatameha</i>                       | Contains sand like small and hard particles |
| 9.  | <i>Shaneimeha</i><br>(Slow micturition) | Slow and scanty urination                   |
| 10. | <i>Alalameha</i><br>(Albuminuria)       | Slime like phlegm                           |

The aggravated *Pitta* further vitiating *Meda*, *Mamsa* and body fluids get alters in the urinary bladder and vitiates the urine causing six types of *Pittaja Prameha* along with their specific six properties. They are *Kshar* (alkali), *Amla* (sour), *Lavana* (saline), *Katu* (pungent), *Visra* (fleshy smell) and *Ushna* (hot). The process of manifestation here is quicker than that of the *Kaphaja Prameha*.

The following table shows the six types of *Prameh* according to six properties of *Pitta*.

<b>Varieties of Prameha</b>	<b>Characteristics features</b>
1. <i>Ksharameha</i> (Alkalinuria)	Having the smell, colour, taste and touch like those qualities of alkalies.
2. <i>Kalameha</i> (Mellanuria)	Blackish colouration of urine
3. <i>Neelameha</i> (Urine of indigo colour)	Frothy, clean, bluish and sour.
4. <i>Lohitameha</i> (Haemoglobinuria)	Red, saline, hot smelling like raw flesh
5. <i>Manjisthameha</i> (Haemoglobinuria)	Having the smell of raw flesh, and colour of decoction of <i>Manjistha</i> .
6. <i>Haridrameha</i> (Urobilinuria)	Like the colour of <i>Haridra</i> and Pungent taste.

As regards the pathogenesis of *Vatika Prameha* as described by Charaka and Vagbhata when *Kapha* and *Pitta* get decreased with the aggravation of *Vata*, *Dhatus* like

*Vasa, Majja, Ojas* and *Lasika* begin to be carried to the *Vasti* (bladder) which inturn vitiate the urine resulting *Vatika Prameha*.

As in the case of other *Premeahas*, the various varieties of *Vataja Prameha* are also named after the atributes involved in the pathogenesis. Names and specific characteristic features of different varieties of *Prameha* caused by *Vata* are given below.

<b>Varieties of Prameha</b>	<b>Characteristic features</b>
1. <i>Vasameha</i> (Lipuria)	<i>Vasa</i> like urination
2. <i>Majjameha</i> (Myelouria)	Marrow like urination
3. <i>Hastimeha</i>	Frequent and excessive urination like an elephant
4. <i>Madhumeha</i> (Diabetes Mellitus)	Sweet, Astringent, Pale and Unctous.

**Table Showing the Different Types of *Prameha* and their Clinical Features as Mentioned in the *Brihatrayee* (Ch.S.N.4/10 & 13-22) (Su.S.N 16/8 & 12 9 & 13, 10 & 14) (A.H.N 10/8-18)**

**KAPHAJA PRAMEHA**

<b>Types of Prameha</b>	<b>Charaka Samhita</b>	<b>Sushruta Samhita</b>	<b>Vagbhata</b>
1. <i>UDAKAMEHA</i> (Diabetes insipidus)	The person excretes urine as transparent, abundant, colourless, coldness, odourless and water like	The character of urine is transparent, white and water like without any discomfortness.	The urine is transparent, colourless, odourless, coldness water like slimy and dirty
2. <i>IKSHUVALIKAMEHA</i> (Alimentary Glycosuria)	The urine is excessive sweet, coldness, slightly slimy and turbid and just like sugar cane juice	The urine is like sugar cane juice	The urine is like sugar cane juice and sweetness
3. <i>SANDRAMEHA</i> (Phosphaturia)	The urine precipitates in the pot when kept over night.	The urine becomes thick and turbid.	The viscosity of the urine is increased when kept over night.
4. <i>SANDRAPRASADMEHA</i> (Belluria)	The urine of the patient becomes partly precipitated and partly clear.	-	-



5. <i>SHUKLAMEHA</i> (Chyluria)	The patient passes urine very frequently which is flour like white in colour	-	-
6. <i>SUKRAMEHA</i> (Spermaturia)	The patient passes semen like urine or urine mixed with semen	The patient passes urine like semen	The patient passes urine like semen or mixed with semen.
7. <i>SHEETA MEHA</i> (Renal glycosuria)	The patient passes the urine frequently that is excessive sweet and cold	-	The patient passes urine that is excessive sweet, cold and with high frequency.
8. <i>SIKATA MEHA</i> (Gravalluria or Lithuria)	The patient passes the fine sand like particles with urine	The micturation is painful and contains fine sand like sediments	The patient passes the urine with fine sand like particles.
9. <i>SHANAIRAMEHA</i> (Slow micturiation)	The patient passes the urine in small quantities, very slowly and with difficulty.	The patient passes the urine very slowly with <i>Kapha</i> .	The patients passes the urine slowly with difficulty.
10. <i>ALALA MEHA</i> (Albuminuria)	The patient passes urine that is slimy phlegm and as if full of threads	-	The patient excretes Urine as slimy like thread.
11. <i>LAVANA MEHA</i>	-	The patient excretes urine that is transparent and as like saline water	-
12. <i>PHENAMEHA</i>	-	The patient passes urine slowly with frothy material	

13. *SURAMEHA*

-

The patient passes urine like *Sura* or wine

The patient passes urine like *Sura* (wine) and having watery in upper portion, viscous in lower portion when kept in a pot.

14. *PISTAMEHA*  
(Albumosuria)

-

There is horripilation at the time of micturation and resembling a *Pishtarasa* as a suspension of flour in water

There is horripilation at the time of micturation and it is viscous and white in colour.

#### **PITTAJA PRAMEHA**

15. *KHARAMEHA*  
(Alkalinuria)

The patient passes urine which is almost the qualities of alkalis

The urine resembles an alkali solution

The patients passes urine having the smell colour, taste and touch of alkalis.

16. *KALAMEHA*  
(Indicanuria)

The patient excretes constantly that is black in colour and hot properties of urine

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The patient passes urine like black ink in colour.

17. <i>NEELA MEHA</i> (Indicanuria)	The patient passes urine having sour taste and colour of bluish (the feather of Jay bird ( <i>Nilakantha</i> ))	The patient passes urine which is frothy, clear and bluish colour.	The patient passes urine having glaze.
18. <i>RAKTAMEHA</i> (Hamaturia)	The patient passes urine which is saline, hot and reddish in colour	The patient passes urine as like blood	The urine is like reddish colour having a fleshy smell and saline taste.
19. <i>MANJISTHAMEHA</i> (Haemoglobinuria)	The patient passes urine like as reddish or <i>Manjistha kwath</i> and excessive saline smell.	The micturation is like <i>Manjistha</i> mixing water is colouration	The micturation is like as decoction of <i>Manjishta</i> and having smell of raw flesh.
20. <i>HARIDRAMEHA</i> (Bilirubinuria)	The micturation is like as colour of <i>Haridra</i> and having pungent taste.	The urine which is like the colour of <i>Haridra</i> and having burning sensation during micturation	The urine is pungent in taste, colour of <i>Haridra</i> and burning sensation.
21. <i>AMLAMEHA</i>	—	The patient passes urine which is acidic in taste and smell	—
<b>VATAJA PRAMEHA</b>			
22. <i>VASAMEHA</i>	Frequently passes urine mixed with <i>Vasa</i> or as like <i>Vasa</i>	The micturation which is having the appearance of <i>Vasa</i>	The patient passes urine having the appearance of <i>Vasa</i> and mixed with <i>Vasa</i>

23. <i>MAZZAMEHA</i>	The patient excretes urine frequently mixed with <i>mazza</i> and incurable one	-	The patient passes the urine mixed with <i>mazza</i> .
24. <i>HASTIMEHA</i>	The patient frequently and excessively passes the urine like an elephant and it is incurable one.	The patient passes copious quantity of urine like an excited elephant.	The patient passes the urine alongwith the <i>Lasika</i> and as like elephant urine motions
25. <i>MADHUMEHA</i> (Diabetes Mellitus)	The patient passes urine having astringent in taste sweet, pale in colour and unctous qualities.	-	The patient passes urine frequently and like as honey.
26. <i>SARPIMEHA</i>	-	The micturation is like ghee.	-
27. <i>KSHAUDRAMEHA</i> (sugar-cane or honey urine)	-	The patient passes urine having the taste and colour of honey.	-

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## सारांश

### “बृहत्रई में उल्लेखित प्रमेह रोग पर एक तुलानात्मक अध्ययन”

डी. बरूआ एवं ओ.पी. गुप्ता

मधुमेह का बढ़ता दावानल उम्र तथा शहर की दीवारों को भेदता हुआ, चारों तरफ बढ़ रहा है, डायबिटीज रोगियों की संख्या तमाम दावों एवं शोधों के उपरांत बढ़ना हमें पुनः अपने अतीत के पन्नों में छिपे इसके कारणों तथा निवारणों का पुनः मन्थन करना, इस लेख का प्रमूख उद्देश्य है, वैदिक युग में भी इस रोग की व्याप्ति तथा संहिता काल में इस रोग का विशद वर्णन इसकी घातकता का प्रमाण है। शास्त्रों में वर्णित इसके उपद्रवों का वर्णन तथा इसके बचाव के उपाय अद्वितीय हैं। प्रमेह वंशानुगत भी होता है, अपतर्पण एवं सन्तर्पण पद्धति का प्रयोग इस दावानल को रोकने में सहायक होता है - ऐसा शास्त्र मत है।