



Understanding Dosha, Dhatu Upadhatu and Mala Dushti in Manifestation of Prameha

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ABSTRACT

Prameha, a complex metabolic disorder is characterized by symptoms such as *Prabhuta Mootrata* (excessive urination) and *Avil Mootrata* (turbid urine). *Prameha* is classified into *Sahaja* (genetic) and *Apathyanimittaja* (lifestyle-related) types, with its progression influenced by imbalances in *Kapha*, *Pitta*, and *Vata doshas*. Further involvement of each *Dhatu*, plays an important role in the disease's symptomatology, highlighting the need for a thorough understanding of their interrelationships. Recognizing the stages of *Prameha* from *Purvarupa* (early symptoms) to *Rupa* (fully developed symptoms) and potential complications enables early diagnosis and timely intervention. This understanding not only aids in untangling the pathogenesis of *Prameha* but also informs effective treatment strategies, ultimately enhancing patient outcomes in managing this complex disorder.

Key words- *Dhatu, Dosha, Prameha, Symptom*

INTRODUCTION

In Ayurveda medical science, the *Dosha* are key factors in the development of all diseases¹. When these imbalanced *Dosha* disrupt the normal functioning of bodily systems, affecting *Dosha, Dhatu, Mala, and Upadhatu*, which are collectively referred to as *Dushya*. The *Doshas* have the power to disturb these *Dushya*, either by impairing their natural functions or by causing an increase or decrease in their quantity. Therefore, understanding *Dosha, Dhatu, Upadhatu, and Mala* is essential for interpreting the processes of health and disease in Ayurveda.

Prameha is a complex metabolic disorder primarily characterized by *Prabhuta Mootrata* (excessive urination) and *Avil Mootrata* (turbid urine)². Based on its cause, *Prameha* is classified into two types: *Sahaja Prameha* and *Apathyanimittaja Prameha*. *Sahaja Prameha* results from genetic factors, specifically abnormalities in the *Beeja* (sperm or ovum). *Apathyanimittaja Prameha*, on the other hand, is triggered by lifestyle and behavioural factors³. Unhealthy diet (*Ahara*) and habits (*Vihara*) contribute to an imbalance in *Kapha Dosha*, along with an increase in *Meda, Mansa* and *Kleda Dhatu*. This imbalance further disrupts other *Dhatu* and *Upadhatu*. Additionally, behavioural influences such as *Manasika* (mental) factors like anxiety (*Udvega*) and depression (*Vishada*) negatively impact the body's metabolism, worsening the condition.

These metabolic disturbances ultimately manifest in three stages: *Purvarupa* (early symptoms), *Rupa* (fully developed symptoms), and finally, complications or *Upadrava*. The signs and symptoms of imbalanced *Dosha, Dhatu, Upadhatu, and Mala*, as detailed in Ayurveda texts, play a crucial role in diagnosing and understanding the progression of *Prameha*. This knowledge helps in identifying the *Purvarupa, Rupa, and potential Upadrava*, aiding in prognosis and treatment planning.

PATHOGENESIS OF PRAMEHA⁴

The *Samprapti* (pathogenesis) of *Prameha* manifest through various stages. Initially, due to a combination of etiological factors (*Nidana*), the vitiation of *Dosha* and *Dhatu* occurs. Due to the intake of *Kapha Prakopaka Ahara* and *Vihara* excessive liquidity of *Kapha* occurs in the body ("Bahu Drava Shleshma). This excess *Kapha* causes loosening (*Shaithilya*) in the body. There may be a prior or simultaneous *Meda Dushti* in body, which is seen in *Sthula Pramehi* mostly, and is characterized as *Bahu Abaddha Medas* (excessive and unbound fat tissue). The aggravated *Kapha* mixes with the *Bahu Abaddha Meda* because of the similar qualities such as heaviness and coldness. They further blend with the *Mamsa Dhatu* (Muscle tissue) and other liquid *Dhatu* of the body like *Rasa, Rakta, Majja, Shukra, Kleda, Vasa* etc. These vitiated liquid *Dhatu* further contribute to the formation of turbid and excess urine. As the disease progresses, the depletion (*Kshaya*) of *Kapha* occurs, allowing *Pitta* to dominate. This vitiates the *Sonita* (blood), resulting in *Pittaja Prameha*. With further progression, *Pitta* becomes depleted, leading to the vitiation of *Vata*. *Vata* then draws out *Vasa* (muscle fat) and other *Dhatu* or vital substances from the body through the urine, giving rise to *Vataja Prameha*.

Role of Dosha, Dhatu, Upadhatu and Mala in symptomatology of Prameha

1. **Kapha-** According to Charaka, Kapha Dosha have Sneha, Bandha and Sthira Guna which maintain Sthiratva (stability) when in a balanced state.⁵ It turns Bahudrava (with increased liquidity)⁶ when vitiated specifically in Samprapti of Prameha and leads to Sharirshaitihilya (bodily looseness), with symptoms such as Atinidra (excessive sleep), Tandra (drowsiness), and Alasya (lethargy) which are also found in Prameha. In the case of Prameha Kapha is the predominant Dosha responsible for the disease, affecting various alike Dhatu such as Meda (fat), Mamsa (muscle), Kleda (bodily fluid), Rasa, Vasa (muscle fat), and Lasika (lymph)⁷.
2. **Pitta-** Pitta primarily resides in Rakta (blood), Sweda (sweat), Lasika (lymph), and Rasa (plasma). When aggravated, it disturbs these Dhatus, leading to symptoms such as Sweda Vriddhi (excessive sweating), Visrashariragandha (foul body odor), Paridaha (burning sensation), Pipasa (increased thirst), and Sosha (emaciation). Additionally, Pitta vitiation indirectly causes Agnivaishamyā (digestive imbalance)⁸.
3. **Vata-** Vata Dosha gets aggravated in Prameha by Dhatukshaya (depletion of tissues) or Srotas Avarana (blockage of channels) caused by Kapha, Pitta, and Meda (fat). This aggravated Vata draws vital substances like Vasa (muscle fat), Majja (bone marrow), and Ojas (vital essence) toward the bladder, leading to their loss through urine and further depletion of Dhatus. Symptoms include Karshya (emaciation), Daurbalya (weakness), Anga Suptata (numbness), and Rukshata (Roughness)⁹.
4. **Rasa-** Rasa Dhatu, which is related with Kapha dosha, exhibits an important role in the pathogenesis of Prameha, presenting with characteristic symptoms like Hrilasa, Gaurava, Angamarda, Sada, Pandutva, and Klaibya. Kapha Vriddhi¹⁰ presents as Alasya, Sheetata, Slathangata, and Nidradhikya¹¹, with symptoms resembling those of Rasa Vriddhi as noted by Vagbhata.
5. **Rakta-** In Pittaja Prameha, Rakta Dhatu, is identified as a key Dushya (vitiating element). Its involvement in the disease's pathogenesis leads to complications such as Pidaka (boils), Vidradhi (abscesses), and Alaji (skin eruptions)¹².
6. **Mamsa-** Mamsa Dhatu, one of the essential body tissues is notably affected in conditions like Kaphaja Prameha. Similar to Kapha, Mamsa Dhatu provides strength and stability to the body. However, when it becomes vitiated, it loses its normal consistency (Shaitihilya), creating space for the accumulation of morbid matter. This disruption can manifest as conditions like Puti Mamsa Pidika¹³.
7. **Meda-** Meda Dhatu plays a crucial role in the pathogenesis of Prameha, significantly influenced by its close association with vitiation by Kapha Dosha¹⁴. Both Meda and Kapha share similar functional characteristics and are affected by comparable etiological factors¹⁵. In the context of Prameha, vitiated Meda Dhatu qualitatively presents as Abadha, disrupting its normal functions of providing unctuousness and compactness. This disruption leads to Shaitihilya (laxity) in body tissues. Quantitatively, the vitiation of Meda results in excessive accumulation (Bahu)¹⁶. These imbalances are exacerbated by dietary factors such as Guru Snigdhadhi Ahara and Apyayamadi Vihara, which contribute to the condition known as Atimedovriddhi. This situation arises from impaired Dhatvagni, which obstructs Vayu and aggravates Vata Dosha, ultimately leading to the state of Atiyagni. The symptoms of Meda Dushti are significant like Ayushohrasa (decreased life expectancy), which occurs due to inadequate nourishment of other dhatus. Additionally, individuals may experience Javaparodha (premature aging) and Kricchavyavayata (sexual dysfunction), attributed to the depletion of Shukra Dhatu. General weakness, or Daurbalyam, results from disrupted metabolism and malnourishment. Furthermore, Daurgandhya (unpleasant body odour) can develop from excessive sweating, which is considered a Mala of Meda dhatu. Symptoms like Swedabadha (intolerable sweating) and Kshudhatimatra (excessive appetite) arise from the dominance of Meda and aggravated Kapha Dosha¹⁷.
8. **Majja-** Majja Dhatu is affected by the vitiation of Vata Dosha, leading to Kshaya and manifesting symptoms such as Alpashukrata (decreased reproductive fluid), Parvabheda (pain in the joints), Asthinistoda (stiffness of the bones), and Asthishunyata (emptiness in the bones)¹⁸. The production of ketone bodies indicates the vitiation of both Vasa and Majja Dhatu. This disruption can result in Murchha (fainting) due to the alterations in Majja Dhatu. Similarly hyperglycaemic coma is characterized by the accumulation of ketone bodies, highlighting the metabolic disturbances associated with this condition.
9. **Shukra-** Shukra Dhatu is primarily impacted by Vata Dosha, resulting in the depletion of Shukradhatu and the condition known as Shukrameha. This depletion manifests in symptoms such as Daurbalya (general weakness) and Kricchavyavayata (sexual dysfunction), both of which affect Deha Bala (bodily strength). Additionally, Shukra plays a significant role in Sahaja Prameha (congenital diabetes), with its pathogenesis influenced by Beeja Dosha along with Vyana and Apana Vayu as contributing factor.
10. **Vasa and Lasika-** Vasa, an Upadhatu of Mamsa Dhatu, exhibits a Sleshmika nature and is recognized as one of the four primary Sneha Dravya. In the context of Prameha, its vitiation is characterized by both Bahutva (excessiveness) and Abaddhatva (disorderliness)¹⁹. Additionally, Lasika also experiences vitiation in Prameha, which presents as Bahutva. In Hastimeha, a particular type of Prameha, the vitiation of Lasika is specifically described. Aggravated Vata disturbs Lasika, causing it to move towards the Basti and resulting in its excretion through urine. This process leads to excessive urination, ultimately culminating in the condition known as Lasikameha²⁰.
11. **Kleda-** Kleda refers to the wetness or moisture in the body, which can lead to a state of looseness (Shaitihilya). Sweda helps in retaining Kleda (Kleda Vidhriti), Mutra is responsible for its elimination (Kledavahana). In Prameha, vitiated Kleda results in an increase (Vriddhi) rather than a decrease (Kshaya), leading to symptoms such as Prabhuta Mutrata (polyuria)²¹. The pathological effects of this condition can

include *Shithilangata* (laxity), *Atisweda Pravritti* (excessive sweating), *Visra Sharira Gandha* (unpleasant body odor), *Sharira Mriduta* (softness of the body), and *Snigdhatta* (oiliness)²².

12. **Oja-** In *Vataja Prameha*, referred to as *Ojomeha* in the context of *Prameha*, *Oja* serves as a primary *Dushya* (impurity). When *Vata* is aggravated, it combines with *Oja* and draws it toward the *Basti*, leading to its excretion through urine. This process results in *Ojakshaya*, or the depletion of *Oja*. Symptoms associated with *Ojakshaya* include *Murccha* (fainting), *Mamsakshaya* (muscle wasting), and *Moha /Pralapa* (delirium)²³.

Table showing disturbances in *Dosha, Dhātu, Upadhātu* and *Mala* and related symptoms of *Prameha*²⁴

S.NO.	Symptoms of <i>Prameha</i> ²⁴	Disturbances in <i>Dosha, Dhātu, Upadhātu</i> and <i>Mala</i>
1.	Matting of hair	<i>Kapha, Sweda, Meda Vriddhi</i>
2.	Sweet taste in the mouth	<i>Kapha Vriddhi</i>
3.	Numbness in hands and feet	<i>Vata Vriddhi, Rasakhaya</i>
4.	Burning sensation in hands and feet	<i>Pitta Vriddhi</i>
5.	Dryness in mouth, palate, and throat	<i>Rasa Dhātu Kshaya,</i>
6.	Thirst	<i>Pitta Vriddhi, Udaka Kshaya</i>
7.	Laziness	<i>Kapha Vriddhi</i>
8.	Increased amount of bodily waste excretion from the body sweat pores	<i>Mansa Mala Vriddhi</i>
9.	Adherence of bodily wastes to the orifices of the body (like ear, eyes, nose and body pores)	<i>Mansa Mala Vriddhi</i>
10.	Burning sensation and numbness in various organs of the body	<i>Pitta and Vata Vriddhi,</i>
11.	Attraction of insects and ants to the body and urine	<i>Duhsta Kapha and Rasa</i>
12.	Appearance of turbidity or other abnormalities in the urine	<i>Meda and Kleda Vriddhi</i>
13.	Smell of raw flesh in the urine	<i>Medo and Kleda Vriddhi</i>
14.	Excessive sleep and continuous drowsiness	<i>Kapha Vriddhi, Ojo Kshaya</i>
15.	Heaviness in body	<i>Kapha and Majja Vriddhi, Ojo Kshaya</i>
16.	Slimy and unctuous body	<i>Kapha Vriddhi</i>
17.	Excessive growth of nails and hair	<i>Kapha Vriddhi, Asthimala Vriddhi</i>
18.	Excessive sweating	<i>Medo Mala (Sweda) Vriddhi</i>
19.	Increased foul smell in body	<i>Pitta Vriddhi, Meda Vriddhi</i>
20.	Loose/flaccid organs	<i>Kapha/ Meda Vriddhi</i>
21.	Does not like to do any work	<i>Kapha Guru</i>

DISCUSSION

The roles of *Dosha, Dhātu, Upadhātu*, and *Mala* are very important in understanding pathogenesis of *Prameha*. *Kapha Dosha* predominates initially, causing increased bodily liquidity and symptoms like *Sharirshaithilya* and *Atinidra*. As the disease progresses, *Pitta* dominance leads to heat-related symptoms like *Trishnadhikya*, Burning sensation in hands and feet, while *Vata* involvement causes depletion of *Dhātu*, manifesting as weakness and emaciation. Each *Dhātu*, such as *Rasa, Rakta, Meda* and *Majja*, contributes to the overall symptomatology, revealing systemic imbalances. Abnormal urine characteristics highlight *Mala* involvement. A thorough understanding of interconnections between *Dosha, Dhātu, Upadhātu* and *Mala* in manifestation of *Prameha* from initial stage to the complicated stage helps in untangling the pathogenesis of *Prameha* and a better treatment approach.

CONCLUSION

The pathogenesis of *Prameha*, along with the involvement of each *Dosha*, *Dhatu*, *Upadhatu*, and *Mala*, indicates its nature as a complex metabolic disorder that progresses in stages. A comprehensive understanding of the normal functions, as well as the *Kshaya* (depletion) and *Vridhhi* (excess) of these elements, is essential for the early diagnosis of *Prameha*. By recognizing these factors, timely treatment can be initiated, addressing all components involved in the disorder to improve patient outcomes.

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