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## TREATMENT MODALITY OF PRAMEHA IN CHARAK SAMHITA

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### INTRODUCTION :

In ayurvedic medicine, Prameha roga refers to a set of urinary disorders. With the direct involvement of urinary system in this disease, it is also closely related to other systems like gastro intestinal, circulatory system, endocrinal etc.

Aacharya Sushruta considered it one among the eight grave diseases.

### PRAMEHA NIRUKTI :

The word, Prameha is derived from the root 'mih sechane' meaning watering'. In reference to disease of human beings, it may have a meaning of passing urine, qualified by prefix 'Pra' meaning excess in both frequency and quantity. Prameha is derived from Pra+Miha. A condition characterized by excessive outflow of urine.

Cardinal feature of Prameha is the frequent urge to pass urine which may be excessive or scanty in amount. Prameha is mentioned as 'Anusangi'. Two types of Prameha are described in ayurvedic system of medicine; Sahaja and doshaja. Sahaja means natural, which are originated due to the precipitating factors from the inherited and congenital factors. Doshaja Prameha is due to the vitiation of dosha.

On the basis of clinical importance, two types of Prameha are described as; Sthoola Prameha (Urinary disorders of obese) and Krisha Prameha (Urinary disorders of lean).

### Causes (etiological factors) of prameha:

Diet such as sugar, fats, potatoes, rice and junk foods.

Lack of exercise.

Mental stress and strain.

Genetic

Obesity

Excessive sleep etc.

### Common symptoms or clinical manifestation of prameha:

Krisa

Rauksha

Bahu Pipasa

Parisaranasila

Sthula

Snigdha

Delaying to recovery of any injury

Urinal dysfunction

Disturbed appetite

Skin manifestation, etc.

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## MANAGEMENT OF PRAMEHA:

Treatment is based upon the nature of the individuals in obese (sthoola) and lean (krisha). In obese patients, purification (sanskhodana) is carried first and later santarpana (tissue rejuvenation) is followed. The disease is controlled by wholesome diet and habits. In case of lean, brimhana (tissue nourishment / rejuvenation) is carried by selective medicines and diet. Other than this, all the pramehas are treated based upon Dosha dominance.

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## DIET TO BE TAKEN :

Ahara which is light and capable to combat etiological factors of Prameha is recommended.

Laghu bhaksha & laghu ahara Mantha, Odana, Appopa, purana shali and Roti etc.

Mudga, Chanaka, Kulattha & Adhaki etc.

Tikta shaka; Karela, Methi, Patola, Rasona and Udumbara etc. Jambu, Amalaki, Kapitta, Tala phala, Kharjura, Kamala & Utpala etc.

Harina mamsa, Shashaka mamsa, Kapotha & Titira etc. Sarshapa taila & Ingudi Ghritha may be used in pitthaja prameha.

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## EXERCISES TO BE DONE ( Vihara)

Pramehi should involve in physical exercise, wrestling, sports, riding, long walks & running etc.

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## YOGA : A PRACTICE FOR A HEALTHY LIVING

Yoga practices such as

Kriya Yoga, Surya Namaskara, Ardha-Matsyendrasana, Pawan-muktasana;

Pranayamas, Nadisodhan Pranayama, Bhastrika Pranayama and dhyana offer relief in Prameha.

The asanas offer rejuvenation of the pancreatic cell due to

abdominal contractions and relaxation therefore promotes insulin synthesis which helps in diabetes. The breathing exercises improve circulatory process therefore

offer relief in hypertension induced diabetes.

The muscular exercise associated with Yoga practices help to reduce blood sugar level. Yoga practices reduce blood pressure as well as urine glucose level. Yoga practices also boost glandular secretion, improve blood circulation, detoxification and open up shrotas therefore overall relief in Prameha symptoms observed.

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## Some recommended yoga poses for Prameha:

**Vakrsana:** Twisting /sleeping position

Matsyasana: Fish pose

**Mandukasan:** Frog poses

**Balasana:** Child pose

**Ushtrasan:** Camel pose

**Sirsasana:** Headstand pose

Beneficial effects of some specific yogas in diabetes

**Paschimotasana**

This yoga boosts pancreatic and renal activities.

**Veerasana**

Relieves tiredness and weakness associated with diabetes.

**Mavurasana**

It improves metabolic process thus offer relief in diabetes.

**Uddivan Bandha**

This yoga stimulates hormonal glands & therefore

effective in diabetes.

**Dhanurasana**

It stimulates the pancreatic secretion.

Ardha matsyendrasana

It lowers down blood sugar level.

**Bhastrika Pranayama**

This yoga improves digestion thus maintain metabolic balances of body.

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## DRUGS IN AYURVEDA RECOMMENDED FOR PRAMEHA

Drugs having Tikta, Katu and Kasaya Rasa help to pacify kapha & meda therefore recommended in diabetes.

### *Single drugs referred for Prameha in Ayurveda :*

Haridra - Turmeric - Curcuma longa  
 Amalaki - Amla - Indian Gooseberry  
 Jambu Jamun seed - Syzygium cumini(Linn.)  
 Udumbara - Ficus glomerata Roxb.  
 Haritaki - Terminalia chebula Retz.  
 Meshashringi - Gymnema sylvestre R. Br.  
 Lodhra - Symplocos racemosa Roxb.  
 Asana Saraca indica Linn.  
 Vata - Ficus benghalensis Linn  
 Guggulu - Commiphora mukul (Hook. Ex. Stocks.)  
 Guduchi - Tinospora cordifolia  
 Nimba Neem - Azadirachta indica

### *Ayurvedic formulations:*

Formulations referred in Prameha (in general):

1. Asanadi kashaya
2. Nishakhadiradi kashaya
3. Kathakakhadiradi kashaya
4. Triphala kashaya
5. Chandraprabhavati
6. Lodhrasava
7. Jambwasava
8. Shilajaturasayana
9. Vasantakusumakara rasa
10. Mahamanjishtadi kashay

### **APATHYA:**

1. Kanda moola (root-rhizome)
2. Ikshu (sugar cane juice)
3. Taila (oil)
4. Ghrita (ghee)
5. Guda (jaggery)
6. Kanjika/shukta (sour gruel)
7. Madya (alcohol)
8. Pishtanna (carbohydrate rich food)
9. Anupamamsa (animals of marshy land)
10. Dadhi (curd)
11. Navanna (new grains)
12. Divaswapna (day sleep) etc.

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