

# Analytical review of Dushya Vichar in Prameh and complications of diabetes mellitus

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## Abstract

India carries a considerable share of the global diabetes burden. According to whole survey, this is a fastest growing disease in India. In Year 2017, 72 million cases of Diabetes Mellitus were recorded and figure is expected to nearly double by 2025. Patient of diabetes mellitus faces many complications which makes his/her life miserable. Prameha disease mentioned in Ayurvedic compendia shows very much similarity with the disease Diabetes Mellitus. So keeping this in mind an attempt is made to take review of Dushyas mentioned in Prameha and involvement of these dushya in the development of Diabetes Mellitus and its complications.

**Key Word:** Complication, Diabetes Mellitus, Dushya, Prameha.

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Mootrata' means a disease in which a person micturate frequently turbid appearance urine.

**Table 1:** Similarity of Symptoms of Prameha and Diabetes Mellitus

| Symptoms of Prameha <sup>1,2</sup> | Symptoms of diabetes mellitus <sup>3</sup> |
|------------------------------------|--|
| Prabhutmrata                       | Polyuria                                   |
| Aavilmutrata                       | Proteinuria                                |
| Kshudhatimatra                     | Polyphagia                                 |
| Kara pada daha                     | Peripheral neuritis                        |
| Swedogandha                        | Ketoacidosis                               |
| Galatalushosh                      | Polydipsia                                 |
| Mutrebhidhavant                    | Glycosuria                                 |
| Pipilikashcha                      |  |

## INTRODUCTION

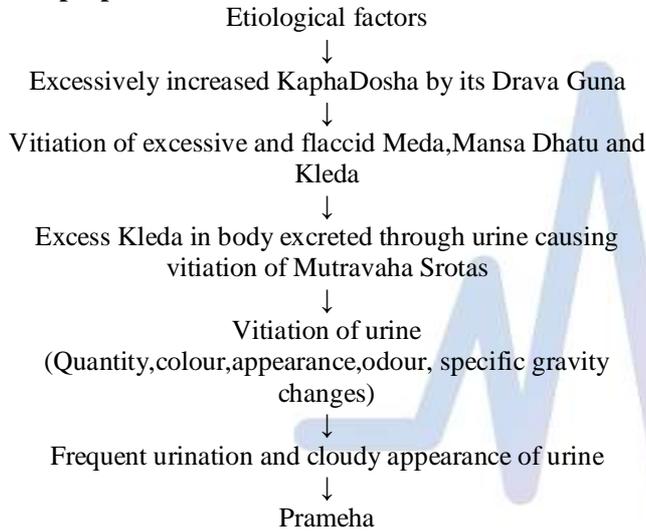
Ayurveda has always emphasized to follow healthy dietary and seasonal regimen, Acharrasayan (noble behaviour pattern), healthy food and lifestyle to live disease free life. Now a days, due to fast growing population and to survive in the race of competition people have ignored or compromised health and mental peace. Faulty food eating habits and mismatch lifestyle leads to occurrence of many metabolic diseases and diabetes mellitus is chief one of them. Presentation of diabetes mellitus disease resembles with Prameha vyadhi mentioned in Ayurvedic compendia. The word Diabetes Mellitus is a Latin word meaning- 'sweet urine' (diabetes-syphon and mellitus- honey). In Ayurvedic compendia Prameha disease is described as- 'prabhoot Avil

**Etiological factors of Prameha:** Sedentary lifestyle, excess fatty and heavy to digest food consumption, excess milk consumption, excessive consumption of jaggery and jaggery product, Kapha Dosha aggravating diet and life style, hereditary factor<sup>4</sup>. All these factors cause excessive increase in Kapha Dosha specially by its Drava guna, which creates shaithilya in body tissues or dushyas mentioned<sup>5</sup>

**Dushya Dushya means Dhatu or Mala most likely to get vitiated by increased Dosha<sup>6</sup> Dushyas involved in Prameha disease are as follows-<sup>7</sup>**

1. OjaswarupRasa(Plasma)
2. Meda (Fatty tissue)
3. Mamsa (Muscle tissue)
4. Kleda(Part of water present in body-Udak dhatu that maintains moisture in tissues)
5. Shonita (blood)
6. Vasa(Essence of muscle tissue which provides unctuousness to it)
7. Majja(Nervous tissue)
8. Lasika(Lymph)
9. Shukra (Reproductive tissue)

**Samprapti of Prameha<sup>8</sup>**



**Table 2:** Involvement of Dushyas in Prameha

| Prameha type <sup>9</sup> | Mainly involvement of Dushyas <sup>7</sup> |
|---------------------------|--|
| Kaphaj Prameha            | Meda                                       |
|                           | Mansa                                      |
|                           | Kleda                                      |
| Pittaj Prameha            | Shukra                                     |
|                           | Rakta                                      |
| Vataj Prameha             | Majja                                      |
|                           | Lasika                                     |
|                           | Vasa                                       |
|                           | Oja-Rasa                                   |

As the disease progresses the vitiation becomes chronic. Also, if vitiating Doshas are Powerful and Dhatu Bala is inferior, all the sign and symptoms appears in patient and if it is not treated at appropriate time with appropriate treatment, many complications develops. Some of them are so serious that they must be treated first rather than the original disease. In this article we are trying to associate the known complications in Diabetes Mellitus with the possible involvement of Dushyas mentioned in Prameha

| Complication of Diabetes Mellitus | Dushyas involved          |
|-----------------------------------|---------------------------|
| Ketoacidosis                      | Meda                      |
| Microvascular 1)Retino            | Rakta and Majja           |
| 2)Neuropathy                      | Majja                     |
| 3)Nephropathy                     | Kleda                     |
| Macroangiopathy                   | Rakta                     |
| Infection                         | Oja                       |
| Dermatologic                      | Lasika, Tvacha and Rakta, |
| Genitourinary                     | Majja                     |
|                                   | Shukra                    |

**CONCLUSION**

Prameha disease mentioned in Ayurveda compendia can be compared with Diabetes Mellitus. Concept of Dosha Dushya Sangraha explains Prameha better than any other disease. Dushyas involved in Prameha classified according to type of Prameha. Pathology of Prameha with the help of Dosha Dushya Sangraha gives clear idea about exact changes happening in body and it also help in understanding Prognosis. Complication and symptoms of Diabetes Mellitus classified according to dushya involvement.

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