ABSTRACT

Background: This paper review different approach about Prameha and Diabetes mellitus, its pathophysiology, and treatment principles. Also reveals whether we are treating patients or only Hyperglycemia. With some alteration of the definition, the attempt is made to reconcile the conflicting evidence with the current conceptual scheme.

Aim: To reconcile the contradictory facts with the existing conceptual scheme of Ayurveda w.r.t. to Prameha and diabetes mellitus.

Methodology: The data contents have to be classified as the pathophysiology of Prameha and its treatment principles, and interpreted in terms of the western system of Medicine. Such a comprehensive collection of data has made from Brihatrai and Laghutraisamhita. Structured as- Prameha as Error in metabolism.

Drugs/ Kalpas indicated in Prameha and their significance. Myth and Facts about Prameha and Diabetes Mellitus.

Results: Prameha is a metabolic disorder and it can be definitely cure by following Ayurvedic conducts as doing corrections in diet and lifestyle.

Conclusions: 1. Prameha is a more broad term over Diabetes Mellitus. 2. Popular modern belief in treating hyperglycemia with hypoglycemic drugs is not followed in Ayurveda to treat Prameha. 3. Pramehas treatment may not be essentially mean to have hypoglycemic effects only.

Key Words: Prameha, Pathyapthya Dosha equilibrium, Diabetes mellitus, Blood Sugar

INTRODUCTION

Recent developments in the medicinal field will call attention to the need to revive interest in Ayurveda’s more advanced and highly evolved doctrines concerning man, his physical and mental personality. Such teachings ought to give the world more. They (ancient sages) deal with man as a whole and the Unitarian directions of various processes- physical, biological, and psychological. Dosha-Dhatu-Mala Siddhanta offers itself as the existing conceptual scheme of medical science in the world. The emergence of facts contradictory to this existing conceptual scheme need not necessarily overthrow it. The theory is only overthrown by better theory and never merely by contradictory facts.

AYURVEDA, the Indian system of Medicine means knowledge about the life, art of living, the science of health, and philosophy of life.

Knowledge of any science is never static, new theories and ideas are replacing the older one; but it is not applicable with Ayurveda. The knowledge about health, disease and their treatment expounded by sages thousands of years back are true and applicable even today. Ayurveda has its own unique principles about the pathophysiology of disease, diagnostic criteria, and treatment methods. Ayurveda is life science because by following Ayurvedic protocols one can live a healthy life. These protocols regarding Aahara include special dietic modules, wholesome, and unwholesome diet.

The body, according to Ayurveda, is the result or outcome of the nutrition. Disease, on the other hand, is the result of mal or impaired nutrition. Responsible for the difference between health and illness is the difference between the use of wholesome and unhealthy diets.1 Vihara includes Dinacharya, Ritucharya, Yoga act helps to maintain physical and mental well being.
In Ayurveda Chikitsasidhanta (The treatment principles) is aimed to break the samprapti (path physiology) of disease and destroy it from root; rather than symptomatic relief.

There are two types of Prameha-Sahaja Prameha and Apathyanimittaja Prameha. Prameha etiology contributes mainly two factors one is Ahitakara Aahara (non-wholesome diet) and the second is the less active lifestyle.

Ayurveda has more potential regarding to cure metabolic diseases by correcting diet and lifestyle, which are the leading cause of Prameha, by following special dietic modules and Dinacharya and Ritucharya. Also, have potential regarding preventive aspects of Sahaja vikara like Atulyagotra marriage i.e. avoids marriage in the same family.

Prameha and diabetes both are the metabolic diseases described in two paths of medical science in different ways and generally correlated with each other.

**MATERIAL AND METHODS**

**Material**
Literatures are taken from Ayurvedic classics and textbooks of modern medical science.

**Methods**
This review paper reveals the concept of Prameha, its pathophysiology in Ayurveda, and mainly highlights the treatment principles of Prameha. Also explain Diabetes mellitus in modern science and its treatment.

**Prameha**
Prameha is a metabolic disease in which various metabolic errors in Dhatoo due to deficiency of certain Dhatwagnis. The description of Dhatwagnis would appear to be a broad-based generalization of total biochemical reactions, and each species of Dhatwagni should, therefore, include many group-and reaction-specific enzymes.

Apathyanimittaja Prameha increasing in prevalence more rapidly than Sahaja Prameha due to increasing obesity and less active lifestyles.

Sthaulya is the major cause for Apathyanimittaja Prameha, and following Ayurvedic conducts can definitely prevent Sthaulya.

Disturbance in metabolism takes place due to unwholesome food intake and less active lifestyles. This affects carbohydrates, fats, and protein metabolism in the body. As a result, the cycle of metabolism is interrupted and half-digested, unmetabolized products may act as toxic material and cause tissue damage. Pathology takes place at an intermediary level of body tissue i.e. Dhatoo. Pathophysiology of Prameha clearly indicates, it is a metabolic disease. While in Ayurvedic classics nowhere sugar is specifically mentioned. There is no single reference about contraindication or Apathya of sugar in Prameha.

**Diabetes mellitus**
According to modern science diabetes mellitus is the group of diseases that results in too much sugar in the blood. It indicates that modern science gives much importance to the sugar level in the blood. While ancient sages nowhere else mentioned sugar in all over Prameha disease.

**Myth and facts about blood sugar**
Sugar comprises-
1. Glucose
2. Fructose
3. Sucrose
4. Saccharine
5. Aspartame

Out of these five only Glucose is culprit, while the others are not. It means only Glucose can mix with blood and lead to increase blood sugar level, actually it is not blood sugar level it is a blood glucose level.

Fructose (found in fruits) though doubles sweeter than glucose rather helps in reducing blood glucose levels.

**Diagnosis**
An important thing about diagnosing diabetes is the only glucometer cannot diagnose diabetes it means only glucometer reading of blood sugar level cannot label someone as a diabetic patient. We can say someone is diabetic patient when his blood sugar level is increased along with symptoms. Body feedback is very important to diagnose diabetes. It means your body saying imperfect even after glucometer shows blood sugar level high.

**Solution**
Chikitsa’s objectives are not only to eliminate the disease’s causative factors dramatically, but also to restore Doshik’s balance. To solve the problem we must need the origin of it. All lifestyle diseases are the intelligent or physiological expression of our body which cannot be treated by drug or chemical substances because our body is self-regulating and self-healing.

Basically, Diabetes is an altered response of our body to certain nutrients that we have being taking the nutrients we have taking are carbohydrate, protein, and fat. Carbohydrate get broken into glucose, protein is broken into amino acids, and fat is broken to the fatty acid. So, the food we have taken is mostly carbohydrate. Then what is a carbohydrate; it is just an assembly of glucose molecules. The unlimited source of sugar is carbohydrates. Carbohydrate has high insulin response
due to its glucose and less response to fat. More the insulin produce, body get resistance to it; called insulin-resistant diabetes. Despite there is high insulin unable to mobilize the sugar in your system and this excessive sugar is transfer into the blood. It is all due to Hetusevan that is carbohydrate or excess intake of sugar. In such conditions body tries to regulate the internal balance and beyond the particular level body express it in the form of symptoms. Only high blood glucose level does not mean Diabetes; it needs body feedback.

Type 2 diabetes is a dietary disorder it cannot be treated with medicine. Take food that does not stimulate insulin; go on a very low carbohydrate, moderate protein, and high saturated fat diet also called as LCHF diet.

The general perception of all general physicians is that Diabetes is sugar so treatment is oriented towards sugar. But the need to correct diet is more important in such a condition. Sugar is only a symptom; if we treat it get again to rise if Hetu or cause is persistent. Diabetes is a metabolic disease hence to cure it, needs dietary and lifestyle corrections.

RESULT

Prameha is a metabolic disorder and it can be cured by following Ayurvedic conducts as doing corrections in diet and lifestyle. Diabetes can be control naturally.

DISCUSSION

A very big myth about diabetes is diabetes is not reversible. Human body is not a machine; it cannot be equated to the machine and does not run on bioelectricity. The human body is under the influence of human consciousness. Human consciousness is present in even a single human cells.

Ayurveda have unique method to diagnose the disease known as Nidanpanchaka; include five factors. Among these five Roopa (symptoms) is said to be most important in diagnosing the disease\(^5\). In the modern science of medicine, there is a reading method or a number method that means some fixed level of parameters to diagnose the particular disease; e.g. hemoglobin level to diagnose anemia, blood pressure level, blood sugar level, etc. These readings are used to diagnose the disease. There are innumerable diseases, diagnosed on the basis of this number or reading method. In Ayurvedic classics nowhere mentioned this type of number method to diagnose the disease. Ayurveda has been given importance to body feedback to diagnose the disease. It means blood sugar reading is not primary to diagnose diabetes. In Prameha there is no single reference about blood sugar in symptoms or in treatment principles; rather they mentioned honey, jaggery as Anupana in Prameha\(^10\). Honey and jaggery contain fructose; and fructose cannot increase blood glucose. Treatment principles of Prameha are aimed to correct lifestyles like night awaking and exercise. Diabetes can be control without drugs. Diabetes is not a disease of sugar; sugar is the only indicator. Diabetes is a change in the metabolism of the body or its disease of liver where metabolism of the body is completely upset or disturbed. Insulin is a growth hormone and hyperinsulinemia get vascular damage.

CONCLUSION

Diabetes is not a progressive disorder. The aim is not to control the sugar or not to control the blood sugar with insulin. Treatment protocols of Prameha in Ayurveda are aimed to correct metabolic impairments and live a healthy life. In diagnosing Prameha Ayurveda gives importance to body feedback or symptoms rather than Blood Sugar Level (BSL). OR Diagnosis should not be only on the basis of numbers. Hence, Prameha treatment may not be an essential means to have hypoglycemic effects only.

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