The History of Prameha In Ayurveda And Diabetis Melittus

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Abstract

Prameha is set of urinary disorder which name on the frequency, appearance and quantity of urine output. The history of Prameha from Vedic period in Ganesh Purana mention as lord Ganesha is Prameharogi. In Atharveda the disease is mentioned as Ashrayan which mean Mutratisara. In AyurvedicSamhita text clearly indicate about PramehaVyadi and Madhumeha.

Ancient Egyptian described the feature of Polyurea resembles like Prameha. The term diabetes coin by Cappodocia, later on word Mellitus added by Thomas Willis according to sweetness of urine and blood.

Keywords – Prameha, DM

Introduction

Ayurveda is science of life which base on principles of prevention of disease condition by following Dinacharya, Rutucharya, dietary advice or cure the disease condition by medicine or surgical intervention ,if develop in human beginning. Ayurveda is considering being the oldest system of health care in the world. Today’s globalised and modernized practice of medical sciences is derived from Ayurveda.

Prameha is well known disease in vedicPeriod. Lord Ganesha is representative of Pramehavyadhi Guna. The description available in Atharvaveda mentioned in kaushiksutra as Mutratisara mean excessive urination. In Ayvedic classic text Prameha is mention as Mahagada. Prameha refers to set of urinary disorders that are Mutravahstrotasjanyavyadhi. Prameha literary mean Pra+Meha i.e. Pra mean to flow and Meha means excess urination. The prefix Pra denotes excess both in quantity and frequency.

Prameha is predominantly describe in Charak Samhita Sutrsthana Adhityaya 17, Nidanshana Adhyaya 4 and Chikitsashtana Adhyaya 6, Sushrut Samhita Nidansthana Adhyaya 6 and Chikitsastana Adhyaya 11, 12, 13, Asthangah Hudya Nidanshthanaadhyaya 10 and chikitsasthanaadhyaya 12 and madhavnidanadhyaya 33 which contain causes, signs and symptoms Pathophysiology, treatment and dietary advice that is Nidanpanchak, Chikista, Pattyapatha .

On the basis of urine apperence 20 types of prameha is introduced in Ayurvedsamhita out of these 10 types of kaphajprameha, 6 types of PittajPrameha and 4 types of Vataj Prameha.Madhumeha is one of the four types of Vataj Prameha in which Madhumehi passes Kashay, Madhur, Rukshya urine . Name Madhumeha is derived from Madhu + Meha i.e. Madhu mean sweet urine. Madhumeha has synonyms Ojomeha and kshodrameha .In Madhumeha Diabetes mellitus is disease in which the body ability to produce or response to the hormone insulin impaired, resulting
in abnormal metabolism of carbohydrate and elevated level of glucose in the blood. The term was first coined by Araetus of Cappodocia later, the word Mellitus added by Thomas Willis after rediscovering the sweetness of urine and blood of patients. In 19th century lots of work done on diabetes mellitus with development of treatment like oral hypoglycemic agent, insulin pump development and pancreases transfer also done.

The global prevalence (age-standardized) of diabetes has nearly doubled since 1980, rising from 4.7% to 8.5% in the adult population. Over the past decade, diabetes prevalence has risen faster in low- and middle-income countries than in high-income countries. Diabetes caused 1.5 million deaths in 2012. Numbers of research work carried out on diabetes mellitus in the world and progress of development disease also changing very widely. World health organization even ayush ministry of Indian government take wild program in hand to aware about the disease to people and prevent the disease progress And treat correct manner of disease. Therefore, understand history of diabetes mellitus to be instalting topic.

Review of Literature

History of prameha

In Ganesh Purana “Shree Ganeshnashtakam” describes the features of lord Ganesha as “Pramehagunaste” i.e. lord Ganesha suffered from the Prameha. General appearance of lord Ganesha shows centralized obesity and Sthoola having affection for modakawhice is MadhurRasatmak and Guru Gunatmak and showing Guna of Pramehahetu. In 2500 BC the disease is mentioned as Ashravam, which mean Mutraatisaar i.e. excessive urination.

According to Susutra and Vaghbhata, Prameha is characterized by copious flow of turbid urine. In CharakSamhitorigin of Prameha is mention during the Yagnyavidhwansa of DakshaprajatiUwardirogopatti occurred. After GulmarogopattiPramehavyadhiutpattimotioned due to overeating of havisha i.e. contained much of carbohydrate and fats a special type of food in Yagnya. According to CharakaPrameha Dosh DushyaSamandha is Bahu Dravagunsheshma. Prameha is SantarpanjanyavyadiTridoshadrushti and affecting the urine outputs and frequency.

In SusutraSamhitaBhagvanBhanvantari explained about Prameha to their students two types are SahajPrameha or JatjanyaPrameha and ApathyanimitajPrameha. According to appearance of Prameharunagavchikitsa sutra explained Kush rugna Santarpanjanyacha andSthularugna Atarpanjanyachikitsa. 20 types of Prameha mentioned according to urine appearance and dosh sambandha. Madhumeha chikitsa explained the shilajaturasayana.

Vaghbata explained the Prameha after the MutraghathNidan giving clear indication that Prameha ha Mutravaha Strotasjanya Vyadhi as Charak explained after Gulma Nidana. Vaghabhata mentioned 20 types of Prameha as CharakSutra mention above giving 10 Kaphaj 6 Pittaj 4 Vataj Pramehayog.

Madhumeha is explained in Prameha as type of Vataj Prameha having MadhusamKashay Madhur Rasatmak urine in all Ayurvedic text. If prameha is remained untreated it land into the Madhumeha which developed Ojodhrutri and Asadhya Vyadhi.

History of Diabetics Mellitus

In ancient Ayurvedic sciences mention about patients passing sweet urine label as Madhumeha which have similar feature of Diabetes Mellitus. In 3000 yrs age by ancient Egyptians described same clinical feature as Diabetics. Abrub papyrus an Egyptian medical compilation has
referred the condition called Polyuria. Celsus 2\textsuperscript{nd} AD first clinical clear description of Diabetes was given. The term Diabetes was first coined by Araetus of Cappodocia in 81-133 AD later the word mellitus was added by Thomas Willis in 1675 after rediscover ring the sweetness of urine and blood of Diabetes patients which is already mention in AyurvedicSamhita name it as Madhumeha.

Mathew Dobson in 1776AD demonstrated sugar in urine. Claude Bernard in 1813AD-1878AD first said about Diabetes. He punctures the 4\textsuperscript{th} ventricle of dog's brain and produced Glycosuria. Paul Langerhans identified islet of Langerhans in 1869AD. Kunhena and lea discovered anti Diabetes hormones. In 1889 Von Merind and Oskar Minkowski discovered the role of pancreases in diabetes. After removing the dog's pancreas, they found that the animals developed al the sign and symptoms of diabetes.

In earlier of 19\textsuperscript{th} century in 1910 Sir Edward Albert Sharpey Schafer’s study of the pancreas leads him to the discovery of insulin. The name insulin came from Latin Insula meaning island, referring the insulin producing islets of langerhans in the pancreas. Elliott Joslin, MD, published the first edition of treatment of Diabetes Mellitus in 1916. In 1921 frederickbantering and clarles best extract insulin from dog pancreas and then inject the insulin into dogs whose pancreas removed, and animal blood sugar level goes down. Eli Lilly and company begin commercial production of insulin in 1923. Rachimen Levine discovers that insulin works in transporting glucose into cells.

Mid of 19\textsuperscript{th} century oral medication that stimulates the pancreas to release more insulin are available in 1955. First successful pancreas transfer was done on 1966 at university of Minnersota hospital. In 1976 first insulin pump were inverted. In 1979 Diabetes classification done in to insulin dependent or type 1, non insulin dependent or type 2, gestational diabetes and diabetes associates with others symptoms or condition. In 1995 the drug metformin is available biagonides that prevent glucose production in liver.

Now a day’s Diabetes Mellitus is one of the most common chronic diseases in nearly all countries, and continues to increase in numbers and significance, as economic development and urbanization. Diabetes is an important public health problem, one of four priority noncommunicable diseases (NCDs) targeted for action by world leaders. Globally, an estimated 422 million adults were living with diabetes in 2014, compared to 108 million in 1980.

Numbers of research work carried out on Diabetes Mellitus in the world. The mission of the WHO diabetes programme is to prevent diabetes whenever possible and where not possible, to minimize complication and maximize quality of life. , Ministry of AYUSH on occasion of first National Ayurveda day launch mission madhumeha through Ayurveda which will be protocol for treating diabetes through Ayurveda and will be implemented throughout country.

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