



A conceptual review study of properties of *Prameh Hetu & Pathyapathya*

w. s. r. to *Charak Samhita*

Swapnali Dadaso Patil*¹, Shivkant Jalindar Patil², Pranita Prashant Pehekar³

1. Associate Professor, Department of Samhita & Siddhanta, Pa. Pu. Gurumauli Annasaheb More Ayurvedic Medical College & Hospital, Malipargaon, Dist: Beed, Maharashtra, India
2. Associate Professor & HOD, Department of Swasthavritta & Yoga, Ashokrao Mane Ayurvedic Medical College & Hospital, Vathar tarf Vadgaon, Tal: Hatkanangale, Dist: Kolhapur, Maharashtra, India
3. Assistant Professor, Department of Samhita And Siddhanta, Ashokrao Mane Ayurvedic Medical College & Hospital, Vathar tarf Vadgaon, Tal: Hatkanangale, Dist: Kolhapur, Maharashtra, India.

*Corresponding Author: Email Id : vaidyaswapnalip29@gmail.com; Ph. no. 7709076128

ABSTRACT

Prameh is a metabolic disorder in which person passes profuse urine frequently. We can correlate it with diabetes mellitus because having similar clinical condition. Only in India 77 million people are suffering from diabetes which is second most in the world. In the year 2020 total 7,00,000 people died due to diabetes in India, hence there is huge burden on our health system to conquer the disease.

Prameh Hetu given in *Charak Samhita* are resembles & relatable with etiological factors of diabetes, e.g. sedentary lifestyle, physical inactivity, excessive consumption of sweets, milk products like curd, paneer, newly harvested grains etc.

Pathya and *Apathya* for *Prameh* are given before treatment in *Charak Samhita*, hence it underlines the importance of prevention of disease and betterment of patients, which will also be beneficial for control of diabetes in present era.

KEYWORDS: *Prameh, Prameh hetu, Pathya-Apathya, Charak Samhita*

Introduction-

Prameh which has been a global problem is well described in the ancient Indian Vedas and . In *Charak* it is described in *Nidansthan* 4th chapter and in *Chikitsasthan* 6th chapter.

The word *Prameh* consists of two words i.e. *Pra* and *Meha*. The main characteristics of *Prameh* are *Prabhut* *Mutrata* and *Avila Mutrata* that means

excess of urine in both frequency and volume. It is included in *Ashtau Mahagada*. As per *Charaka Samhita* *Prameha* is a *Tridoshaj vyadhi* in which *Kapha* is ; *Bahu* and *Abaddha Meda* is *Pradhana Dushya*. and *Vihara* are the main causative factors of *Prameh*.

Nidana Parivarjana is main and first step of *Prameh Chikitsa* as mentioned in *Sushrut Samhita*, “*Sankshepataha Kriyayogo Nidanparivarjanam*”. In *Prameha*, diet should be planned to maintain production of excessive *Kleda* and *Meda*. So that study of *Pathyapathya Sankalpna* is important in *Prameh*.

Aims and Objectives-

Aims- To study *Prameh Hetu* & *Pathyapathya* from *Charak Samhita*.

Objectives-

1. To study properties of *Prameh Hetu*
2. To study properties of *Prameh Pathyapathya*

Material and Method-

- Literature search- Review of literature regarding to *Prameh Hetu* and *Pathyapathya* are collected from *Charak Samhita*.
- Type of study- it is a Conceptual review study. All sorts of references have been collected and relevant material is compiled from *Charak Samhita* and Research articles are also searched from various websites. All compiled matter is recognized and critically studied for the discussion and attempt has been made to draw some fruitful conclusions.

Prameh Hetu-

There are 2 types of *Prameh hetu* *Aaharaj* and *Viharaj*. *Aaharaj* means causative factors from diet whereas *Viharaj* means lifestyle related causes other than food.

Table 1: Common Aharajanya Nidana^[1,2] (Dietary causes) of Prameh & its properties given in Charak Samhita

Aahar Dravya	Properties
<i>Navannasevana (newly harvested grains)^[27]</i>	<i>Guru</i>
<i>Cheenaka</i>	<i>Kashya, Madhur Rasa, Shit virya</i>
<i>Yavaka</i>	<i>Trishna (thirst) Trimala (Tridosha- Vata, Pitta, Kapha) producing</i>
<i>Hayanaka</i>	<i>Laghu, Snigdha, Madhur Rasa, Kashya Anurasa, Madhur Vipaka, Shita Virya, Mutrala</i>
<i>Uddalak & Mukundaka</i>	<i>Laghu, Kashaya Madhur Rasa, Katu Vipaka, ShitaVirya</i>
<i>Promodka</i>	<i>Madhura Rasa, MadhuraVipaka. Pacifies Vata& Pitta.</i>
<i>Nava-Harenu</i>	<i>Kashya, Madhura Rasa, Shita, Katu vipaka, Pacifies Pitta &Kapha</i>
<i>Nava Maash^[12]</i>	<i>Aamla, Guru, Mans vardhak, Abhishyandi</i>

<i>Gramya Mamsa</i>	<i>Madhura Rasa, Madhura Vipaka, Vata Shamak, Kapha-Pitta Vardhak</i>
<i>Aanupa Mamsa</i> ^[13]	<i>Madhura (sweet) Rasa, Snigdha, Guru (heavy), Ushna, Vrushya, Vaatnashak, Kaph-Pitta Vardhak</i>
<i>Audaka Mamsa</i> ^[13]	<i>Madhura Rasa, Ushna Virya, Guru, Snigdha, aggravates Kapha & Pitta</i>
<i>Shaak</i> ^[15]	<i>Guru, Ruksha, Vishtambhi, Madhur, Shit virya, Mal bhedan</i>
<i>Tila</i> ^[7]	<i>Kashaya, Madhur, Tikta Rasa, Ushna Virya, Madhur Vipak, Snigdha, Guru</i>
<i>Dugdh</i> ^[17]	<i>Madhur, Shit, Snigdha, Mrudu, Picchil, Guru, Mand</i>
<i>Vilepi</i> ^[24]	<i>Madhur Rasa, Laghu</i>
<i>Ikshu Vikara</i> ^[20,21]	<i>Madhura Rasa, Madhura Vipaka, Shita Virya Guru Snigdha</i>
<i>Mandak Dadhi</i> ^[3,18,19]	<i>Tridosh karak, Abhishyandi, Amla Vipak, UshnaVirya, Guru, Snigdha</i>
<i>Nava madya</i> ^[16]	<i>Guru, Dosh vardhak</i>

As we see all *Aaharaj Hetu* of *Prameh*, most of them are *Guru, Snigdha, Shit, Kled karak* hence *Kaph-Med-Mutra Sanjanan* i.e. aggravating these body elements.

Table 2: common viharjanya hetu^[2] (lifestyle related causes)

<i>Mruja Varjan (Udvartan Varjan)</i>	<i>Mal Vruddhi, Sharir Ashuddhi, Kaph-Medvardhak, Sharir Gaurav</i>
<i>Avyayam</i>	<i>Gaurav, Dukh Asahishnuta, Dhatu Shaithilya, Aagnimandya</i>
<i>Ati Swapn Aasan</i> ^[5]	<i>Gaurav, Aalasya, Kaph Vardhan</i>

Viharajanya Hetu also denotes inactivity in daily schedule may cause diabetes.

Pathyapathya Sankalpana-

As per *Charak, Pathya*^[4] means good for health and favorable to *Manas*. And *Apathya* is bad for physical health and unfavorable to *Mana*.

Unlike other chapters in *Chikitsa Sthana*, in *Prameh Chikitsa*, even before *Chikitsa Sootra, Pathyapathya* is mentioned.

This denotes the importance of *Pathyapathya* in *Prameh* over medicines. Usually *Prameh* patients are advised what they should not have in their diet but it is very uncommon and important that they are advised what they should take particularly in their diet. Disease specific dietary measures are unique concept of Ayurveda i.e. *Pathyapathya*. A properly selected diet plan is important in disease management.

Pathya for Prameha

Pathya for *Prameh* explained in the *Charak Chikitsasthan*, in which *Yava* is used at most of the time hence shows importance of it in diet of *Prameh*. Looking at the *Gunakarma*, one can understand that how *Yava* is best diet in present diabetic condition and its complications.

In *Charak Samhita* specific method given for use of *Yav, Godhum*, in which these grains should be given to eat to horse,

donkey, cow etc animals then recollected from the dung of these animals and then used in diet of *Pramehi*. This specific procedure ensures raise in *Laghu*, *Ruksha* properties of grains which will decrease *Kled*, *Kaph* and *Med* of patients and easy to

digest. Like *Yava Purana Dhanya* (Old serials), *Sattu*^[25]; pulses like *Mudg*^[12], yellow *Sarson* oil^[26]; vegetables bitter in taste like *Patol* etc.also given in text in *Prameh Pathya*.

Properties of *Prameh Pathya* (diet advised in *Charaksamhita*)

AharDravya	properties
<i>Puranashali</i> ^[8,27]	<i>Laghu, Ruksha</i>
<i>Sasthika</i>	<i>Shit, Madhur, Tridoshnashak, SharirSthairyakar</i>
<i>Godhuma</i> ^[11]	<i>Madhur, Shit Virya, Vatshamak, Vrushya, Snigdha, Sharir Sthairyakar, Jeevniy, Bruhan</i>
<i>Yava</i> ^[10]	<i>Ruksha, Laghu, Shit, Madhur, Kashay Ras, Sharir Sthairyakar, Bal Vardhak, Kaph Vikar Nashak, Vat vardhak</i>
<i>Sava Kodo</i> ^[9]	<i>Kashay, Madhur, Laghu, Vatvardhak, Kaph-Pitt Nashak, Shit, Sangrahi, Dhatu Shoshkar</i>
<i>Mudga</i> ^[12]	<i>Kashay-Madhur, Ruksha, Shit, Katu Paki, Laghu, Vishad, Kaph Pitt Nashak</i>
<i>Madhu</i> ^[22,23]	<i>Yogvahi, Guru, Shit, Kaph-Pitt-Nasha, Kaph-Med Chedan, Ruksha, Kashay, Madhur, Sandhankar</i>
<i>Pratudamans, Vishkir, Jangal Mans</i> ^[14]	<i>Laghu, Shit, Madhur, Kashay Ras Pradhan, Pitt Pradhan, Madhya Vaat, Hin Kaph, Kaphaj Rog Hitkar</i>
<i>Katu-tiktashaka</i>	<i>Kaphaghn, Laghu, Ushna</i>

Dhatu-SamyakarAahar and different types of physical activities help to control diabetes and remain diabetes-free for whole life.

Apathya for Prameh

Apathya for *Prameh* is all etiological factors which are explained above. *Asyasukh, Divaswapa, Sheetapana, Adhyashana, Samashana, Vishamashana, Dadhi, Anupa Mansa, Navanna, Madhur Dravya* i.e. *Gudavikara, Dugdha vikara* etc.

Discussion-

Prameh is one of the lifestyle disorders that need proper care of diet and lifestyle. *Prameha* occurs due to *Tridosha Dushti* but *Kaphprakopak Hetu* and *Kaphadushti* are mainly responsible for *Dosha Dushya Samurcchana*. We studied in detail about properties of *Aharaj* and *Viharaj Hetu* of *Prameh*, which commonly *Kledakarak, Sthoulyakar, Medodhatu Vridhi Dushtikar, Guru* (hard to digest), *Dhatu Shaithilyakarak*. Hence *Nidan Parivarjan* is more important to control disease and it is

the first step to prevent and to treat the disease.

Lifestyle disorders can be effectively managed through proper diet intake. Ayurveda an ancient medical science gives importance to *Ahara* as it considers it as three *Upastamba* (subpillars) of life. In *Prameha* by administering *Ahara* having *Kashaya*, *Tikta Rasa*, and *Ruksha* helps to reduce the excess of *Kledata*, *Kapha Dosha*, helps to maintain *Mansa*, *Meda Dhatvagni* in *Saamyavastha* in the body. Thus, dietary management helps to prevent complications from arising it.

Pathya i.e. disease related *Aahar* and *Vihar* which cause regression in disease condition and help to cure, control disease and to prevent complications. Adopting a healthy diet, healthy lifestyle i.e. *Pathyahar-Vihar* helps a lot to manage *Prameh*. It will reduce the excess of *Kled* through which further vitiation of *Med* and *Mansa* would be protected. There is a need for a proper diet plan as per *Charak*.

In *Charak Yava* is used most of the time as treatment or *Pathyahar* of *Prameh*. *Yava* (barley) is having *Kashaya Rasa*, *Lekhana*, *Ruksha*, and *Anabhishtyandi* properties which reduces *Kled* and *Kapha Dosha*. It gives strength to the body when taken as *Yava Mantha*, *Vaatya Manda*^[28], etc. *Acharya Charaka* has advised some of the food preparations like *Mantha*, *Kashaya*, *Churna*, *Lehya*^[29] of *Yava* i.e. barley. Also given a combination of *Yavaudana*, *Vatya*, *Saktu*^[25], and *Yava* along with honey^[28] to control *Prameh*. *Purana Shali*^[28] is cooked and mixed with *Mudga Yusha*. Frequent use of bitter vegetables. *Yava* soaked in *Triphala Kashaya* and kept overnight mixed with

honey acts as a refreshing diet. *Sava*, *Kodrava*

(kodomillet) are *Grahi* (absorbent) and pacifies *Kapha*. *Uddalaka* (Sebastian) is *Madhura*, *Kashaya*, and *Tikta Rasa* controls vitiation of *Kapha Dosha* and dries up an excess of *Kledatva* in the body. *Godhuma* (wheat) promotes instant strength in the body by nourishing the *Dhatu*s without increasing *Kapha Dosha*. *Mudg* is *Ruksha*, *Kashaya Rasa yukt* helps to reduce *Kled* and *Kapha Dosha*, and we can use *Mudg Yusha*^[30] in *Pramehi Rugn* diet. *Tikta Shakas*^[28] (bitter taste vegetables) like *Patol*, *Methi*, *Karavellaka* (bitter gourd) controls *Prameh*.

Like *Ahar*, *Vihar* is also more important in *prameh*. *Avyayam*, *Ati Swpna-Aasan* *Shayan* causes disease hence *Vyayam*^[6] i.e. exercise is also having a major role in control and cure of disease. This can also prevent the diabetes. *Vyayam* increases *Laaghavata*, *Karmasamarthya*, *Drudhata* of body. With *Vyayam*, *Udvartan*^[31] can also make difference by reducing *Kaph*, *Med* from body.

Conclusion:

Ayurveda not only cures the disease but can also prevent it through the knowledge of *Aharaj* and *Viharaja Nidana*. *Nidana Parivarajana* helps to manage and prevent the disease. Diet plays an important role in management of *Prameh* or diabetes mellitus. When we are advising diet to our patient, we must consider Ayurvedic properties of food. *Pathyakara Ahara* like *Yava*, *Sattu*, *Kodo-Sava*, should be given to the patient. Proper *Pathyakar* diet and exercise given in *Samhita* can treat the disease and avoid complication. We have

given the list of various cereals and other diet components which are described in the *Charak Samhita*. It is the responsibility of the Ayurvedic physician to sort out the best among them and prescribe them accordingly to the diabetic person.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

*A conceptual review study of properties of prameh hetu & pathyapathya w.s.r. to charak samhita
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Ayurlog: National Journal of Research in Ayurved Science- 2023; (11) (03): 01- 08



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