

Metabolic Disorders and Diabetes Mellitus

(Ayurvedic concept)

Preface

In Ayurveda, a number of metabolic disorders associated with the characteristic urinary abnormalities are included under the heading '*Prameha*'. The sanskrit word '*Prameha*' is derived from the verb '*Meha*', which means 'to pass urine'. The prefix 'Pra' indicates intensity. Thus, the word '*Prameha*' means passage of large quantities of urine or passage in urine with one or more components of metabolism, which may or may not be a normal constituent of urine in large amounts. The examination of urine gives us a clue to the diagnosis of the particular type of abnormality. *Prameha* is included in major diseases of the body. Twenty different types of *prameha* are described. In addition, the guidelines for classifying and treating any new metabolic disorder characterised by specific urinary abnormality is given in the Ayurvedic text.

In the history of western medicine, it is stated that in the Ebers Papyrus (Egypt, about 1500 B.C.) there was a mention of polyuria. The first good clinical description of the disease was made by Celsus and the name "Diabetes" was introduced by Aretaeus, a Roman physician. Both Celsus and Aretaeus lived in the first century of Christian era. It was in 1908, that Garrod realised the existence of the certain group of diseases seen linked with heredity wherein deficiency of enzymes necessary for normal metabolism were noted. He termed these diseases as "Inborn errors of metabolism". He had first described Alcaptonuria in 1908 and later described Albinism, Cystinosis and Pentosuria. When one realises that the various metabolic disorders described in modern medicine were not realised earlier than 110 years ago, one really wonders at the proficiency and insight of our ancient masters, who had described several metabolic disorders 5000 years ago.

Ayurvedic physician appreciated the hereditary mode of transmission and the incurability of these diseases, when they manifest as a congenital anomaly.

One cannot but appreciate the classical description of pathogenesis, clinical manifestation, and the method of treatment of madhumeha i.e., Diabetes mellitus, which is the commonest variety of prameha. The differences between the juvenile diabetes and maturity onset diabetes are well depicted. I am sure that understanding of the basic principles of Ayurveda and the classification, pathogenesis, and treatment of prameha and their application to modern medicine will go a long way in unravelling the mysteries of metabolic disorders with greater ease.

The literal meaning of Ayurvedic texts, as far as possible, has been adhered to and the basic concepts presented in the original form. The relevant Sanskrit verses are also given as references.

This Text will not only be useful to students, teachers and practitioners of Ayurveda, but will also be of great help to the practitioners and research workers of modern medicine interested in the metabolic disorders. - **Author**

Contents

(Special sub-points under the main point are given here.)

Chapter 1 : Prameha (Metabolic disorders)

13

1A. Definition of prameha	13
1B. Classification of prameha	13
1C. Aetiological factors	15
1D. Pathogenesis	19
1E. Premonitory symptoms	20
1E 1. General premonitory symptoms	20
1E 2. System wise premonitory symptoms	21
1F. Clinical manifestations	21
1F 1. Kaphaja prameha	22
1F 1A. Udakameha i.e. diabetes insipidus	22
1F 1B. Ikshumeha or ikshuvalukameha i.e. sucrosuria	23
1F 1C. Sandrameha	23
1F 1D. Sandraprasadameha or Surameha	24
1F 1E. Shuklameha or pishtameha i.e. phosphaturia	24
1F 1F. Shukrameha i.e. spermaturia	24
1F 1G. Sheetameha	24
1F 1H. Sikatameha i.e. crystalluria	25
1F 1I. Shanairmeha	25
1F 1J. Alalameha or lalameha	25
1F 1K. Lavanameha, phenameha and khatikameha	25
1F 2. Pittaja prameha	26
1F 2A. Ksharameha	26
1F 2B. Kalameha i.e. alcaptonuria	27
1F 2C. Neelameha i.e. indicanuria	27
1F 2D. Lohitameha or raktameha or shonitameha	27
1F 2E. Manjishthameha i.e., haemoglobinuria	28
1F 2F. Haridrameha	28
1F 2G. Additional types according to Harita	28
1F 3. Vataja prameha	29
1F 3A. Vasameha	29
1F 3B. Majjameha or sarpimeha	30

1F 3C. Hastimeha or lasikameha	30
1F 3D. Madhumeha	30
1G. Complications	31
1G 1. Complications of prameha	31
1G 2. Complications of treatment of prameha	32
1H. Prognosis	32
1I. Principles of treatment	38
1I 1. Diet	39
1I 2. Panchakarmas	42
1I 3. Activity	43
1I 4. General treatment	43
1I 5. Treatment of complications	43
1I 6. General recipes useful in prameha	44
1I 7. How to recognise that prameha is cured ?	69
1I 8. Recipes specific to specific type of prameha	69
1I 9. Drugs in prameha	84
Chapter 2 : Madhumeha - Khshoudrameha – Ojomeha (Diabetes mellitus)	85
1A. Pathogenesis	85
2A. Treatment of madhumeha i.e. diabetes mellitus	88
2A 1. Dietetic treatment	88
2A 2. Medicines useful in madhumeha	89
2B. Complications of madhumeha	94
2B 1. Madhumehapitika i.e. skin lesions in diabetes	94
2B 2. Prognosis in pitika	96
2B 3. Complications of diabetic eruptions	97
2B 4. Treatment of diabetic skin eruptions	98
2B 5. Diet in madhumeha	106
· A Diabetic ?....No....An ascetic	107