

## A CONCEPTUAL REVIEW WORK ON THE TREATMENT OF KAPHAJ PRAMEHA IN AYURVEDA

Manish Piplya<sup>1</sup>, Babita Dash<sup>2</sup>

<sup>1</sup>Manish, Piplya, MD Scholar Dept. of Panchkarma Govt. PKLS College & Institute Bhopal, Madhya Pradesh, India

<sup>2</sup>MD Ayu PhD, Lecturer Dept. of Panchkarma, Pt. KLS Govt Ayurved College & Institute Bhopal, Madhya Pradesh, India

Corresponding Author: [mpipaleshwer@gmail.com](mailto:mpipaleshwer@gmail.com)

<https://doi.org/10.46607/iamj2910032022>

(Published Online: March 2022)

### Open Access

© International Ayurvedic Medical Journal, India

Article Received: 25/02//2022 - Peer Reviewed: 07/03/2022 - Accepted for Publication: 08/03/2022



## ABSTRACT

*Ayurveda* is the science of life that has the main aim of protecting the health of a healthy person and treating the diseased person. The present era is full of chaos, stress and strain due to lifestyle modification, change in dietary habits, urbanization and industrialization. This has led to the upsurge of many diseases and one of them is *Prameha*. *Kapha* vitiates *Meda*, *Mamsa* & *Kleda* of the body located in *Basti* and causes different types of *Prameha*. *Kapha Dosh*a having entered the urinary tract in vitiated condition give rise to *Kaphaja Meha*. *Kaphaj Prameha* encounters by removing the *Srotorodha*, *Kaphahar* and *Medohar Shodhan* and *Shaman* treatment and *Pathya – Apathya*.

**Keywords:** *Kaphaj Prameha*, *Samprapti*, *Shodhan- Shaman*, *Pathya- Apathya*

## INTRODUCTION

*Ayurveda* is the science of life that has the main aim of protecting the health of a healthy person and treating the diseased person. The present era is full of chaos, stress and strain due to lifestyle modification, change in dietary habits, urbanization and industrialization. This has led to the upsurge of many diseases and one of them is *Prameha*<sup>1</sup>. In *Ayurveda*, the disease *Prameha* is categorized into 3 types i.e., *Vatik*, *Paitika*

and *Kaphaj Meha*. Among these 3 types of *Prameha* *Kaphaj Meha* is seen in various people as it is the earliest of *Mutra Vikriti*, so *Acharyas* has described this *Kaphaj Prameha* in *Sadhya* (curable) category. From the beginning, if the patient is treated properly then this will not lead to further progress as all *Pramehas* over time convert to *Vatik Meha* which is *Asadhya*. To prevent this, we need to concentrate on

the next generation of existing diabetes patients making them aware will be the first task. Clinically Acharya Sushruta and Vagbhatta have divided all the Pramēhas into 2 types i.e. *Apathyanimittaja Prameha* (*Avaranjanya*) and *Kshayaj Prameha* (*Sahaj*) and Acharya Charak have divided the Prameha patients into 2 groups i.e., *Sihoola pramehi* and *krisha*

*prameha*. *Kapha Prameha* is described as *Apathyanimittaja Prameha* or *Margavarodhjanya Prameha*, so the treatment principle is to clear the obstruction or to eliminate the vitiated *Pitta or Kapha Dosha* by *Shodhan* process along with the practice of *Pathya Ahar Vihar*.

## DISEASE REVIEW –

### Nidan of Kaphaj Prameha (C.Ci 4/5)10

Acharya Charak has mentioned *kaphaj Prameha nidana*<sup>2</sup>

Aharaj Nidana	Viharaj Nidana
<p>Excess and frequent intake of fresh corns as <i>Hayanaka</i> (a type of millet grain), <i>Avena sativa</i> Linn. (A variety of oats), <i>Chinaka/Chena</i>, <i>Uddalaka</i> (<i>Paspalum scrobiculatum</i> Linn. kodo millet), <i>Naishadha</i> (a type of millet grain), <i>Itkata</i> (<i>Saccharum</i> species), <i>Mukundaka</i> (a type of rice), <i>Mahavrihi</i> (black gram),</p> <p>Excessive intake of fresh pulse with ghee as soup. <i>Harenu</i> (<i>Pisum sativum</i> Linn. green peas), <i>Masha</i>, urad dal (a legume) Excessive intake of <i>Gramya mamsa</i> (Meat of Domestic Animal),</p> <p><i>Anupa mamsa</i> (Fleshy Animal), <i>Audaka mamsa</i> (Aquatic Animal),</p> <p>Excessive intake of:</p> <ul style="list-style-type: none"> <li>- <i>Shaka</i> (Vegetable), <i>Tila</i> (<i>Seasum indicum</i>), <i>Palala</i> (Oil cake of Tila),</li> <li>- <i>Pistana</i> (pastry), <i>Krisara</i> (Gruel prepared of tile, rice and black gram)</li> <li>- <i>Vilepi</i> (type of gruel prepared with four times of water)</li> <li>- <i>Ikshu vikar</i> (Preparation of sugarcane)</li> <li>- <i>Payasa</i> (a type of milk preparation), <i>Dahi</i> (curd)</li> <li>- <i>Nava Madya</i> (fresh wine prepared from new rice)</li> </ul> <p><i>Manda</i> (fermented liquor)</p>	<p><i>Vyayama</i>, <i>Varjana</i>, <i>Swapna prasanga</i>, <i>Asana prasanga</i> (avoidance of physical exercise) the excessive sleeping tendency, sedentary habits or any regimen which produces more <i>Kapha</i>, and <i>Meda</i>.</p>

### Types of Kaphaj Prameha and its characteristic<sup>3</sup>- Charak nidana 04/10-23

S.N.	Subtypes	Nature of urine	Correlation with modern
1.	<i>Udaka Meha</i>	Individual passes large quantity of water which is transparent, white, cold and without any smell	Diabetes insipidus/
2.	<i>Ikshuvalika Rasa6 Meha</i>	Individual passes a large quantity of water, which is transparent, white, cold and without any smell Urine like sugarcane juice and is extremely sweet and cold.	Alimentary glycosuria
3.	<i>Sandra Meha</i>	Precipitation in the urine and is deposited in the pot when kept for overweight.	Phashaturia
4.	<i>Sandra Prasad Meha or</i>	Urine is partly viscous and partly clear. <i>Surameha</i> means alcoholic smell in the urine.	Acetonuria

	<i>Surameha</i>		
5.	<i>Shuklameha</i> or <i>Pistameha</i>	Urine seems to be mixed with some paste.	Chyluria
6.	<i>Shukrameha</i>	Urine passed mixed along with semen	Spermaturia
7.	<i>Sitameha</i>	Cold, sweet and increased quantity of urine with increased frequency	Renal glycosuria
8.	<i>Siktameha</i>	Urine passed with some particles	Urates/particles in urine
9.	<i>Shanaimaha</i>	The quantity of urine is small and passed with difficulty and slowly	-
10.	<i>Aalameha</i> or <i>Lalameha</i>	Urine is slimy like kapha and seems as if full of threads	Albumin-urea

### Samprapti of Kaphaj Prameha<sup>4</sup>-

The process of the production of disease by the spreading of vitiated doses is called *Samprapti* (pathogenesis) of *Gati* (genesis) or *Agati* (onset). *Kapha* vitiates *Meda*, *Mamsa* & *kleda* of the body located in *Basti* and causes different types of *Prameha*. *Kapha Dosh*a having entered the urinary tract in vitiated condition give rise to *Kaphaja Meha*.

#### Samprapti Ghatak:

*Dosha: kapha*

*Dushya: Specially Meda* along with *Rasha, Rakta, Mamsa, Vasa, Majja, Lasika, Kleda. Adhithana: Vasti*

*Srotas: Mutravaha srotas, Medavaha srota, Udaka vaha srotas. Srotadusti: Atipravriti.*

*Agni: Dhatwagni Manda specially Rasagni.*

*Swabhava: Ashukari.*

#### TREATMENT PRINCIPLE WITH MANAGEMENT<sup>5,6,7,8,9,10,11,12,13</sup>

*Kaphaja prameha* are of 10 types and they are curable because of the compatibility of the therapies meant for their cure (*Samakriyatat*).

Patients suffering from *Prameha* can be classified into two categories.

(i) *Sthoola Pramehi* – those who are obese and strong. They are given *Sodhan* treatments like *Vaman, Virechan* and *Niruha Basti*.

(ii) *Krishna pramehi* – those that are emaciated and weak. They are given nourishing treatment (*Vrihana* treatment).

As *Kaphaja Mehas* are *Santarpanjanya* diseases the first line of treatment described by Acharyas are especially *Sodhana* therapy which means bio-

cleansing therapies. After proper *Snehan, Swedan, Vaman, Virechan* are administered and after proper elimination of *Doshas Shamana* therapy administered. Aggravated *Kleda, Meda* and *Kapha* are responsible for the causation of *Meha*.

Keeping this in view, the physicians, in the beginning, should administer *Sodhan* therapy. *Langhana* karma (fasting therapies) is also indicated in *Kaphaja Prameh*.

The following ten decoctions mixed with honey can be given to the patients suffering from *Kaphaja Meha*.

- *Haritaki, Katphala, Musta, Lodhra.*
- *Patha, Vidanga, Dhanvan, Arjuna,*
- *Haridra Daruharidra, Tagar, idanga.*
- *Kadamba, Shal, Arjuna, Dipyak (Yavani).*
- *Daruharidra, Vidanga, Khadira, Dhava,*
- *Devadaru, Kustha, Agar, Chandana.*
- *Daruharidra, Agnimantha, Amalaka, Vibhitaki, Haritaki, Patha.*
- *Patha, Murva Gokharu.*
- *Yavani, Ushrera, Haritaki.*
- *Chavya, Chitrakmul, Haritaki, Saptaparna.*

According to Acharya Sushruta- The patient's body is lubricated (*Snehana Karma*) by *Priyangwadi* oil or ghee. After that *Vamana* is done followed by *Virechana*. After *Virechana*, in the decoction of *Sursadi Gana, Aasthapana Basti* is given by mixing *Shunthi, Devdaru, Musta, Madhu* and *Saindhav*. If the patient has a burning sensation in the body, then he should be given *Basti* with the decoction of *Nyagrodhadi Gana* without oil.

Specific formulations for *Kaphaja Prameha* are

described by Acharya Sushruta (oral intake). -

1. *Udakmeha- Parijata Kashaya.*
2. *Ikshumeha- Vaijayanti Kashaya.*
3. *Surameha- Nimba Kashaya.*
4. *Siktameha- Chitraka Kashaya.*
5. *Shanaihmeha- Khadira Kashaya.*
6. *Lavanameha- Patha, Aguru and haridra Kashaya.*
7. *Pishtameha- Daruharidra and haridra Kashaya.*
8. *Sandrameha- Saptaparna Kashaya.*
9. *Shukrameha- Durva, shaivala, plava, Lathakaranj, kasheru Kashaya or Arjuna and Chandana Kashaya.*
10. *Fenameha- Triphala, Aragavadha Draksha Kashaya + Madhu.*

According to Acharya Vagbhatta decoctions mixed with honey can be given to patients suffering from *kaphaja meha-*

- (a) *Lodhra, Abhaya, Katphal, Muata.*
- (b) *Vidanga, patha, Arjuna and Dhanvan.*
- (c) *Daruharidra, Vidanga, Vacha and Gayatri (Khadira).*

According to Acharya Bhela- in *kaphaja Prameha* intake of *Kashaya Rasa* formulation and *Ushna Virya Dravya* is useful.

Specific yoga for *Kaphaja Prameha* described by Acharya Bhela is (oral intake). -

- a) *Udakmeha- Kirattikta, Patol and Aruk Svarasa.*
- b) *Ikshumeha- Shatvarimool Svarasa* with an equal dose of *Madhu* and *Ghrita*.
- c) *Sandrameha- Choorna* or *kwatha* of *Pippali, Shringvera, Marich.*
- d) *Bhasmameha- Yusha* of *Chavya, chitraka* and *Putika.*
- e) *Lavanameha- Choorna* of *Kapittha, Ajmoda, Kacha Lavan* and *Pippali + Madhu Sharkara* with cold water.
- f) *Siktameha- Choorna* of *Ela, Praval, Lavanga,* and *Hinga* with hot *Madhya.*
- g) *Shuklameha- Tumaru, Kapittha,* and *Niryas(gond)* with *Madhu* or diet of *Yava (Barley)* or *Yusha* of *Kulattha* or preparation of *Yava.*
- h) *Sheetameha- Choorna* of *Haridra, Manjishtha* and use of *Yava* in the diet.

According to Gada Nigraha- In all *kaphaj Prameha* intake various *Kashaya* formulations are described with honey-like-

- (d) *Haridradi Kashaya- Haridra, Daruharidra, Vidanga. Pathya, and shunthi.*
- (e) *Lodhradi Kashaya- Lodhra, Abhaya, Katphal, Muata.*
- (f) *Vidangadi Kashaya- Vidanga, patha, Arjuna and Dhanvan.*
- (g) *Kadambadi Kashaya- Kadamba, Shala, Arjuna and Deepyak (Ajmoda).*
- (h) *Darvyadi Kashaya- Daruharidra, Vidanga, Dhava (Dhay) and Shalyak (Mdanphala).*

Specific yoga for *Kaphaja Prameha* described in Gada Nigrah is just the same as Sushrut Samhita.

*Shukrameha- Durva, Puteek Shaivala, Kumbhik(kayaphala), plava, Kasheru Kashaya.*

Specific yoga for *Kaphaja Prameha* described in Yogaratnakar -

- *Udakmeha- Haritaki, Katphal, Musta and Lodhra.*
- *Ikshumeha- Vidanga, Patha, Arjuna and Dhanvanyas.*
- *Sandrameha- Haridra, Daruharidra, Vidanga and Tagar.*
- *Surameha- Kadamba, Shala, Arjuna and Deepyak (Ajmoda).*
- *Pishtameha- Daruharidra, Vidanga, Dhava and Khadir.*
- *Siktameha- Patha and Daruharidra.*
- *Shanahmeha- Yavani, Usheer, Abhaya and Guduchi.*
- *Sheetameha- Patha, Murva and Gokshura.*
- *Shukrameha- Devadaru, Kushtha, Arjuna and Chandana.*
- *Lalameha- Jambu, Shiva (Haritaki), Chitraka and Saptaparna.*

According to Bhavaprakasha- In all *kaphaja Prameha* intake of *Kashaya* formulations are useful with honey-

- (a) *Lodhra, Abhaya, Katphal, Muata.*
- (b) *Vidanga, patha, Arjuna and Dhanv.*
- (c) *Kadamba, Shala, Arjuna and Deepyak.*
- (d) *Daruharidra, Vidanga, Dhava and Khadir.*
- (e) *Haridra, Daruharidra, Vidanga and Tagar.*
- (f) *Vacha, Usheer, Abhaya and Guduchi.*

(g) Shiva (Haritaki), Vasa, Chitraka and Saptaparna.

(h) Patha, Murva and Gokshura.

(i) Vacha, Daruharidra, Triphala, and Agnimantha.

Specific Yoga for Kaphaja Prameha described are. –

**Probable mode of action of shodhan and shaman chikitsa in kaphaj Prameha-**

*Kapha* vitiates *Meda*, *Mansa* & *kleda* of the body located in *Basti* and causes *Kaphaj Prameha*. In the treatment protocol of *Prameha* Shodhan Chikitsa, saman chikitsa and Pathya ahar vihar is mentioned by all acharyas depending on the rog bala and rogi bala. In kaphaj *Prameha* especially the sodhan therapy is indicated as it is by the pathology deals with awarana. by Waman procedure the vitiating kapha, meda and kleda are illuminated out so that dosha samayata is maintained. *Bahudrasleshma* and *Bahu-abaddhameda* are the basic pathological factors for *Prameha* (obstinate urinary disorders including diabetes). *Bahudrasleshma* can be some sort of target tissue defect, whereas *Bahu-abaddhameda* can be correlated with free fatty acids, which are released from intra-abdominal central adipose tissues. Free fatty acids may cause insulin resistance. Here *Vamana* seems to reduce the peripheral insulin resistance in muscles by alleviating *Bahudrasleshma* and so helping to increase the glucose uptake. As *Vamana* also reduces the *Meda*, it must be promoting the function of insulin by reducing the circulating free fatty acids in the body. *Virechan* is the treatment for *Pitta* and *Pitta Sthangata Kapha Dosha*. it can be assumed that it may help to act

mainly on the liver and pancreas reduce hepatic glucose production and make it go away impaired insulin secretion. *Basti Karma* normalizes *Vata*, *Kapha*, *Meda*, *Kleda* and *Sneha* for the management of *Avaranjanya Prameha*. *Basti* controls *Vyan* and *Apan* *vayu* which plays a significant role in the pathogenesis of *Prameha*. mainly the drugs of *Shaman Kashaya* possess *Katu*, *Tikta* *Kashaya* *Ras*, *Laghu Guna*, *Ushna* *Virya*, *Katu* *Vipaka* and *Mehahar Prabhav*. The *Kashaya*, *Tikta* *Ras* and *Ruksha Guna* encounter the main culprit of *Khaphaj Prameha*.

**Pathyapathya in Kaphaj Prameha**<sup>12,13</sup>- The patients suffering from *Kaphaja Prameha* are given the following food like

- ❖ *Mantha* (flour of different types of corn mixed with water)
- ❖ Barley powder mixed with honey soaked with *Triphala Kwatha*
- ❖ *Saktu* (roasted corn flour)
- ❖ *Purana shali* (old rice cooked and mixed with soup of green gram)
- ❖ Cooked *Shashtik* rice

*Panaka* – patients suffering from *Prameha* should drink *Sarodaka* (water boiled with *kharida* wood), *Kusadak* (water boiled with *Kusa*), *Madhudak* (water mixed with honey).

Some classical references regarding *Pathyapathya* are mentioned below:

Pathya (Do)		Apathya (Don't)	
AHAR	VIHAR	AHAR	VIHAR
Barley, green gram, pigeon pea, horse gram, leafy vegetables, patol, bitter guard and vegetables with a bitter taste, bottle guard, drumstick, mustard oil, flaxseed oil, the meat of goat and rabbit, apple, rock salt, blackberry, garlic, turmeric, zinger, piper, Indian gooseberry, lemon, takra, unripe papaya, guava,	Daily exercise, <i>Udva rna</i> , walking, riding on horse, camel and elephant, ratri jagaran, Walking 100 yojan	A diet which increases <i>kapha dosha</i> , <i>curd</i> , <i>oil</i> , <i>sovirak</i> , <i>Tushodak</i> , <i>yavagu</i> , <i>panak</i> , excessive drinking of soup of domestic, aquatic and marshy animals, excess intake of new cereals and drinks made by them, preparation of jaggery, milk and its products	Inactivity (Sedentary lifestyle), Excessive sleeping.

<p>madhudak (water+honey), food with the low glycemic index, <i>sovirak</i>, <i>shali</i>(old), <i>sathi</i>, <i>kodo</i>, <i>uddalak</i>, <i>chana</i>, <i>arhar</i>, <i>kulthi</i>, <i>mudga</i>, vegetable with <i>tikta</i> and <i>kashay</i> taste, <i>nikumbh</i>, <i>ingudi</i>, <i>sarsgap</i>, <i>atsi</i>, <i>jangal mansa</i> without fat and butter, <i>Sarodak</i>, <i>Kushodak</i>, <i>Sidhu</i>, <i>Madhvi k</i>.</p>			
--	--	--	--

Charak Chikitsa 06/04,20,21,46,50, Sushrut Chikitsa 11/05,06,11,12, Ashtang Hridaya Chikita

## DISCUSSIONS

Excess and frequent intake of *Santarpanotha Aahar* and *Vihar* vitiate mainly *Kapha Dosha* mix with ten *Dushyas* in *Mutravah Srotas* lead to the manifestation of *Kaphaj Prameha*. Among 3 types of *Prameha* the *Khaphaj Prameha* is said to be *Sadhya* due to *Samkriyata* i.e., the treatment of *Dosha* and *Dushya* are the same. The *Pittaj Prameha* & *Vataj Prameha* are *Yapya* and *Asadhya* respectively due to *Vishaamkriyata* which means the treatment of *Dosha* and *Dushya* are different. Different types of symptoms are involved by single *Dosha* by disturbing different types of *Dushya*. If *Khaphaj Prameha* is not treated properly over time it will convert into *Vatik Prameha* which is *Asadhya* or *Yapya* depending upon the involvement of other *Doshas*. The pathology mainly concerns *Margavarodha*, so various Acharyas has described the line of treatment are mainly *Shodhan* procedures, Acharya Sushruta has advised *Vaman*, *Virechan* followed by *Asthapan Basti* in *Khaphaj Prameha*. *Khaphaj Prameha* encounters by removing the *Srotorodha* of *Khaph Dosha* and by *Kaphahar* action. Acharyas also mentioned various *Shaman* Chikitsa in the treatment of *Khaphaj Prameha* like *Parijat Kashaya* in *Udakmeh*, *Vaijayanti Kashaya* in *Ikshumeha* etc. Acharya Sushruta has mentioned individual *Shaman Kashaya* for each *Khaphaj Prameha* like *Parijat Kashaya* in *Udakmeh*, *Vaijayanti Kashaya* in *Ikshumeha* etc. mainly the drugs of *Shaman Kashaya* possess *Katu*, *Tikta Kashaya Ras*, *Laghu Guna*, *Ushna Virya*, *Katu Vipaka* and *Mehahar Prabhav*. In *Gadanigraha*, *Ashtang*

*Hridaya Charak Samhita* and *Bhavprakasha* maximum *Shaman* medicine has been prescribed with honey due to its *Kashaya* and *Ruksha* properties. The *Kashaya*, *Tikta Ras* and *Ruksha Guna* encounter the main culprit of *Khaphaj Prameha*. i.e., *Kapha Dosha*. *Srotoshuddhi* action helps alleviate *Vata Dosha* thus helping in *Samprapti Vighatana*. Acharya Vagbhatta has described many *Vyadhi Pratyani* medicine like *Haridra*, *Lodhra* etc. Which have *Medohar* and *Mehahar* effects. Classical management like *Shodhan*, *Shaman* and *Pathya- Apathya Aahar-Vihar* according to *Rogi Bala* and *Dosh-Dushya's* involvement in *Kaphaj Pramehi* has been proved its efficacy.

## CONCLUSION

*Kaphaj Meha* is *Sadhya Prameha* due to *Samkriyata*, however, after a prolonged period, *Kphaj Prameha* may convert into *Vatik Prameha* which is difficult to cure. If proper medication, diet and lifestyle are maintained the *Kaphaj Prameha* will cure at its root. Proper *Shodhan* and *Shaman* treatment can be helpful for the prevention and curation of the disease.

## REFERENCES

1. Jindal Nitin, Joshi P Nayan (2013). Comparative study of *Vaman* and *virechana Karma* in controlling blood sugar levels in *Diabetes Mellitus* *Ayu*. 34: 263-269
2. Dr Brahmanand Tripathi. *Charaka Samhita*. *Nidan Sthan* 4. Verse 5 Varanasi: Chaukhamba Surbharti Prakashan; Edition 2014. P.613.
3. Dr Brahmanand Tripathi. *Charaka Samhita*. *Nidan Sthan* 4. Verse 13-23 Varanasi: Chaukhamba Surbharti Prakashan; Edition 2014. P.616.

4. Dr Brahmanand Tripathi. Charaka Samhita. Chikitsa Sthan 6. Verse 5Varanasi: Chaukhamba Surbharti Prakasan; Edition 2015. P.280.
5. Dr Brahmanand Tripathi. Charaka Samhita. Chikitsa Sthan 6. Verse 15,16Varanasi: Chaukhamba Surbharti Prakasan; Edition 2015. P.286.
6. Kaviraja Ambikadutta Shastri. Sushruta Samhita. Chi. Part1. Varanasi: Chaukhambha Sansakrita Santhan; Edition 2016 P. 75,76.
7. Dr Brahmanand Tripathi. Ashtang Hridayam Chikitsa Sthan 12. Verse 7Varanasi: Chaukhamba Surbharti Prakasan; Edition 2019. P.715.
8. 8.Shri Indradeva Tripathi.Gadanigraha Kayachikitsakhanda part 2. Chaukhambha Sansakrita Santhan; Edition (3<sup>rd</sup>)1999 P. 670,671.
9. Shree Abhaya Katyayana, Bhela Samhita Chikitsa Sthana 07 verse 09-19 Chaukhamba Surbharti Prakasan; Edition 2017. P.343,344.
10. Vaidya Shree Laxmipati Shashtri Yogaratnakar Uttarardha Pramehachikitsa verse 1-3 Chaukhambha Sansakrita Santhan; Edition 2017. P.82.
11. Shree Hariharprasad Pandeya Bhavaprakasha Madhyamkhanda Pramehapidika Adhikar 38 (Chikitsa prakaran 8) Chaukhambha Sansakrita Santhan; Edition(7th) 2000 P. 397,398.
12. Vaidya Jadavji, Trikamji Acharya, Charaka Samhita, (Chikitsa sthana 6/18-24), Reprint, Varanasi, Chaukhambha Prakashan, 2013,
13. Kaviraaj Ambikadutta Shastri, Susruta Samhita (ChikitsaSthan 11/5), Varanasi, Chaukhambha Sanskrit series publication,2009

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Manish, Piplya & Babita Dash: A Conceptual Review Work On The Treatment Of Kaphaj Prameha In Ayurveda. International Ayurvedic Medical Journal {online} 2022 {cited March 2022} Available from: [http://www.iamj.in/posts/images/upload/743\\_749.pdf](http://www.iamj.in/posts/images/upload/743_749.pdf)