**AN OVERVIEW OF PRAMEHA WITH SPECIAL REFERENCE TO ITS NIDANAPANCHAKA**

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**ABSTRACT**

Ayurveda strongly emphasize on Preventive and Promotive aspects of health rather than curative. Acharya Charaka has stated that diagnosis is very important before preceding treatment. Ayurveda has 2 basic ways of diagnosing i.e Rogapariksha and RogiPariksha which refer to Examination of disease and Examination of Patient. Among them Rogapariksha gives us the detailed knowledge about a disease starting from the etiology aspect to the manifestation of disease. The five components of Rogapariksha are termed as Nidanapanchak. These play an important role in playing the treatment of all disease. Prameha (Diabetes) is one of the most common Non-communicable diseases (NCD’s) and Diabetes is the fourth leading cause of global death by disease. It appears to be a global epidemic due to present era of Stress and Strain due to Competitive life Style and a change in dietary habits. The prevalence of diabetes is increasing rapidly day by day. India has become the Diabetic capital of the world. Globally it affects over 311 million people suffer from Diabetes Mellitus. It is estimated that global prevalence would exceed 470 million by 2030. Diabetes has long term potential effects on almost all system of body. It leads to various Complications at micro and Macro Vascular level. In the present review article Nidanapanchakas been explained. Archaya Susruta has emphasized as “Sanshipta Kriya Yogo Nidana Parivarganam”, by understanding the Nidana Panchaka with in depth and understanding Samprapti helps in planning specific preventive Measures and Management. The detail of NidanaPanchak of Diabetes is explained in the paper.

**Keywords**: Diabetes, Prameha, Non-communicable diseases, Stress, NidanaPanchaka.

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**INTRODUCTION**
Ayurveda is recognized as the foremost science of life and has the holistic approach for the maintenance of health and well being. The basic concept of Ayurveda about the healthy person is to maintain the equilibrium of Sharirika and MansikaDosha. Keeping in view the holistic approach of Ayurveda, it may be concluded that health (Homeostatic / physiological atmosphere) can be achieved only by maintaining the equilibrium in both Sharirika (Vata, Pitta, Kapha) and MansikaDosha (Satva, Raja, Tama) \(^1\) and AcharyaSusruta also emphasized that “SanshiptaKriyaYogoNidanaParivarganam”, that is in short treatment is just the exemption of Nidana i.e causative factors\(^2\). For the proper Diagnosis of Disease, History of Patient, Complaints and Detailed Examination of Patient etc. are milestones\(^3\) and are termed RogaPariksha. NidanaPanchak includes five components i.e Nidana (Etiology), Poorvaroopa (Prodromal signs and symptoms), Rupa (Actual signs and symptoms), Upshaya (Trial and Error method of treatment) and Samprapti (Pathogenesis)\(^4\). NidanaPanchak are subjective as well as objective tools applied to understand the disease. KaryaKaranaSidharanta is also of the fundamental principle of Ayurveda. According to the “Karya Karana Sidharanta” Karaya means the production of disease is not possible without Karana i.e Nidana or Hetu. Ultimately the aim of the physician is to cure as well as to prevent the disease. Moreover, the knowledge of Nidanapanchak is important for prevention and treatment. Diabetes (Prameha) is one of the most common Non-communicable diseases (NCD’s). It is the need of time to review the ancient systems of medicine in order to apply measure prevalent in these systems in preventing the coming epidemic of lifestyle disorders which are preventable with changes in diet, lifestyle, and environment. Prameha is attracting Global importance, as it is rocking the World as Non infectious epidemic/pandemic. It is often referred to as a ‘Silent Killer’. Prameha is formed from two sub words. i.e ‘Pra’ and ‘Meha’ the word ‘mih’ stands for watering, wetting and Upsargapra suggest Excessive Frequency of Urine\(^5\). According to above etymology, meaning of word ‘Prameha’ can be stated as “The disease in which quantity as well as frequency of micturition increases is known as Prameha”\(^6\). Prameha and its types are widely explained in Bhriratrayi and Laghutrayi, AcharyaCharaka has given elaborate description of Prameha in Sutrasthana, Nidansthana and ChikitsaSthana\(^7\). AcharyaSushruta has explained some different types of Prameha like Surameha, Lavanameha and Amlameha. He has mentioned treatment of Madhumeha and PramehaPidika in separate chapters and also mentioned choice of drug for each type. Description of Prameha and its types from various Ayurvedic classics helps us to know the disease thoroughly ‘Madhumeha’ is mentioned in ‘Ashtomahagada’ by AcharyaSushruta\(^8\).

**NIDANA**

The term Nidana means the factors responsible for producing disease i.e Etiological factors\(^9\). For diagnosis one should know the exact cause of manifestation as in case of some like Vatarakta and Kustha
having a few same Poorvaroopa, can be diagnosed by taking the help of Nidana. The Etiological factors of Diabetes can be divided into following two groups:

1. **Dietary factors**
   - **Payamsi** (Use of milk and milk preparation),
   - **Dadheeni** (excessive use of curd),
   - **Gramya-oudakaanupamamsa** (flesh of animals of domestic aquatic and marshy places),
   - **Navaanpanam** (new grains),
   - **Guda-vaikruti** (jaggery and its derivatives),
   - **Ikshurasa** (Sugar cane),
   - **Madhurahara** (Sweet substances),
   - **Pishtaahara** (carbohydrate rich food),
   - **Adyashana** (repeated food intake),
   - **Adhikashana** (Excess food intake),
   - **Ahitashana** (Unwholesome diet),
   - **Samashana** (Improper diet). Havisha, a special rich food made from milk, sugar and rice.

2. **Life style factors**:
   - **Asayasukham** (Habituation to sitting on soft cushions for long periods) and **Swapana-sukham/Atinidra** (prolonged sleeping) are suggested as key predisposing factors for diabetes. Other causes include **Sahaja** (Inherited factor), **Bhya** (Fear), **DeergaRoga** (Long standing illness), **Alasya** (Sedentary life), **Kaphakrut cha sarvam** (All foods and lifestyle activities which increases Kapha).

3. **Beejadoshaja**:
Hereditary predisposition for the Prameha.

**PURVAROOPA**:
Prodromal symptom/Purvarupa symptoms are the symptoms which are manifested prior to the full manifestation of the disease. Purvaroopa are the symptoms which are produced during the Sthanasamaraya by vitiated Doshas i.e when Samprapti has not been completed and disease has not been manifested. The various prodromal symptoms of diabetes given are:

   - **Karapadaosuptadaha** (numbness and burning sensation in hand and feet),
   - **Paridahosuptatachaangushu** (burning sensation and numbness in various organs of the body ),
   - **MadurjyaAmayashya** (sweet taste in the mouth),
   - **Madura Suklamutrata** (sweet and white urination),
   - **SadpadaPippilicaSariraMutraSaranam** (attraction of insects and ants on the body and urine, dryness in mouth, palate and throat),
   - **Pipasa** (thirst) and **Tandra** (drowsiness),
   - **khewdaangagandha** (excessive sweating and foul smelling of the body),
   - **Shithilaanga** (looseness of the body),
   - **Aalashya** (laziness),
   - **Malongkaye** (dirtiness in the body),
   - **TaugalajihvaDanta Mule Mala Utpada** (excessive excreta in palate, tongue and teeth etc.),
   - **JathelataBhabeKeshashu** (matting of the hair),
   - **Kasha nakhaativridhi** (excessive growth of hair and nail),
   - **Mutradoshan** (appearance of abnormalities in urine).

**TYPES**

1. **According to Doshik Predominance**
   - **KaphajPrameha** (Further divided into 10 types)
   - **PittajPrameh** (Further divided into 6 types)
   - **VatajPrameh** (Further divided into 4 types)

2. **According to Causes**
   - **SahajaPrameha**: which is genetically transmitted disorder?
   - **ApathyannimitajaPrameha**: which arises as a result of improper diet and life styles.

3. **According to body type**
   - **Sthoola** (Obese)
4. According to Samprapti

- **Krusha** (Emaciated and weak)

- **Avaranjanya:** In Avaranjanayamadhumeha, Kaphavardhakanidanasevana leads to vataavaranana, which in turn leads to OjasKarshana which comes to the basti & patient passes Madhur, Kashaya, Ruksha Mutra, which is said to be Madhumeha.

- **Dhatukshayajanya:** In Dhatukshayajanya, due to vatavardhaknidan, vataprakopa occurs & the madhuratwa of Oja is displaced by Kashaya rasa & it is brought to the basti leading to MadhuvatMutratyaga, leading to Madhumeha.

5. According to Management purpose

- **Apatarpanauthaja** - describing the lean Diabetic. Requires Santarpanchikitsa (restorative) Management.

- **Santarpanuthaja** - relating the obese diabetic. Requires Apatarpanchikitsa (fat reducing) Management.

6. According to Prognostic Classification

- **Sadhya:** Curable and are diagnosed at very early onset of disease and those who are mainly Sthoola and the origin of their disease in Apathyaja.

- **Yapya:** Yapya (palliable) helps control the disease with treatment.

- **Asadhya:** Sahaja patients suffering from this variety are Krishna (lean).

**RUPA**

The complete manifestation of disease with prominent clinical features is termed as Rupa. These are prominent diagnostic tools of a disease. Gayadasa, in his commentary on SushrutSamhita quoted that in Prameha all ‘PurvaRupa’, get converted into ‘Rupa’ of this disease. This is nature of disease i.e. VyadhiPrabhava, from above it can be said that all ‘PurvaRupa’ discussed previously considered as Rupa of the Prameha. RupaofPrameha are mentioned as follows.

- **Prabutamutra** (Polyuria), Avila mutra (Appearance of abnormalities in Urine), Sharirgoaravam (Heaviness in the body), Vibandha (Constipation), Sharirjarta (Stiffness in body), Kasaya, madhura, Rukshamutra (Astringent and Sweet urination), Shvetaghanmutra (White and Turbid urination), MukhaMadurya (Sweet taste in the Mouth). In children there is Akasmatmutranigaman (Bed wetting).

**UPDRAVA:**

Upadrava are the complications which occur along with progression of Disease. If proper Treatment and care is not taken Diabetes leads to a lot of complications. AcharyaCharaka, Acharya Sushruta and Acharya Vaghbhatta has given vibrant description about the complications of diabetes. AcharyaCharaka mentioned SamanyaUpadrava related to Prameha. But Sushruta and Vaghbhatta has mentioned according to Doshic predominance.

- **SamanyaUpadrava** (General complications)
  - Trishna (Thirst), Atisar (diarrhea), Daha (burning sensation), Daurbalya (Generalize weakness), Arochaka (Indigestion), MamsaPidika (Boils) Vidradhi.

- **VisheshaUpadrava** (Specific complication)
  - Acharya Charaka mentioned that occurrence of these complication is due to long term Anubandha of Prameha Vyadhi.
In NidanaSthana of Sushruta and Vagabhatta specific complication of Pramehaare explained as per the predominance of Dosha.

**KaphajaMeha:** Makshika Sarpanam (attraction of flies towards the body), Alasya (laziness), Pratishthaya, (rhinitis) Shaithilya (lassitude ), Arochaka (excess salivation ), Chhardi (vomiting ), Kasa (cough ) and Shwasa.

**PittajaMeha:** Vrushana – Avadarana (tearing pain in the scrotum), Basti – Medhrato (Pain in urinary bladder and penis), Hridshula (Angina ), Amlika, Jvara, Atisara (Diarrhea ), Daha ( Burning sensation ), Murchha (Syncope), Pipasa (Thirst) , Nidranasha (Insomnia), Panduroga (Anemia), Vidbhed.

**VatajaPrameha:** Hridgraha (Cardiac arrest), Anidra (Insomnia), Stambha (Stiffness), Kamp (Trembling), Shula (pain,) Badhapurishatvam (Constipation), Shosha (Muscle wasting), Kasa (Cough ) and Shwasa (Dyspnea).

**PAREEKSHA:** MakshikaAkrant: Attraction of Makshika (Flies) towards urine and Excretion of Shweta Varna and Ghana (Turboid) Mutrata.

**DIFFERENTIAL DIAGNOSIS:** Acharya Charaka explained differential diagnosis of Prameha with RaktaPitta. He explains that, if Haridra and RudhiraMutraPravrutti is not found with premonitory symptoms of Madhumeha. We can’t say it Prameha, but it can be diagnosed as Rakta–Pitta.

**UPSHAYA ANUPSHAYA**

A judicious application of Ausdha, Aana and vihara, prescribed jointly or severally either antagonistic to the cause of disease, to the disease itself or to both, the cause and the disease, or similar to the cause of the disease, to the disease or to both, the cause and the disease constitute Upshaya when it produce relief in the symptoms and Anupshaya when it aggravates the symptoms. It is a trial and error treatment.

**Pathya:-**

Prameha specific Pathya include both dietary and life style modifications which are to be practiced to manage the disease in a controlled manner and to prevent its complications. In dietary Pathya, diet rich in fiber content such as Tiktashaka, unsaturated oils (Sarshapa oil, Atasi oil), none refined grains/whole grains such as Yava (barley), Trina dhanya, less sweet content (low glycemic index) food articles are recommended for dietary Prameha.

Cereals – Yava, Godhuma, Shyamaka, Kodrava, Bajra.

Pulses – Chanaka, Adhaki, Mugdha, Kulatha.

Vegetables – Nimb, Sarshapa, Methika, Karvellaka, Patola.


Other – Laja, Maricha, Hinga, Saindhav, Haridra, Ardraka .

Life style modifications include regular exercise to maintain ideal weight. As mentioned in the benefits of vyayama (Exercise) Agnivridhhi (Improves digestion), Sthaurya (Improves muscle tonicity), Doshakshaya (Improves lipid profile and hyperglycemia) Beside Regular exercises, manual labor and long distance walking as mentioned by Acharya Susruta walking of 100 yojan in 100 days i.e 1 yojan per day, Vyayama, Niyuddha (Fighting), Kreeda.
Apathya:-
Practice of faulty dietary habits like Over eating (Atiashana), Untimely eating (Vishamashana) etc, not following the Dinacharya and Sadavritta leading to the states of anger, lust, grief, sorrow etc. All these practices disturb the physical and mental Dosha and hence lead to the diseased state. A pathya for the Prameha are just the opposite of the Pathya mentioned in the texts
Ahara: Excess Consumption of Water, Milk, Ghee, Oil, Curd, Sugar, Rice Preparations, AnupaGramya, AudakaMamsa, Pishatanna, Navanna.
Vihara: Eksthana Asana (Sedentary life style), Atinidra (Excessive sleep), Divaswapna (Day sleep), Ayyayam, Dhumapana (Smoking), Sweda, Mutravegadharana (To urge for urination)32.

SADHYA ASADHYATA:
1) Sadhya:-KaphajaPrameha is SadhyaPrameha etiological factors are same as that of Dosha-Dushya and have same qualities and same seat. Treatment is same for both the Dosha and Dushya, i.e."Samakriyatvata’ hence, KaphajaPrameha is Sadhya (curable)33.
2) Yapya :-PittajaPrameha is palliable. It needs continuous treatment. As treatment stopped disease again gets provoked. Because of opposite treatment measures we have profound here34.
3) Asadhyya (incurable) Because of involvement of vital Dhatu like Majja and Oja, VatajaPrameha is incurable. Here drug cannot recover the disease because of fast derangement of Dhatus35.

SAMPRAPTI:
Entire process of manifestation of disease is called Samprapti36.
Charaka has mentioned SamanyaSamprapti in Chikitsa Sthana. Because of over indulgence of etiological factors, KaphaDosha, with Meda, Mamsa and Kleda get vitiated and it results into formation of metabolic waste which conducted towards Basti which results in Prameha. Charaka has mentioned Samprapti of Prameha according to types in Nidanasthana. KaphakaraNidanaSevana Provokes Kapha. Provoked Kapha leading to increase in the quantities of Kapha in the body and spreads through whole body speedily, because of Sharirshaithilyakapha get mixed with excess Meda which is Abaddha and similar characters with Kapha. These excess Kapha and Meda get combined with Mamsa which results in Mamsapidika. On other side excess Kleda gets converted in to Mutra. Thus Kapha along with Meda, Kleda covers opening of MutravahaStrotasa which results in to Prameha37.

DISCUSSION
Ayurvedic science, a boon in today’s man life, describes Swasthaparayanata, which means maintenance of health in the one hand and treatment of disease on the other. It has been described in Ayurveda that. It is not rational treatment where the medicine modifies one Disease; on the other hand it provokes new complications. So here, we are putting our step forward to find safe and effective methods. As AcharyaCharaka mentioned there may not be
the Nomenclature of all the disease in text but such diseases can be managed on the basis of Dosha concern and it can be revealed by NidanaPanchak i.e Nidana, Purvaroopa, Roopa, Upshaya, Samprapti are the basic tool for the diagnosis. As Prameha is the disease caused by the over nutrition. Over nutrition can be resultant of both by diet as well as by other life style activities such as sedentary life style. Over nutrition is the factor which over nourishes the body, leading to increase in the quantities of Kapha in the body. Faulty dietary habits and other Nidana mentioned aggravating the Kaphacan give rise to Prameha, but to initiate a vyadhi in the body there must be involvement of Vata also because it is the only force responsible for physio-biochemical activities in the body. In Prameha there is in co-ordination of function of the Agni/ AharaParimanakarabhava, overeating leading to TridoshaPrakopa. The impaired Agni, both at the level of Jatharagni (GI level) and at Dhatvagni level (tissue level) is disturbed leading to the increase of Amadosha in terms of hyperglycemia, hypercholesterolemia, hypertriglyceridemia, high levels of LDL and other parameters of impaired lipid profile. Increase in these parameters are reflected in the body through increased weight, waist to hip ratio (WHR), early fatigue, as symptoms of obesity and PrabhutaMutrata (increased micturition), Avila Mutrata (turbid urine), and other symptoms of Prameha. Prameha can be prevented if intervention in the form of PathyaAhara and Vihara is applied in early stages, either pre diabetes, or healthy state. For the high risk individuals, dietary and lifestyle plans should be made in accordance with the day to day requirement of an individual. Ayurveda suggests increased intake of fiber rich green vegetables and cereals Patola, Tanduleyakam, Yava etc. and are also recommended to diabetics by modern researchers too as complex carbohydrates like cereals, whole grains and vegetables are recommended at least to 50% of diabetic food because Simple carbohydrates are broken down easily and increases blood glucose levels fast. Hence, simple sugars like table sugar, honey, candy, jam, cakes, and pastries etc. are contraindicated. PathyaAhara and Vihara in daily routine, maintaining physical wellbeing, mental tranquility and sanctity are equally important.

**CONCLUSION**

It can be concluded that the NidanaPanchaka is a process or sequential way of diagnosing a disease at various stages. The equilibrium state of Dhatus is not disturbed nor is the imbalance state brought to normalcy without some causative factors, that cause determines the equilibrium or imbalance state of Dhatu. Proper knowledge of the NidanaPanchak helps us for early diagnosis of the disease and also helps in differential diagnosis. In short, Nidana is to be avoid for the treatment, Purvaroopa helps in to diagnose at a very early phase, Roopa is an important tool indicating the stage, severity, type of disease, Upashaya plays an important role for treatment as well as differential diagnose and Samprapti helps to break the pathogenesis, accurately according to the DoshaDushyaSamurchana and to stop the
progress of disease and to reverse the disease. Hence after gaining the knowledge of Nidanapanchak helps physician to get proper path for treating the disease. So along with drug interventions, emphasis must be given to the high risk factors i.e dietary and lifestyle modifications, socioeconomic, behavioral and nutritional issues and to promote a healthier lifestyle.

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