



## CLASSIFICATION OF TWENTY TYPES PRAMEHA - A CONCEPTUAL STUDY

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**ABSTRACT**

To study and explore the classification of *Prameha* given in various *Ayurveda* treaties. *Pramēhas* are a list of urinary disorders, especially characterized by profuse urination with several abnormal qualities due to *Dosh* imbalance. The study of this *Prameha Roga* reveals the rich knowledge of the *Ayurveda* developed since immemorial. Although descriptions of this disease are scattered in different classics of *Ayurveda* but here importance has been given to *Brihatrayee*. In the present era, many people are suffering from this disease, and is often considered the silent killer. The *Ayurvedic* concept regarding the classification of this *Roga* has vast information. Here a conceptual study is undertaken related to various aspects of *Prameha*.

**Keywords:** *Ayurveda*, *Prameha*, *Dosha*, *Prabhuta mutrata*, *Lifestyle*.

**INTRODUCTION**

Ayurveda is a science that gives the concept of maintenance of health and healthy person and treatment of disease. Ayurveda has three basic principles *Hetu*, *Linga*, and *Ausadha* that call *Trisutra*, and most important is *Linga*. In ayurvedic text, *prameha*

is characterized by excessive urination (both in frequency and quantity) and turbidity. The nature of the turbidity may vary depending upon the body reaction to the doshas. i.e., *Prabhuta avila mutrata*. *Prameha* is considered as *kapha Pradhan tridoshaja vyadhi*.

The aggravated *kapha* along with other doshas is responsible for the clinical manifestation of *prameha* ‘*prakarsena prabhutam prachuram varam va mehati nutratyagam karoti iti*’. In Ayurveda, there are twenty types of *prameha*. Ten types of *kaphaja prameha*, six types of *pittaja prameha*, and 4 types of *vataja prameha* where in *kapha* – early stage, *pitta* – acute stage, and *vat* – chronic stage. Which acquires the *varna*(colour), *rasa*(taste), *sparsh*(touch), and *gandha*(smell). due to them according to the respective dosha. However, an increase in the frequency of micturition and turbidity of the urine are the cardinal symptoms of the 20 types of *prameha*. *prameha* is a life-threatening lifestyle-originated disease. It is basically belonging to *medovaha*, *mutravaha*, and *Udakavaha srotas*. *Prameha* is a *santarpan janya vyadhi*. In modern medicine there is no such disease identical to *prameha*, however, diabetes mellitus is a well-elaborated, which is a group of metabolic diseases characterized by hyperglycaemia resulting from a defect in insulin secretion, insulin action, or both. *Madhumeha* is a type of *vataja prameha* that is much identical to diabetes mellitus in modern medical science. Diabetes mellitus has been generally classified into 2 types. Type 1 and type 2. According to WHO. 220 million people have type 2 diabetes mellitus. It is a fast-growing health hazard and a silent killer. India has more diabetes than any other country in the world. The top countries for the number of persons with diabetes are india, China, and the united states of America. India has now been declared by WHO as the diabetes capital of the world. Diabetes is considered a major disease if not treated in time. diabetes is an important public health threat due to its high morbidity, mortality, economic impact, resource consumption, systemic complications, silent yet progressive nature, and less curative option. Diabetes and diabetes-related illness and complication place a wide burden on the health care system of countries worldwide. India is the 2nd topmost country having the largest number of adults. The number of adults (20-79 years) with diabetes in the year 2019 was 77 million 10.4 percent and estimated to be 101 million in 2030 and 134.3 million by 2045. The numbers of

adults. (20-79 years) with undiagnosed diabetes, in the year 2019 were 43.9 million i.e., 57% of the number of adults (20-79 years) with impaired glucose to tolerance in the year 2019 were 25.2 million 3.3% and estimated to be 32.3 million in 2030 and 40.7 million by 2045.

#### AIM AND OBJECTIVES –

1. To study and explore the classification of *prameha* given in various Ayurveda treatises.
2. To study clinical importance and diagnose 20 types of *Prameha*.

**MATERIALS AND METHOD** – For the present review detailed literary study was performed. The detailed content and references are analysed from the available text. Principle texts referred to are *Charaka*, *Sushruta*, *Vagbhata*, and another *Samhita*. Some other ayurvedic books are also referred to. Relevant references are taken from another modern book.

#### CLASSIFICATION OF PRAMEHA -

- Etiological classification
- Clinico pathological classification
- Therapeutic classification of a body constitutes.
- Prognostic classification.

#### 1. ETIOLOGICAL CLASSIFICATION (SU-SHURUT) -

A. SAHAJA (growth onset/ juvenile/ IDDM) - *Prameha* due to *sahaja* etiology is characterised by a lean, rough body, eats less amount of food, suffers from severe thirst, and moves always.

-family history

- early onset

- asthenic constitution

- prone to complication

B. APATHYANIMITTAJA (NIDDM) – *Apathyanimittaja* is characterised by obesity, eating more food, being unctuous, and always desires to occupy the bed, sitting posture, and sleep.

- Over nutrition

- Sedentary habits

- Obese

✓ Manageable with diet control and herbo-mineral treatment (*apatarpan chikitsa*)

#### 2. Clinico Pathological Classification –

A. KAPHAJ PRAMEHA 10 - (early diabetes)

- Overweight with mild hyperglycaemia.
  - Polyuria/ glycosuria
  - B. PITTAJ PRAMEHA 6 - (acute stage)
    - Loss of weight.
    - Hyperglycaemia and glycosuria
    - urinary tract infection
  - C. VATAJ PRAMEHA 4 - severe hyperglycaemia with glycosuria  
(Chronic diabetes) - Nephropathy neuropathy
    - Retinopathy
    - Gangrene
  - D. THERAPEUTIC CLASSIFICATION - on body constitution (Charak)
    - Sthula pramehi (obese diabetic)
    - Krishna prameha (Lean diabetic)
  - E. PROGNOSTIC CLASSIFICATION -
    1. SADHYA (manageable) - Apathyanimittaja prameha (NIDDM)
      - Kaphaja prameha
      - Sthul prameha
    2. YAPYA (palliative) -pittaja prameha
    3. ASADHYA (unmanageable)
      - sahaja prameha
      - vataja prameha
      - Krishna prameha.
- ACCORDING TO MODERN –**
1. Insulin-dependent diabetes mellitus (IDDM)

2. Non – insulin-dependent diabetes mellitus (NIDDM)

According to the American diabetes association (1997), DM is classified into the following types:

Type 1 – absolute deficiency of insulin due to destruction of beta cells of the pancreas (T1DM).

Type IA: Immune-mediated.

Type IB: idiopathic.

Type 2 – Insulin resistance along with relative deficiency of insulin secretion (T2DM).

Other specific types –

Gestational DM (Onset or first recognition of glucose intolerance during pregnancy.)

**TYPES OF PRAMEHA –**

Simultaneous vitiation of all the three dosas manifests twenty types of *prameha*. kaphaja prameha are ten in number and are curable because of the compatibility in the principles of treatment. pittaja prameha are six in number and are manageable because of the in compatibilities in the lines of treatment. Vataja prameha are four in number and are incurable because of their severity of complications. (C.S. Ni 4/3 and C. S Ci 6/7)

The different names of the prameha roga as mentioned given in below –

**KAPHAJA PRAMEHA - 10**

S.No.	CHARAKA	SUSHRUTA	VAGBHATA	MADHAVA NIDAN
1.	Udakameha (Diabetes Insipidus)	Udakameha	udakameha	Udakameha
2.	Ikshuvalikarasmeha (Glycosuria)	ikshuvalikameha	ikshumeha	Ikshumeha
3.	Sandraneha (Phosphaturia)	Sandraneha	sandraneha	Sandraneha
4.	Sandraneha (Belluria)	Surameha	surameha	Surameha
5.	Suklameha (Chyluria)	Pisthameha	pisthameha	Pisthameha
6.	Sukrameha (spermaturia)	Sukrameha	sukrameha	Sukrameha
7.	Sitameha (Renal Glycosuria)	Lavanmeha	Sitameha	Sitameha
8.	Siktameha (Lithuria)	Siktameha	Siktameha	Siktameha
9.	Saneimeha (Slow micturation)	Saneimeha	saneimeha	Saneimeha
10.	Alalmeha (Albuminuria)	Phanmeha	Lalameha	Lalameha

### PITTAJA PRAMEHA – 6

S.No.	CHARAKA	SUSHRUTA	VAGBHATA	MADHAV NIDAN
1.	Kharmeha (Alkalinuria)	Kharmeha	Kharmeha	Kharmeha
2.	Kalameha (melenuria)	Amlameha	Kalameha	Kalameha
3.	Nilameha (Indicanuria)	Nilameha	Nilameha	Nilameha
4.	Lohitmeha (Haematuria)	Shonitameha	raktameha	Raktameha
5.	Manjisthameha (Haemoglob inuria)	Manjistham eha	manjistham eha	Manjistham eha
6.	Haridrameha (Biluria)	Haridrameha	haridrameh a	Haridrameh a

### VATAJA PRAMEHA -4

S.No.	CHARAKA	SUSHRUTA	VAGBHATA	MADHAV NIDAN
1.	Vasameha (Lipuria)	Vasameha	vasameha	Vasameha
2.	Majjameha (Myelouria)	Majjameha	majjameha	Majjameha
3.	Hastimeha (polyuria)	Hastimeha	hastimeha	Hastimeha
4.	Madhumeha (Diabetes mellitus)	kshaudrameha	madhumeha	Madhumeha

**INVESTIGATIONS** – Four diagnostic tests which are currently recommended for diabetes are-

Fasting Blood sugar > 126 mg/dl (2-h)

Post parandial blood sugar > 200 mg/dl

Post load plasma glucose after a 75 g oral glucose tolerance test (OGTT) >200 mg /dl

HBA1C TEST > 6.5%

RUPA (Symptoms) –

1) Increase in quantity of urine along with premonitory symptoms

2) Prabhoot mutrata (polyuria)

3) Avilmutrata (turbid urine)

4) All medodushti lakshna

Though dosha and dushya's are the same, there combination being different, leads to differences in colour, odour, and a touch of urine based on these, different types of pramehas are classified.

### KAPHAJA PRAMEHA-10

1.UDAKAMEHA – (Diabetes insipidus)

VAGBHATTA	The patient of Udaka meha eliminates urine which is cold, white, with no smell, clear and resembles water.
CHARAK	The urine is transparent, excess, white, cold, odourless, similar to water.
SUSHRUTA	In udakameha, one excretes urine white, painless and watery.

2. IKSUVALIKAMEHA – (Glycosuria)

VAGBHATTA	In Iksu meha he eliminates urine, which is very sweet like the juice of sugarcane, cold, slightly slimy, and turbid.
CHARAK	The urine is very sweet, cold, slimy (picchila), turbid, and similar to sugar cane juice.
SUSHRUTA	in ikṣuvalikameha urine is like sugarcane juice.

3. SANDRAMEHA (Phosphaturia)

VAGBHATTA	In sandrameha passes urine which becomes thick on standing for some time.
CHARAK	The urine kept stale becomes condensed or solidified.
SUSHRUTA	In sandrameha urine is turbid and thick.

#### 4. SURAMEHA

VAGBHATTA	In Sura meha the urine resembles sura (beer), with its top portion clear and bottom portion thick (with turbidity).
SUSHRUTA	in surameha is like sura (beer).

#### SANDRAPRASADMEHA (Belluria)

CHARAK	when kept in a vessel, the upper portion of it looks clear after some time, and solid components settle down.
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#### 5. PISTAMEHA

VAGBHATTA	the patient will have (frequent) horripilations and passes urine resembling (solution of) flour, thick and cold
SUSHRUTA	suffering from Pistameha excretes, with horripilation, urine-like water mixed with flour.

#### SUKLAMEHA (Chyluria)

CHARAK	repeatedly passes urine like rice flour.
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#### 6. SHUKRAMEHA (Spermaturia)

VAGBHATTA	In Sukra meha, he passes urine resembling semen or even mixed with it
CHARAK	The urine appears like semen (shukrabha) or mixed with semen.
SUSHRUTA	In sukrameha, it is like semen.

#### 7. SHEETAMEHA (Renal glycosuria)

VAGBHATTA	In sita meha, he passes urine which is generally sweet and very cold.
CHARAK	Frequently passes urine which is very sweet and cold.

#### 8. SIKTAMEHA (Lithuria)

VAGBHATTA	In Sikata meha, he passes urine with pain and mixed with gravel.
CHARAK	the urine gravels like sand particles are expelled out.
SUSHRUTA	in siktameha, urination is painful and sandy.

#### 9. SANAIRMEHA (slow micturation)

VAGBHATTA	In Sanair meha, he passes urine very slowly and frequently.
CHARAK	Little by little, repeated, slow urination.
SUSHRUTA	sanairmeha excretes mucous and slimy urine slowly.

#### 10. LALAMEHA (Albuminuria)

VAGBHATTA	In Lala meha, he passes urine which is slimy and has threads.
CHARAK	The urine appears similar to saliva and is slimy (picchila) in nature.

#### LAVANMEHA

SUSHRUTA	In lavanameha, urine is non – slimy and salt like.
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#### PHAINMEHA

SUSHRUTA	In phenameha, one excretes frothy and clear urine in small quantities frequently.
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## PITTAJ 6 PRAMEHA –

### KSHARMEHA

VAGBHATTA	In Kṣara meha, he passes urine which resembles a solution of alkali in respect of colour, smell, taste, and touch.
CHARAK	the urine has the odour, colour, taste, and texture of alkaline.
SUSHRUTA	In ksharameha urine is like decanted alkali.

### KAALMEHA

VAGBHATTA	In Kala meha he passes urine which swarms and is black like ink.
CHARAK	always urinates black coloured urine like ink and hot urine.

### NEELAMEHA

VAGBHATTA	In Nila meha he passes urine mixed with froth, clear, sour, and blue like the feather of a casa bird (blue jay).
CHARAK	urine which is blue in colour similar to the feather of a blue jay bird and acidic.
SUSHRUTA	In Nilameha frothy, clear, and blue.

### SONITAMEHA/RAKTAMEHA/LOHITMEHA

VAGBHATTA	In Sonita mcha (rakta meha) he passes urine which is foul smelling, slightly salty, and resembling blood (in colour).
CHARAK	urine of sour, salty in taste, hot and bloody colour.
SUSHRUTA	In sonitameha, one passes urine-like blood (red).

### MANJISTHAMEHA

VAGBHATTA	In Mañijista meha, he passes urine, which is foul smelling, and resembles the solution of manjista.
CHARAK	urine will have a bad smell (visra gandha) and the urine appears red in colour similar to the decoction of manjishta.
SUSHRUTA	In manjisthameha, it is like a decoction of manjishta.

### HARIDRAMEHA

VAGBHATTA	In Häridra meha, he passes urine, which is pungent, accompanied by a burning sensation, urine appears as though mixed with (powder of) haridra (turmeric).
CHARAK	the urine will be pungent (katu) and has a dark yellow color similar to turmeric (haridra).
SUSHRUTA	In haridrameha, one passes turmeric-like (deep yellow) urine with a burning sensation.

### AMLAMEHA

SUSHRUTA	In amlameha, urine has the taste and smell of sours.
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## VATAJA PRAMEHA - 4

### VASAMEHA

VAGBHATTA	In Vasa meha he passes urine mixed with vasa) muscle fat) or eliminates muscle fat itself.
CHARAK	the urine which is mixed with fatty oil and similar colour to fat.
SUSHRUTA	In vasameha, it is like vasa (fat)

### MAJJAMEHA

VAGBHATTA	In Majja meha, he passes urine mixed with majja (bone marrow) or marrow itself.
CHARAK	urine will have an appearance similar to the marrow and it is excreted frequently.
SUSHRUTA	– one suffering from sarpimeha excretes urine like ghee

### HASTIMEHA

VAGBHATTA	In Hasti meha he passes urine without continuous stream, in short bouts, slowly, for a long time like an elephant in a rut.
CHARAK	urinates continuously like a drunken elephant(hastimatta).
SUSHRUTA	In hastimeha, one passes urine continuously like an intoxicated elephant.

### MADHUMEHA

VAGBHATTA	Urine has the taste and colour of honey.
CHARAK	astringent and sweet taste, pale/whitish/yellowish color, and dry in nature
SUSHRUTA	ksaudrameha (madhumeha) urine has the taste and colour of honey.

### LASIKAMEHA –

VAGBHATTA	In Lasika meha, he passes urine mixed with lasika (lymph) sweet in taste, without force or passing lymph itself.
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### DISCUSSION

Kapha Prokop increases meda, mansa, and kleda in the body. which is in basti. And cause twenty types of prameha and there twenty types of prameha are clinically Observed by vama(colour), rasa(taste), sparsha(touch), and gandha(smell) of urine. Like vata prameha gray or radish colour of urine. Observed by colours, taste, touch, and smell of Kapha prameha urine which is coming out associated with ten morbid qualities of kapha, whiteness viscosity, coldishness transparent viscus. Pitta prameha in pittaja prameha urine has the smell, colour, taste, and touch like that alkaline vata prameha – gray or radish colour of urine, and the criteria for 20 types of prameh is achieved by mutra pariksha

### CONCLUSION

Diabetes is a slow killer with no curable treatment. In today's era people with diabetes have to face further complications like blindness, kidney failure, and cardiac disorders. However proper medications, awareness, and practicing daily exercise can reduce the severity of the disease. The goal of this article is to give general information about prameha explained in the ancient text.

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