

AN INSIGHT TOWARDS UNDERSTANDING THE SAMPRAPTI OF MADHUMEHA

Vijayalakshmi S¹, Abdul Khader²

¹PhD Scholar; ²Guide and Professor;

Department of PG and PhD Studies in Kayachikitsa, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Vijaynagar, Bengaluru - 560104, Karnataka, India

Email: drviju.prati.09@gmail.com

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ABSTRACT

The disease in which honey like urine is excreted is called as *Madhumeha* which can be correlated with Type 2 Diabetes Mellitus in modern parlance. Incidences of Type 2 Diabetes Mellitus are mounting rapidly. The genesis of a disease by the specific action of vitiated *doshas* responsible for its causation is called as *Samprapti*. It denotes the course of a disease right from the affliction by the causative factors until its manifestation. Understanding the *Samprapti* helps in comprehension of the specific features of *Madhumeha*, there by one can assess different stages of *vyadhi*. Earlier the diagnosis, success rate of treatment would be higher. *Samprapti* also help in assessing the intensity of *dosha dushya* vitiation, there by adopting different treatment modalities becomes easy.

Keywords: *Prameha, Madhumeha, Diabetes, Samprapti, Chikitsa*

INTRODUCTION

Madhumeha is a type of *Vataja prameha*, which consists of two words *Madhu* and *Meha*. The disease in which urine is similar to that of *madhu* in colour, smell, taste and consistency is called as *madhumeha*. *Acharya Charaka* opines that in this disease there will be *tanu madhuryata* also.¹ *Acharya Sushruta* has called the same disease as *kshoudra meha*, as *kshoudra* is a synonym for *Madhu*.²

There are various *nidanas* told in classics for the manifestation of *Prameha*. Based on the *mutra varna*(physical abnormalities of urine) different types of *meha* are considered.³ However all the types of *pramehas* if not treated properly ends up in

Madhumeha. In general all the *ahara* and *vihara* having more of *snigdha, sheeta, guru, picchila, shlakshna guna and madhura rasa* which increases *Kapha, Meda* and *Mutra* are said to be the causative factors of *Prameha*.⁴

Analysis of *Samprapti*

In the treatment of any disease understanding the underlying pathology plays a pivotal role as it is rightly said that *Samprapti vighatanameva chikitsa*. Unless and until there is *vighatana* of the *samprapti*, disease cannot be cured and hence *samprapti* of any disease has to be ascertained at the subtler level.

As told in *Charaka samhita*, *nidana sthana* any type of *Prameha* is caused due to the vitiation of *Tridosha prakopa*,⁵ but there is always predominance of *kapha dosha* as its *gunas* are similar to that of the *nidanas*. These *nidanas* also increase the *dushyas* and *malas* which give *ashraya* to *kapha dosha* such as *rasa, lasika, sweda, mutra, kleda and ambu*.

Prameha in general is classified into two types based on the causative factors, namely- *Sahaja* and *Apathyanimittaja*⁶.

Sahaja prameha are mainly due to *mathru pithru bija dosha* i.e., defects in *bija* or *bijaavayava* implies defects in genetic material which can be taken for Diabetes due to Hereditary origin in modern parlance.

The second variety being *Apathyanimittaja prameha*, which is manifested due to unhealthy habits or lifestyle. *Madhumeha* is a variety of *prameha*, can be further analysed based on *nidana* and *samprapti* which can be studied under two headings-

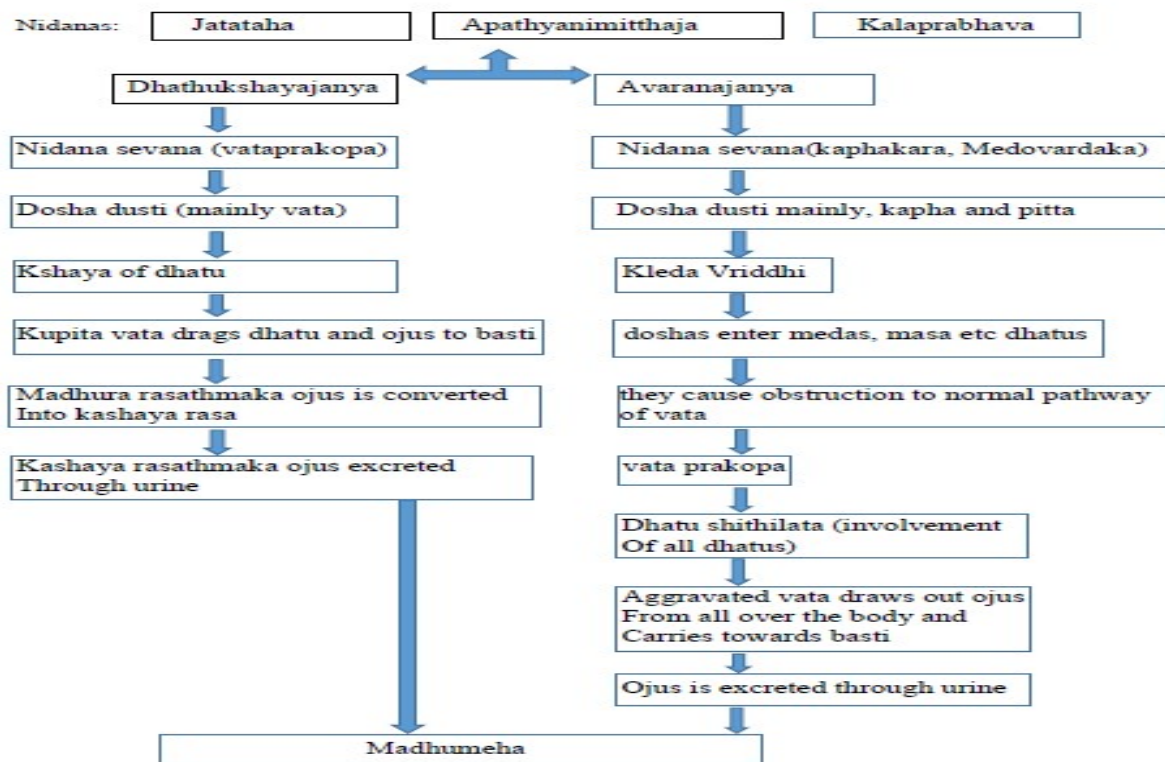
1) *Avaranajanya*- This variety of *Madhumeha* has relation with that of *Santarpanajanya meha* or

kaphasambhava meha. In this type of *meha*, *avaranajanya samprapti* occurs due to etiological factors which aggravates *Kapha* and *Pitta dosha* which further obstructs the functions of *vata*.

2) *Dhatukshayajanya*- This variety of *Madhumeha* is caused by *Vata dosha* which is aggravated due to *Dhatukshaya*. This variety correlates with *Apatarpanajanya Madhumeha* or *Anilatmaka Madhumeha*.

In the Pathogenesis of *Prameha dasha dushyas* are involved. All the three *doshas* are vitiated; along with *kapha dosha* is predominantly vitiated because of its close resemblance with etiological factors. This vitiated *kapha* vitiates the similar entities in the body such as *kleda, Rasa, laseeka, sweda* and *mutra*. To eliminate this increased *kleda*, more amount of urine is produced. This process gradually involves all the *dhatus* leading to *dhatu shitilata*. Involvement of different *dhatus* results in the manifestations of various types of *Prameha*⁷.

Table No-1



DISCUSSION

In the treatment of *Prameha* our *acharyas* have made emphasis on *Pathya ahara*, *vihara* and *oushada* in the form of *shodhana*, *shamana* and *rasayana chikitsa*.

The role of *samprapti* is very important in judging the prognosis, and to plan for the treatment. The intensity of *samprapti* based on *dosha* and *dushyas* depend on the different stages of *kriyakala*.

In the *sanchaya*, *prakopa* and *prasaravasta doshas* will be less vitiated, and only *dosha vridhhi lakshanas* will start manifesting also there will be variations in Blood glucose levels, which gives an indication about further abnormalities in Blood sugar levels if the *nidanas* are not stopped. Life style modifications by avoiding the *nidanas* itself help in stopping the further progression of the disease. From the stage of *sthanasamshrayavastha* there will be manifestation of *poorvaroopo*. In this *avastha* Blood sugar levels also gives the clear indication about pre-diabetic stage. If treatment is not done in this *avastha*, further aggravation of *doshas* result in manifestation of all the symptoms, with the appearance of *prabhoota avila mutrata*. Raised Blood sugar levels and persistent Glycosuria marks the Diabetic stage. If treatment is not done properly at this stage it further leads to various *upadravas*, which manifest in the form of Diabetic retinopathy, Diabetic nephropathy, Diabetic neuropathy etc.

CONCLUSION

Madhmeha is a type of *vataja prameha*. *Apathya ahara* and *vihara* are considered to be the major risk factors for *Madhumeha* according to *Charaka* and hence can be considered as *Apathyanimitaja*, which is very similar to Type 2 Diabetes Mellitus. *Samprapti* of *Madhumeha* clarifies the prognosis of the disease and also helps in planning the *chikitsa* for different individual. Considering detailed conceptual part we can definitely say that by analysing the *samprapti* at the earlier stages *madhumeha* can be managed better without letting the *doshas* to aggravate further causing complications making the patient's life more pathetic.

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