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A REVIEW ON THE PRAMEHAHARA DRAVYA OF KAIYADEVA NIGHANTU – REVIEW ARTICLE

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ABSTRACT

Prameha foremost in lifestyle disorders is mentioned among the *Astamahagadas* in Ayurvedic classics. Diabetes can be co-related with *Prameha* which is characterised by impaired blood glucose metabolism. *Prameha* according to Ayurvedic Literature is the *Santarpana Janya Vyadhi*, it is mainly characterised by *Prabhutha avila mutrata* (Polyuria), *Paani pada daha* (burning sensation over foot), *Trishna* (Polydipsia). The Prevalence of this disease is increasing worldwide making India the rising capital of Diabetes. The global diabetes prevalence in 2019 was estimated to be 9.3% (463 million people), rising to 10.2% (578 million) by 2030 and 10.9% (700 million) by 2045. The need of the hour is to find efficient management in the alleviation of *Prameha*. *Kaiyadeva Nighantu* also known as *Pathya-Apathya vibhodaka* is the classical text which describes the dietic benefits in ailments. The work of *Kaiyadeva Nighantu* has been divided into *Aushadha*, *Ahara* and *Vihara Vargas*. There are nine *varga* available in this *Nighantu* and in total there are 514 drugs in *Aushadhivarga*, among them, 53 *dravyas* are having *Prameha hara* property. These drugs will help both physicians and researchers in their respective fields, either for the treatment of *Prameha* or in the field of research to explore the unknown. The present study has been done to analyse potent herbal remedies in the management of *Prameha*.

Keywords: *Prameha, Kaiyadeva Nighantu*, Diabetes, Herbs.

INTRODUCTION

India is regarded as a treasure trove of herbs in the world. The proper and judicious use of herbs is often successful in the treatment of illness. In the present scenario, sedentary lifestyle and stressful mental conditions are running down too many distressing diseases, among them, *Prameha* is foremost in lifestyle disorders, and it has been described by our acharyas as one among the *Astamahagadas*. *"Prakarshen Prabhutam- Prachuram varamvaram va mehati mutratyaga karoti yasmin roge sa pramehah"- (Madhava Nidhana)*[1]. The features of *Prameha* mentioned in Ayurveda can be compared with Diabetes. Diabetes Mellitus, a multifaceted disease refers to a group of common metabolic disorders that share the phenotype of Hyperglycaemia. *Prameha* according to Ayurvedic Literature is the *Santarpana Janya Vyadhi*, characterised by the symptoms like *Prabhutha avila mutrata, Paani pada daha, Trishna*. Diabetes mellitus is an endocrine disorder wherein the production of insulin is disturbed. The improper regulation of glucose metabolism leads to the clinical presentation of symptoms like polyuria, polydipsia, polyphagia, increased blood sugar, urine sugar levels, sleeplessness, hormonal imbalances and many other associated anomalies. The incidence of Diabetes has shown an alarming increase around the world. According to W.H.O. the global prevalence of diabetes is estimated to be **366 million by 2030**. The global diabetic's ratio is growing devastatingly, so the need of the hour is to find effective ways in combating the disease.

Kaiyadeva Nighantu is one of the known compendiums of Ayurvedic texts. *Kaiyadeva Nighantu* is also known as *Pathya Apathya Vibhodaka*. The author of the original text is *Acharaya Kaiyadeva* belonging to 14th Century A.D. and has given utmost importance to maintaining normal health and preventing diseases. Keeping this in view the author has planned his work as *Aushadha, Ahara* and *Vihara Vargas*. The work has been compiled with regards to the knowledge of plants based on their *Paryaya* and *Gunadharma*. The *Nighantu* has been classified into nine *vargas*. The present text has been taken for the study of *Prameha hara dravyas*. The aim and objective of the study are to analyse the *Prameha hara dravyas* mentioned in *Kaiyadeva Nighantu* following the principles of *Ayurveda* in understanding them.

Materials and Methods

- *Kaiyadeva nighantu (Pathya Apathya Vibodhakah)* edited and translated to Hindi by Prof. Priyavata Sharma Ji and Dr Guru Prasada Sharma Ji has been taken as the base for the study.
- The published work on journals and web pages are consulted for review of the *Kaiyadeva Nighantu* and *Prameha hara dravyas* mentioned in other texts for better understanding.
- The *Nighantu* has been searched for the term *Prameha hara* and the drugs mentioned to have the said property were listed out. The properties mentioned for the list of the plants are tabulated and critically analysed on the principles of *Dravyaguna* to identify the most probable properties of all the *Prameha hara dravyas*.

Observations and Results

From the observation, it was identified that 53 *dravyas* are mentioned to have been included in the *Pramehahara*. The list of the *dravyas* has been enlisted in Table no: 1 below.

Table 1: Showing the list of the plants having the Pramehahara property

S.no.	Name of the drug	Botanical name Family	Parts used	Rasa	Guna	Virya	Vipaka	Dosha Karma
1.	*Guduchi*	Tinospora cordifolia Willd. Menispermaceae	*Kanda (St.), Patra (L.)*	*Tikta, Kashaya, Katu*	*Laghu*	*Ushna*	*Madhur*	*Tridosha hara*

2.	*Vasa*	Adhatoda vasica Nees. Acanthaceae	*Patra (L.)*	*Kashaya, Tikta*	*Laghu*	*Sita*	*Katu*	*KP hara*
3.	*Saliparni*	Desmodium gangeticum D.C. Leguminosae	*Mula (Rt.)*	*Madhura, Tikta*	*Guru*	*Ushna*	*Madhur*	*Tridosha hara*
4.	*Sveta Kantakari*	Solanum xanthocarpum Schrad and Wendl.	*Puspha(fl.)*	*Katu, Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*	*KV hara*
5.	*Goksura*	Tribulus terrestris Linn. Zygophyllaceae	*Panca-anga (whole plant)*	*Madhura*	*Guru, Snigdha*	*Sita*	*Madhur*	*Tridosa hara*
6.	*Eranda*	Ricinus communis Linn. Euphorbiaceae	*Mula(Rt.)*	*Madhura*	*Guru*	*Ushna*	*Katu*	*Tridosha hara*
7.	*Haritaki*	Terminalia chebula Retz. Combretaceae	*Phala(Fr.)*	*Kashaya Pradhana Panca Rasa Alavana*	*Ruksha, Laghu*	*Ushna*	*Madhur*	*Tridosha hara*
8.	*Kadali*	Musa sapientum Linn. Musaceae	*Kadali toya, taruna kadali phala, Krishna kadali phala(Fr.)*	*Tikta, Kashaya*	*Ruksha, Laghu*	*Sita*	*Madhur*	*Pitta hara*
9.	*Amra*	Mangifera indica Linn. Anacardiaceae	*Pupsha (fl.)*	*Kashaya*	*Ruksha*	*Sita*	*Katu*	*KP hara*
10.	*Amlika*	Tamarindus indicus Leguminosae	*Puspha (fl.)*	*Madhura, Kashaya, Amla*	*Laghu*	*Ushna*	*Katu*	*KV hara*
11.	*Kapitta*	Feronia elephantum Correa Rutaceae	*Patra (L.)*	*Tikta, Kashaya*	*Tikshna*	*Ushna*	*Katu*	*K hara*
12.	*Udumbara*	Ficus glomerata Roxb. Moraceae	*Pakwa phala*	*Madhura*	*Guru*	*Sita*	*Madhur*	*K kara*
13.	*Tuvarka*	Hydnocarpus wightiana Blume. Flacourtiaceae	*Phala(Fr.)*	*Kashaya*	*Snigdha, Guru*	*Ushna*	*Katu*	*K hara*
14.	*Patola*	Trichosanthes dioica Roxb. Cucurbitaceae	*Phala(Fr.)*	*Katu, Tikta*	*Laghu, Snigdha*	*Ushna*	*Madhur*	*Tridosha hara*

15.	*Kosataki*	Luffa acutangular Roxb. Cucurbitaceae	*Phala(Fr.)*	*Tikta*	*Tikshna, Laghu, Ruksha*	*Sita*	*Katu*	*Tridosha hara*
16.	*Karavellaka*	Momordica charantia Linn. Cucurbitaceae	*Phala(Fr.)*	*Tikta, Katu*	*Laghu*	*Ushna*	*Katu*	*Kapha hara*
17.	*Karkotaki*	Momordica dioica Roxb. Cucurbitaceae	*Phala(Fr.)*	*Tikta, Madhura*	*Laghu*	*Ushna*	*Madhur*	*Tridosha hara*
18.	*Visamushti*	Strychnos nuxvomica Loganiaceae	*Phala(Fr.)*	*Katu tikta, Kashaya*	*Laghu*	*Ushna*	*Katu*	*K hara*
19.	*Brhat launika*	Portulaca oleracea Linn. Portulaca	*Panca-anga (wholeplant)*	*Amla*	*Ruksha*	*Ushna*	*Katu*	*V hara, KP vardaka*
20.	*Kuchelika (brhat patha)*	Cyclea peltate Menispermaceae	*Patra (L.)*	*Tikta, Kashaya, Madhura*	*Ruksha, guru*	*Sita*	*Madhur*	*KP hara*
21.	*Sunisanka*	Marsilea minuta Linn. Rhizocarpeae	*Panca-anga (whole plant)*	*Madhura, Kashaya*	*Laghu, ruksha*	*Sita*	*Katu*	*Tridosha hara*
22.	*Cakramardha*	Cassia tora Linn. Leguminosae	*Phala (Fr.)*	*Katu, Madhura, Lavana*	*Laghu, ruksha*	*Ushna*	*Katu*	*VP vardaka*
23.	*Bakuchi*	Psoralea corylifolia Linn. Leguminosae	-	*Kashaya, Tikta, Madhura*	*Laghu, ruksha*	*Sita*	*Katu*	*K hara*
24.	*Kakamachi*	Solanum nigrum Linn. Solanaceae	*Panca-anga (whole plant)*	*Katu, Tikta*	*Laghu, snigdha*	*Ushna*	*Katu*	*Tridosha hara*
25.	*Gojihva*	Elephantopus scaber Linn. Compositae	-	*Kashaya, Tikta, Madhura*	*Laghu*	*Sita*	*Madhur*	*KP hara*
26.	*Mesasringi*	Gymnema sylvestre Asclepiadaceae	*Phala (Fr.)*	*Tikta*	*Laghu, Ruksha*	*Ushna*	*Katu*	*KP hara*
27.	*Murva*	Marsdenia tenacissima W.& A. Asclepiadaceae	*Mula (Rt.)*	*Madhura, Tikta*	*Guru*	*Ushna*	*Madhur*	*Tridosha hara*
28.	*Bijaka*	Pterocarpus marsupium Leguminosae	*Sara (Hr.wd.)*	*Kashaya, Katu*	*Laghu, Ruksha*	*Anushna*	*Katu*	*KP hara*
29.	*Tinisa*	Ougeinia dalbergiodes, leguminaceae	*Sara (Hr.wd.)*	*Kashaya*	*Ruksha*	*Ushna*	*Katu*	*P hara*

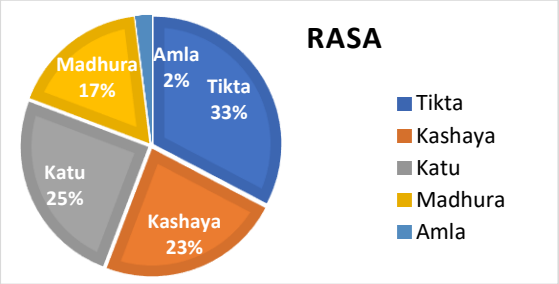
30.	*Arjuna*	Terminalia arjuna combretaceae	*Kanda twak (St.br.)*	*Kashaya*	*Laghu, Ruksha*	*Sita*	*Katu*	*PK hara*
31.	*Kadhira*	Acacia catechu Leguminosae	*Sara (Hr.wd.)*	*Tikta, kashaya*	*Laghu, Ruksha*	*Sita*	*Katu*	*KP hara*
32.	*Palasha*	Butea frondose Leguminosae	*Puspha (fl.)*	*Madhura, Tikta, Kashaya*	*Ruksha,*	*Sita*	*Katu*	*KP hara*
33.	*Dhava*	Anogeissus latifolia Combretaceae	*Kanda twak (St.br.)*	*Kashaya, Madhura*	*Ruksha, laghu*	*Sita*	*Katu*	*KP hara*
34.	*Aswakarna*	Dipterocarpus alatus Dipterocarpaceae	*Kanda twak (St.br.)*	*Katu, Tikta, Kashaya*	*Laghu, Ruksha*	*Ushna*	*Katu*	*K hara*
35.	*Mochaka*	Schrebera swietenioides Oleaceae	*Kanda twak (St.br.)*	*Katu, Tikta*	*Tikshna*	*Ushna*	*Katu*	*KP samaka*
36.	*Nimba*	Azadiracta indica Meliaceae	*Kanda twak (St.br.)*	*Tikta*	*Laghu*	*Sita*	*Katu*	*KP samaka*
37.	*Kiratatikta*	Swertia chirata Gentianaceae	*Panca-anga (wholeplant)*	*Tikta*	*Ruksha, Laghu, Sara*	*Sita*	*Katu*	*KP samaka*
38.	*Sehandu*	Euphorbia nerifolia Euphorbiaceae	*Patra (L.)*	*Katu, Tikta*	*Guru, Tikshna*	*Ushna*	*Katu*	*V samaka*
39.	*Aragwadha*	Cassia fistula Leguminosea	*Phalamajja (Fr.pulp)*	*Tikta, Madhura*	*Guru*	*Sita*	*Madhur*	*Tridosha samaka*
40.	*Kampillaka*	Mallotus phillippinensis Euphorbiaceae	*Phalarajo*	*Katu*	*Laghu, Ruksha, Tikshna*	*Ushna*	*Katu*	*KV nasaka*
41.	*Karanjika*	Caesalpinia decapetala Caesalpinoidae	*Kanda (St.)*	*Katu, Tikta, Kashaya*	*Laghu Ruksha*	*Ushna*	*Katu*	*KV samaka*
42.	*Avartaki*	Cassia auriculata Leguminosae	*Pupsha, Apakwa Phala, Bija*	*Tikta, Kashaya*	*Sara, Laghu Ruksha*	*Sita*	*Katu*	*KP samaka*
43.	*Indravaruni*	Citrullus colocynthis Cucurbitaceae	*Phala (Fr.)*	*Tikta, Katu*	*Laghu*	*Ushna*	*Katu*	*PK nasaka*
44.	*Haridra*	Curcuma longa Zingiberaceae	*Kanda(Rz.)*	*Tikta, Katu*	*Ruksha*	*Ushna*	*Katu*	*KP nasaka*
45.	*Katuki*	Picchoriza kurroa	*Kanda(Rz.)*	*Tikta, Katu*	*Ruksha, Laghu*	*Sita*	*Katu*	*KP samaka*

		Scrophu-laceae						
46.	*Katphala*	Myrica nagi Thunb. Myricaceae	*Kanda twak (St.br.)*	*Katu, Tikta, Kashaya*	*Laghu, Tikshna*	*Ushna*	*Katu*	*KV nasaka*
47.	*Pashanabedha*	Bergenia lig-ulate Saxifraga-ceae	*Panca-anga (whole-plant)*	*Kashaya, Tikta*	*Laghu*	*Sita*	*Katu*	*KV nasaka*
48.	*Vidanga*	Embelia ribes Myrsinaceae	*Phala (Fr.)*	*Katu, Tikta*	*Ruksha, Laghu*	*Ushna*	*Katu*	*VK nasaka*
49.	*Pippali*	Piper longum Piperaceae	*Phala (Fr.)*	*Katu*	*Laghu Snigdha*	*Anushna*	*Madhur*	*KV hara*
50.	*Lasuna*	Allium sa-tivum Liliaceae	*Kanda(bulb)*	*Kashaya, Madhura*	*Guru, Snigdha, Sara, Tik-shna*	*Anushna*	*Katu*	*KV hara*
51.	*Vetraka*	Calamus ten-uis Palmaceae	*Phala (Fr.)*	*Amla*	*Laghu*	*Sita*	*Katu*	*KP hara*
52.	*Devadaru*	Cedrus deo-dara Pinaceae	*kanda twak (Hr.wd.)*	*Tikta, Katu*	*Laghu, Snigdha*	*Ushna*	*Katu*	*KV hara*
53.	*Manjistha*	Rubia cordi-folia Rubiaceae	*Mula (Rt.)*	*Madhura, Tikta, Kashaya*	*Guru*	*Ushna*	*Katu*	*KP sa-maka*

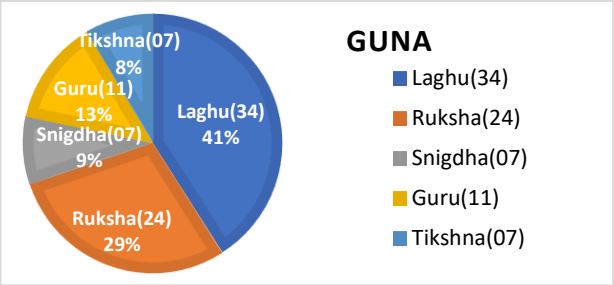
Results:

- From the above-mentioned table, 53 drugs have been identified and their properties have been enlisted in Table no 1. The drugs are analysed based on their *Rasa, Guna, Virya, Vipaka,* and *Karma* on *Dosha*.
- Based on the *Rasa* among the 53 *dravyas* identified 17 *dravyas* have *Tikta rasa*, 12 *dravyas* have *Kashaya rasa*, 13 *dravyas* have *Katu rasa, dravyas* have 9 *Madhura rasa*, 2 *dravyas* have *Amla rasa* respectively.
- Based on the *Guna* of the *dravyas* it was observed that among 53 *dravyas*, 34 *dravyas* have *Laghu guna*, 24 *dravyas* have *Ruksha guna*, 11 *dravyas* have *Guru guna*, 7 *dravyas* had *Snigdha* and *Tikshna gunas* respectively.
- Based on the *Virya* of the identified *dravyas* it was observed that 29 *dravyas* are *Ushna virya* while 21 *dravyas* have *Sita Virya* and 03 *dravya* is having *Anushna Virya*.
- Based on the *Vipaka of dravyas* identified it was observed that among 53 *dravyas* 40 *dravyas* are *Katu Vipaka*, 13 have *Madhura Vipaka* respectively.
- Based on the *Karma* it has been observed that out of 53 *dravyas* 02 *dravyas* are *Vatahara*, 01 *Pittahara*, 06 *dravyas* are *Kaphahara*, 10 *dravyas* are *Kaphavatahara*, 21 *dravyas* are *Kaphapittahara*, and 11 *dravyas* are *Tridosha hara* respectively.
- The majority of the *dravyas* enlisted above have *phala* as a useful part.

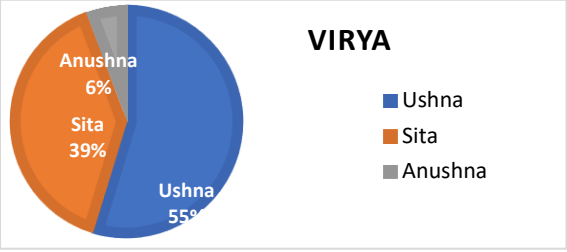
Graph 1: Showing the distribution of *Pramehara dravyas* according to *Rasa*



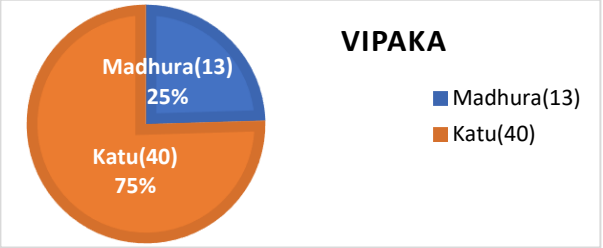
Graph 2: Showing the distribution of *Pramehara dravyas* according to *Guna*



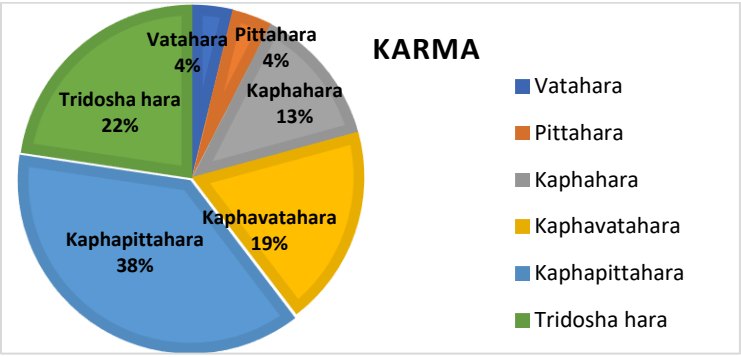
Graph 3: Showing the distribution of *Pramehara dravyas* according to *Virya*



Graph 4: Showing the distribution of *Pramehara dravyas* according to *Vipaka*



Graph 5: Showing the distribution of *Pramehara dravyas* according to *Dosha Karma*



DISCUSSION

Prameha according to *Ayurveda* is *Santarpajanya vyadhi* caused by improper diets, sedentary lifestyle, and associated metabolic disorders. The causative factors involved vitiates the *Kapha dosha* which further leads to vitiation of *Vata* and *Pitta doshas*, causing the involvement of *Tridosha* in the disease manifestation. The vitiated doshas further disturb the *dhatus* and *malas* expelling them out of the body by various means.

Prameha is a multifactorial disease with many symptoms like sweetness in the mouth, numbness and burning sensation in hands & feet's, dryness of mouth, palate and throat, disturbed sleep patterns. The prime symptoms of all the types of *Prameha* include increased quality and turbidity of urine, sweetness of urine (*mutramadhuryata*), urine resembles like honey (*madhuavivameha*), raised sweetness of the whole body *(madhuryaschcha tanorath*). Since the disease is *Kaphapradhan Tridoshaja* so, we need potent *dravyas* which act on *Kapha dosha* as well balances *Vata* and *Pitta* dosha respectively.

In the present study of *Prameha Hara dravyas* mentioned in the *Kaiyadeva Nighantu*, it was found that there are potent herbal drugs having potentials in the management of *Prameha*. The entire Ayurvedic texts have been written on their principles and constant observations. Principles like *Panchamahabhuta siddhanta, Tridosha, Samanya-vishesha*, principles of *sodhana* and *samana* play a vital role in the management of ailments. Here, the *dravyas* have been analysed for

their therapeutic action on *Prameha* based on its properties and action keeping these basic *Siddhantas* in view.

Generally, all the three *doshas*, which are involved in genesis of *Prameha*, affect the constituents such as *Meda, Rakta, Sukra, Ambu, Vasa, Lasika, Majja, Rasa, Ojas*. *Dosha* which enters the *Vasti* contaminates urine and produces *Prameha*. Classically *Prameha* has been enumerated as 20, among these 10 being *Kaphaja Prameha* caused due predominance of *Kapha dosha* along with the amalgamation of vitiated *Vata*, *Pitta*, and *Meha*. 6 types of *Pittaja Prameha* caused due to amalgamation of *Tridosha* along with *Rakta* and *Meha* as *Dushiyas*. 4 types of *Vataja Prameha* caused due to amalgamation with all the *Dushiyas* leads to the development of *Madhumeha.*

The majority of drugs mentioned above have *Tikta, Kashaya rasa* which has *Sodhana* and *Sthambana* action respectively. Also, the above rasa pacifies *Kapha dosha* which is the cause for the initiation of the disease. The *Dravyas* mentioned here mostly have *Laghu* and *Ruksha guna* which acts as *Kapha samaka,* furthermost of the drugs have *Ushna virya* and *Katu vipaka* because of its *Ushna virya* it acts as *Kaphavata samaka* and because of its *Katu Vipaka* it acts as *Baddhavinmutra* which aids in the management of *Prameha*. Few drugs have *Madhura rasa, Madhura Vipaka* and *Sita virya* which acts as *Pitta Samaka* and helps in the nourishment of depleted doshas.

CONCLUSION

Hence, from the above study, it can be concluded that *dravyas* having *Laghu, Ruksha Gunas, Tikta, Kashaya rasa Pradhana, Katu Vipaka,* and *Ushna Virya* will have better *Pramehahara* properties. The drugs which are mentioned here and having similar properties can be clinically tried to achieve the *Pramehahara* effect.

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