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AYURVEDIC MANAGEMENT OF PRAMEHA - A CASE REPORT

Dr Shruti V[1*], Dr Tejaswini N[2], Dr Asharani V[3], Dr Harish M Hadapad[4]

[1,2]Postgraduate Scholar, Department of Roga Nidana Evam Vikruthi Vignyana
Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan-573201, Karnataka, India
[3]Assistant Professor, Department of Roga Nidana Evam Vikruthi Vignyana,
Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan-573201, Karnataka, India
[4]Postgraduate Scholar Department of Kayachikitsa,
Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan-573201, Karnataka, India
***Corresponding Author:** Dr Tejaswini N*

ABSTRACT

The word Prameha is a combination of Prakarshena and Mehati, which means "one who urinates profusely and frequently."It can be correlated with diabetes mellitus (DM) based on clinical features. Prameha is becoming a fearsome disease in the current scenario. India is one of the top five countries with the highest prevalence of DM. In Ayurveda, preventive and curative aspects of Prameha are described. Appropriate usage of oushadha yogas in conjuction with pathya (wholesome) ahara and vihara are recommended. On basis of the same principles, a subject was treated on an OPD basis. The present case report of a 47-year-old female Subject presented with complaints of burning sensation in bilateral palms and soles, general weakness, increased frequency of micturition associated with numbness in bilateral palms and soles since 6 months, and a glycoselated Hb percentage (HbA1C) of 7.2%. According to ayurveda diagnosed as Prameha *and treatment was given. Subject responded well to the treatment and showed encouraging results in reducing signs and symptoms and glycoselated Hb percentage (HbA1C) to 6.3%. Its scope is limited because it is a case study, but it can be used to inform new research and developments in the field of clinical practice in Ayurveda.*

KEY WORDS: *HbA1C, Oushadhi yoga, Prameha, Pathya*

1. INTRODUCTION

Prameha is Shleshma Pradhana Tridoshaja tridoshaja vyadhi and it is also said to be Santarapanajanyavyadhi[3] The term 'Prameha' consists of two words. 'Pra' means abundant, and 'Meha' means 'passing of a large quantity of urine.[4] While explaining the samanya lakshana of Prameha, explains pravila avila mutrata which holds the same meaning. It can be divided into three types based on dosha predominance which is also subdivided into further types: Kaphaja into 10 types, Pittaja into 6 types, Vataja into 4 types, which is also the Avasthanusara bheda of this vyadhi. Based on the Chikitsa aspect, it can also be classified as sthoola pramehi and krusha pramehi.

Diabetes is a chronic metabolic condition characterized by high blood glucose (or blood sugar) levels, which cause long-term damage to the heart, blood vessels, eyes, kidneys, and nerves.[2] According to the IDF Diabetes Atlas (2021), 10.5% of adults aged 20 to 79 have diabetes, with nearly half uninformed of the diagnosis. According to the IDF, by 2045, one in every eight persons, or roughly 783 million, would have diabetes, representing a 46% rise[1]. Diabetes affects around 422 million people globally, with the majority residing in low- and middle-income countries, and it is responsible for 1.5 million fatalities per year. The number of cases and the prevalence of diabetes have gradually increased over the last few decades.[5]

2. PATIENT INFORMATION

A 46-year-old female not a known case of Diabetes mellitus and Hypertension, a homemaker and belonging to the middle economic class, presented to Kayachikitsa OPD with complaints of burning sensation in bilateral palms and soles, general weakness, and increased frequency of micturition associated with numbness in bilateral palms and soles since 6 months, and a glycoselated heamoglobine percentage (HbA1C) report of 7.2%. Signs and symptoms like Kara-Pada Daha, Suptata, Pipasa, and Alasya were present. Ayurvedic diagnosis was made as Prameha. According to the treatment principles of Prameha, the subject was treated with shamanoushadhis (medications), and the subject responded well to the treatment and showed encouraging results in reducing symptoms of Prameha and in the HbA1C parameter.

ASSOCIATED COMPLAINTS

Subject had disturbed sleep occasionally due to burning sensation.

Personal History

Appetite: Normal
Bowel: Irregular
Micturition: increased frequency 4-5 times/day and 2-3 times/night
Sleep: Disturbed occasionally due to burning sensation.

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3. TIMELINE

Table1: Timeline of the Case

Date	Relevant medical history.
December 2022	Acute onset of burning sensation of B/L Palms and B/L soles She Neglected symptoms
January 2023	Gradual development of general weakness associated with increases severity of burning sensation of B/L soles and B/L palms
February 2023	Developed numbness of B/L soles and palms and Disturbed sleep occasionally
March 2023	For this she consulted surgeon, was treated with NSAIDs and Multivitamines. Patient did not get relief.
April 2023	Symptoms aggravated along with increased frequency of micturition
May 2023	Consulted in outpatient department of Kayachikitsa in SDM Hospital advised to review with HbA1C and FBS report.
June 2023	Patient came with report of HbA1C – 7.2%,

4. CLINICAL FINDINGS

General examination:

Subject was well nourished with moderately built having normal vital signs. Other finding like pallor, icterus, cyanosis, clubbing, oedema and lymphadenopathy were absent.

Sensation in B/L soles and palms – superficial and deep sensations are intact.

Laboratory Parameters- On 17/06/2023 – HbA1C 7.2%
Estimated Average glucose – 162.82mg/dl
On 16/09/2023 - HbA1C 6.3%
Estimated Average glucose – 134.11mg/dl

5. DIAGNOSTIC ASSESSMENT

Diagnostic Assessment was done based on the lakshanas of Prameha/Diabetes Mellitus.

The *lakshanas* (symptoms) are Kara-Pada Daha, Suptata, Pipasa and Alasya were present.

Diabetes Mellitus - Burning sensation in Bilateral palms and soles, general weakness and increased frequency of micturition associated with numbness in Bilateral Palms and soles were present.

Diagnosis- *Prameha* (Diabetes Mellitus)

6. THERAPEUTIC INTERVENTION

Materials and Method

Oral medications which are having properties of pramehahara, kaphahara and rasayana were administered to subject.

Table 2: Treatment Schedule of *Shamana Oushadhi*

Date	Medicine	Dose	Pathya	Apathya
17/06/2023 To 01/07/2023	1. Chandraprabha Vati 2. Asanadi Kashaya 3. Shilajitu Vati	1-1-1 After food 15ml–0-15ml Before food 1-1-1 After food	Ragi malt Ragi mudde Jawar roti Exercise Early dinner	Curd Day sleep Sweet diets
02/07/2023 To 30/07/2023	Came for follow up 1. Chandraprabha Vati 2. Asanadi Kashaya 3. Shilajitu Vati	 1-1-1 After food 15ml–0-15ml Before food 1-0-1 After food		
30/07/2023 To 10/09/2023	Came for follow up 1. Chandraprabha Vati 2. Asanadi Kashaya 3. Shilajitu Vati	 1-0-1 After food 15ml–0-15ml Before food 1-0-0 After food		

7. OUTCOMES

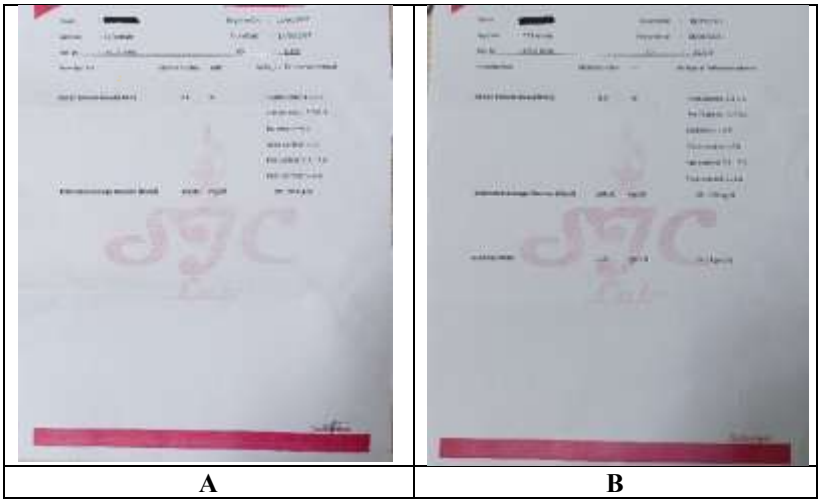
Improvements in reduction of Lakshanas of Prameha were observed and HbA1C is reduced from 7.2% to 6.3% after Shamana Chikitsa.

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Table 4: Outcomes

Parameter	Before Treatment	After Treatment
Pravila and Avila Mutrata	Present	Completely reduced
Burning sensation of B/L Palms and Soles (Kara pada daha)	Present	Completely reduced
Numbness of B/L palms and Soles	Present	Completely reduced
Estimated average blood glucose	162.81mg/dl	132.11mg/dl
HbA1C	7.2%	6.3%

Figure 1 - Laboratory investigation reports A and B



A | **B**

Figure 1- (A) Showing Before treatment, (B) Showing After treatment

8. DISCUSSION

47-year-old female subject presents with Prameha lakshanas as it is simulated with Diabetes mellitus with elevated HbA1C. Here treatment was planned according to Vyadhi Pratyanika principle. Considering the signs and symptoms of Prameha, Shamanoushadhis were given.

Mode of Action of Intervention

Chandraprabha Vati[6,7]

Chandraprabha vati is indicated in 20types of Prameha, all types Mutraghata and Tridoshahara karma.

Asanadi gana Kashaya[8]

Asanadi gana Kashaya is explained in shodhanadi gana sangraha adhyaya of ashtanga hrudaya, it is mentioned to be indicated in Prameha roga, Medodosha

Shilajitu Vati[9,10,11]

Tikta, Katu, and Kashaya Rasa, Katu Vipaka, Ushna Virya, Rechaka, Shoshana, and Chedana are among the properties of Shilajatu[8].It also possesses Pramehagna, Vrishya, and Rasayana properties. Through Katu Vipaka and Ushna Virya, Shilajatu acts on Agni (preserving Agni's excellent status) and Srotas (removing the blockage of microchannels leading to enhanced tissue perfusion). Because of its qualities, it decreases the amount of Kapha, Meda, and Kleda. Furthermore, Shilajatu's Rasayana quality nourishes the body, maintains the health of body tissue, and enhances metabolism at every level of Dhatu. Shilajatu has demonstrated efficacy in controlling blood glucose levels and lipid profiles[9] as well as the prevention of maturity-onset diabetes mellitus[10] in various pharmacological investigations.

9. CONCLUSION

Prameha occurs due to the involvement of dushita meda and dushita kapha; because of this, it becomes yapya for treatment. Nowadays, diabetes mellitus has become a silent killer, it can be correlated with prameha. This case study reports successful management of prameha where it is diagnosed early and ayurvedic intervention pramehahara yogas are administered along with proper diet and exercise. chandraprabha vati, shilajitu vati, and asanadi gana Kashaya mentioned in Prameha Chikitsa are administered to the subject, and significant improvement was observed in the lakshanas and HbA1C report.

10. PATIENT PERSPECTIVE

Patient was satisfied with the treatment in terms of reduced burning sensation of bilateral soles and palms, Improved sleep

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11. PATIENT CONSENT

Informed consent for publication of this case study has been obtained from the patient.

12. CONFLICT OF INTEREST

None.

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