

Review study of *Hetus* of *Prameha* as in *Bruhatrayi* w. s. r. to *Diabetes Mellitus*.

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Abstract

Prameha is mentioned as “*Santarpanotha Vyadhi*”¹ as per ayurvedic text, while metabolic derangement and abnormalities in urinary functions according to modern science.

Bruhatrayi – The three foundational classical texts of ayurveda (*Charak Samhita*,² *Sushrut Samhita*,³ *Ashtang Hridayam*⁴), highlights various *Hetu* (causes) for *Prameha*. Ayurvedic Text identifies special etiological factors (*Hetus*) for *Prameha* emphasizing dietary habits, sedentary lifestyle, certain stress factors collectively lead to vitiation of *kapha* dosha disturbed *Agni* and cause manifestation of *Prameha*.

The study helps to analyze and consolidation the ayurvedic understanding, the *Hetu* of *Prameha* light of modern science interpretation, it also helps or seek to provide deeper insights into preventive strategies and holistic management approaches metabolic disorders.

Keywords –

Hetu, *Samprapti*, *Bruhatrayi* (*Charak*, *Sushrut*, *Vagbhata*), *Prameha vyadhi*, *Agni*, *Nidan-Parivarjanam*,

Introduction:

Prameha is an important disease described in *Samhitas* of ayurveda. In *Bruhatrayi*, various *Hetus* of *Prameha* has been explained.

Diabetes mellitus⁵ is a metabolic disorder characterized by chronic hyperglycemia resulting from defects in insulin secretion, action or both the condition parallels *Prameha*, which predominately linked to lifestyle, dietary habits and genetic predisposition. Ayurveda identify specific causative factors (*Hetus*) for *Prameha* which align closely with the risk factors, described in modern text for diabetes.

Prevalence rate of diabetes mellitus is increasing day by day, not only in India but also throughout the world.

Diabetes around world		Prevalence rate in India	
2021	537 million	2018	9.3 %
By 2030	Rise to 643 million	2021	9.6 %
Up to 2045	Rise to 783 million	Up to 2030	10.4 %

According to IDF, Diabetes Atlas (2021), it stated that 10.5% adult population of world has diabetes.⁶

Bhruhatravi provides a comprehensive framework that address not just symptoms but the root cause of disease. The detailed description of *Prameha Hetus* is closely parallels to diabetes. *Acharya Charaka* has explained the term *Nidanparivarjanam*,⁷ hence knowledge about the *Hetus* (etiological factors) is useful to provide proper guidance for treatments well as presentation of *Roga*. This fact itself triggered the need of the study to know about the etiological factors of *Prameha*.

Aim

1. To study *Hetu* of *Prameha*
2. To study etiology of DM

Objective

1. Co-relation of *Prameha Hetus* and causative factors of DM
2. *Prameha Samprapti* (etiopathogenesis) as per modern and Ayurveda in today's era

Material and methods

Hetus (causative factor) play a critical role in the manifestation of *Vyadhi* (diseases)

Definition of *Hetu*- *Hetus* are refer to causative factor or triggers that disturb the balance of the three *Dosha* (*Vata*, *pitta*, *kapha*), leading to diseases.

Hetu of *Prameha* in ayurvedic text:

1. AHARA

- Excessive consumption of guru (heavy), *Snigdha* and *Madhur rasa*.
- Intake of processed and stale foods, as well as dairy products.

2. VIHARA

- Sedentary lifestyle (*Aasan Sukha*)
- Day time sleep (*Diwaswap*)
- Lack of physical activities.

3. MANASIKA

- Mental stress and anxiety
- Genetic predisposing
- Ayurveda describe *Beej dosha*⁸ (genetic anomalies) as a contributing factor, hereditary factors in modern science.

Hetus according to modern text:

1. Diet – over consumption of carbohydrate, fats, and processed food, contributes to obesity and insulin resistance.
2. Lifestyle – A sedentary lifestyle, poor physical activities are established risk factors
3. Stress – Chronic stress impacts hormonal imbalance, increasing susceptibility to diabetes.
4. Genetic – Family history and genetic markers are strong predictors of DM in modern text.

<i>Hetus</i>	Description	Examples
<i>Aahara</i>	1.excessive consumption of <i>guru gunatmak aahara</i>	<i>Payasam, Kheer, Rabadi, shira, Panner, cream butter, cheese, meduvada, dosa, samosa, pakora, laddoo, jalebi, deep fried snacks, nonveg etc.</i>
	2.Stale foods	Cooked rice, nuts and seeds, stale bread, pastries, popcorns etc.
	3.Bakery products	Cake, bread, doughnuts, cheesecake, cookies, biscuit etc.
<i>Vihara</i>	1.sedentary jobs	Desk jobs, IT professional, call center agent's etc.
	2.High stress jobs	Such as corporate executives, healthcare workers, law enforcement etc.
	3.Irregular works hours	Shift workers, freelancers, IT jobs etc.
<i>Manas</i>	Emotional factors	Chronic stress, anger, depression, fear, anxiety

Hetus studies as per literature (Charak , Shusruta, Vaghbatta)

<i>HETU</i>	<i>CHARAK</i> ⁹	<i>SUSHRUT</i> ¹⁰	<i>VAGBHATTA</i> ¹¹
<i>Asana Sukha</i>	✓	✗	✓
<i>Diwaswap</i>	✓	✓	✓
<i>Avyayam</i>	✓	✗	✓
<i>Paya (Dugdha)</i>	✓	✗	✓
<i>Gudavaikriti</i>	✓	✗	
<i>Navannapana</i>	✓	✗	✓
<i>Shita, Madhura, Snigdha, guru Picchil Gunayukta Annasevan</i>	✗	☐	☐
<i>Gramya, Audak mansa</i>	☐	✗	☐

Comparison Between Ayurvedic *Hetus* and Modern Risk Factors

Ayurvedic <i>Hetus</i>	Modern Correlation with Diabetes Mellitus
<i>Guru Snigdha, Madhur rasa</i>	High-calorie diets, refined sugar intake
Sedentary lifestyle (<i>Avyayama</i>)	Physical inactivity
Hereditary factors (<i>Beeja dosha</i>)	Genetic predisposition
Stress (<i>Manas Hetu</i>)	Psychological stress and cortisol dysregulation
Obesity (<i>Meda Dushti</i>)	Central obesity

Pathophysiology of *Prameha* : Ayurveda vs Modern

➤ Ayurvedic *Samprapti*

- *Prameha* is described as disorder of *kapha* and *Meda dhatu*.
- Aggravation of *kapha dosha*, due to improper diet and lifestyle.
- Impairment of *Meda* (fat), *Kleda*, *Oja* (immunity system).
- Blockage of *Srotas*, leading to abnormal glucose metabolism and increased urinary output.

➤ Modern (Etiopathogenesis)

- Insulin resistance, primarily driven by obesity and physical inactivity.
- Beta cell dysfunction, leading to insufficient secretion.
- Chronic low-grade inflammation and oxidative stress, exacerbating metabolic imbalance

DISCUSSION

In today's era, change in dietary habits & lifestyle, people are suffering from various disorders, certain metabolic disorder included in that more commonly obesity, Hypertension, Diabetes mellitus, cerebral vascular

disorder. We can correlate the *Prameha* with Diabetes mellitus in modern.

A detail discussion of *Hetu's* (etiological factors), *Samprapti* of *Prameha* from Ayurvedic literature and their association with Diabetes was done.

The disease *Prameha* originates due to *Kapha Vrudhhikar*, *Ahara*, *Vihara*. The imbalanced *Doshas*, especially *Kapha*, lead to the production of *Ama* it can impair the proper functioning of urinary system. The *Ama* and aggravated *Doshas* can gradually affect the *Dhatudushti*. This can impair the proper functioning of the *Rasa* (plasma), *Rakta* (blood), *Mamsa* (muscle), *Meda* (fat), and *Majja* (bone marrow) *Dhatu's*. The *Ama* and *Kapha* accumulation can lead to an increase in *Kleda* (body fluids), which is a characteristic feature of *Prameha*. This excess *Kleda* can manifest as increased urine output, thirst, and other urinary symptoms. The *Ama* and *Kapha* accumulation can obstruct the normal functioning of the *Mutravaha Srotas* (urinary channels), leading to the development of various types of *Prameha*, such as *Madhumeha* (diabetes), *Prameha* (excessive urination). The Ayurvedic approach to the treatment of *Prameha* involves a comprehensive approach that aims to restore the *Doshik* balance, eliminate

Ama, and support the proper functioning of the urinary system.¹²

According to comprehensive study of *Hetus* (causative factors) of *Prameha* in ayurveda and the etiopathogenesis of diabetes share several similarities.

In essence, the *Hetus* of *Prameha* revolve around improper dietary habits, sedentary lifestyle, genetic predisposition and imbalance in the *Dosha* primary *Kapha*.

“*Nidanparivarjanam*” term explained in ayurvedic text.

Nidan mean cause of disease, which could include internal (diet habits etc.) & external (environment pathogens) factor.

Privarjanam means avoidance or elimination.

Thus, *Nidanparivarjanam* emphasis removing the root cause of the disease to restore balance and prevent recurrence.

Conclusion:

We have studied ayurvedic text mainly *Bruhatrayi – Charak, Sushruta, & Vagbhatta Samhita* and modern text, it shows that *Hetus* (causative factor) of *Prameha* (diabetes) seems to be similar.

The study reveals that, the *Hetus* of *Prameha* in ayurvedic text and causative factors of diabetes in modern text are approximately co-related to each other. So, the treatment point of view, ayurvedic and holistic approach help to cure diabetes (*Prameha*).

Apart from that, ayurveda explained “दोषधातमलमु लमं हि शरीरम्”¹³

Interplay between *dosha, dhatu, mala,* and *mulam* is essential for understanding health and disease. A balance among these elements leads to optimal health, while imbalances can

lead to illness. *Hetus* are playing an important role on this process and progress of disease.

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