

Literature review of Ayurvedic concept of *Madhumeha*.

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Abstract:

According to Ayurveda, *Madhumeha* is a subtype of *Vatik Prameha* that is distinguished by an abundance of honey-colored urine. It is consistent with diabetes mellitus, a metabolic disease characterized by hyperglycemia brought on by either insufficient or ineffective insulin, resulting in symptoms such as polyuria, polyphagia, and polydipsia. The prevalence of this chronic illness is quickly rising globally and affects almost every bodily system. A 2023 study by the Indian Council of Medical Research found that 101 million people in India have diabetes expected to increase to 783 million by 2045 and 643 million worldwide by 2030. In order to improve therapy efficacy and recognize therapeutic limitations, a thorough understanding of *Madhumeha's* pathophysiology from both modern and Ayurvedic viewpoints is necessary. Type 1 and Type 2 diabetes are the two main types; Type 1 is caused by beta cell loss, while Type 2 is caused by insulin resistance, with age playing a major role. *Prameha's* crucial importance in traditional medicine is highlighted by its inclusion among Ayurvedic "*Ashtho mahagadas*."

Keywords : diabetes mellitus, *Prameha*, *Madhumeha*, polyuria, polyphagia, and polydipsia *Prameh*, *Ashtho mahagadas*,

Introduction:

One of the 20 varieties of *Prameha* in Ayurveda, *Madhumeha* is a subtype of *Vatik Prameha* in which the patient passes a lot of urine that tastes and looks like honey. It becomes necessary to study *Prameha* in its entirety in order to comprehend its origin, pathophysiology, complications, and therapy. Polyuria, polyphagia, and polydipsia are symptoms of diabetes mellitus (*Madhumeha*), a collection of metabolic illnesses linked to hyperglycemia caused by either a complete lack of insulin or a reduction in its biological efficiency. It is the most significant metabolic condition that impacts nearly all of the body's organs and systems. *Acharyas* in Ayurveda have identified ailments based on the *strotasas* involved, and these diseases are categorized based on the predominance of the *Dosha*. *Madhumeha* is one of the four varieties of *Vataj prameha*. It is a prevalent long-term metabolic condition associated with diabetes mellitus of disease that was given by our *Acharyas*.

AYURVEDIC REVIEW

ETYMOLOGY:

Prameha: - There are two subwords that make up the word "*Prameha*." such as "Pra" and "Meha." "Lue" *Pratyaya*, which means watering, is added to the root "Mih Sechane" to create the term *Meha*. *Halayudhakosha*: "*Mehati, Sinchati Mutraretansi*" means "to expel." *Mehanadathanam Karanallium* was the original form of the term *Meha* in the *Rigveda* (*Rigveda* 10/163.15). The *Rigvedic* commentator *Shayanacharya* understood the term *mehana* as *medhra*, which means *Shishna*, or penis. The word "Mih" is used in Sanskrit literature to mean "to make water," "to wet," and "to emit semen." The word "*Prameha*" is created by adding the root "Mih" to the prefix "pra." The name *Prameha* refers to an increase in both frequency and quantity of urine, since "Pra" indicates excess in both frequency and quantity. The description of *Prameha's* clinical characteristics as "*Prabhuta –Mutrata* and *Avila –Mutrata*" further supports this word's derivation^{1,2}.

Madhumeha:- Two words are the source of the word *Madhumeha*: *Madhu* plus *Meha* The root "*Manyante Viseshena Jananti Jana Yasmin*" is where the word *Madhu* originates. The word "*Madhu*" appears in a number of Sanskrit literary contexts, including *Kshaudrum, Kusumasavum, Madhyama, Makarandah, Makshikam, Madhura Rasa, Jalam, Pushparasa, and Kshiram*. According to, "*Madhumeha*" is an illness in which a patient passes sweet urine and displays sweetness throughout their body, including in their blood, sweat, mucus, and breath³.

Definition of *Madhumeha*:

Therefore, *Madhumeha* can be described as a clinical condition in which a patient passes a significant amount of *Kashaya, Madhura, and Ruksha* urine that resembles honey and causes the body to become sweet.^{4,5}

Synonyms:

The following are a few synonyms of *Madhumeha* found in the old classics:

• *Ojomeha*: This is one of the four subtypes of *Vataja Prameha*.

1. *Kshaudrameha*

2. *Paushpameha*: *Madhumeha* has been replaced by *Paushpameha* in *Anjana Nidana*.

Classification Of *Madhumeha*:

Madhumeha has been categorized according to a number of factors in the Ayurvedic classics.

1) Based on body constitution: *Sthula* and *Krishha*: In *Chikitsa sthana*, *Charaka* divides *Prameha* patients into two primary groups, *Sthula Pramehi* and *Krishha Pramehi*, while outlining *Prameha's* course of therapy⁶. Additionally, according to *Sushruta*, the physical constitution of *Apathya Nimittaja Pramehi* is *Sthula* (fat) and that of *Sahaja Pramehi* is typically *Krishha* (thin)⁷

2) On the basis of *Sadhya / Asadhyata* :^{8,9,10}

Utpatti Vishishta Anilatmaka: Asadhyata

Vatanubandhita Kapha-Pittaja: Yapya

Vata Avarana Janya: Kriccha Sadhya

Specific etiology of *Madhumeha* ¹⁰(Ch. Su. 17/78-79)

Ahara -Excessive intake of -

- *Guru*
- *Snigdha*
- *Amla*
- *Lavana*
- *Navannapana*
- *Vihara -Excessive indulgence in -*
- *Nidra*
- *Asyasukha*
- *Tyakta Vyayama Chinta*
- *Sanshodhana Akurvata*

PURVARUPA:

Purvarupa are useful indicators and symptoms that can be used to determine the type of illness and to monitor for full-blown symptoms with prompt treatment.

Purvarupa of *Prameha/Madhumeha*

- *Kesheshu Jatilabhava*
- *Asya Madhurya*
- *Karapada Daha*
- *Karapada Suptata -*

- *Mukha Talu Kantha Shosha*
- *Pipasa*
- *Alasya*
- *Kaye Malam*
- *Kaya Chhidreshu Upadeha*
- *Paridaha Angesu*
- *Paridaha Angesu*
- *Shatpada* *Pipilakabhi*
- *Mutrabhisaranam*
- *Mutra Cha Mutra Doshan*

RUPA:

According to *Sushruta* the diagnosis of *Prameha* should be made when whole or partial prodromal symptoms of *Prameha* along with Polyuria appear.

Symptomatology of *Prameha* :

1. Urine Characteristics:

• **Prabhuta Mutrata:**

According to *Gayadasa* on, the excess urine amount is caused by the liquefaction of the *Dushyas* and their merger.¹¹ This is the primary cardinal indicator that all *Acharyas* discuss. *Prameha* was identified by *Vagbhata* as *Mutraatipravrtija's* illness. The patient urinates excessively¹².

• **Avilamutrata**

Urine from the patient has a murky or hazy consistency. According to *Gayadasa* and *Dalhana*, the relationship between *Mutra*, *Dushya*, and *Dosha* (Su. Ni. 6/6) is the cause of this distinctive urine trait¹¹. Additionally, *Vagbhata* stressed that the urine's turbidity results from its annexation with the *Dhatu*¹².

• **Picchila Mutrata:**

This urine characteristic was highlighted by *Charaka*, particularly while the *Prameha* was being diagnosed. According to *Kashaypa*, pediatric patients may exhibit the following signs of *Prameha*¹³.

SAMPRAPTI GHATAKA OF MADHUMEHA:

The *Samprapti Ghataka* of *Madhumeha* is depicted here based on a number of references:-

Dosha: Disease is *Tridoshakopanimitaja*¹⁴

Kapha: *Bahu* and *Abadhdha* – in *Avaranajanya Madhumeha*. *Kshina* – in *Kshayajanya Madhumeha*

Pitta: *Vridhdha* – in *Avaranajanya Madhumeha* *Kshina* – in *Kshayajanya Madhumeha*

Vata : *Avrita* – in *Avaranajanya Madhumeha* , *Vridhdha* – in *Kshayajanya Madhumeha*

Dushya:

- *Rasa, Rakta, Mamsa, Meda, Majja, Shukra, Vasa, Oja, Lasika,*
- *Kleda*¹⁴ and *Sweda*¹⁵.
- *Srotodushti:*
- *Sanga & Ati Pravritti*
- *Srotasa: - Medovaha - Udakavaha*
- *Mutravaha - Mamsavaha*
- *Agni: - Vaishmya* of all *Agnis* (or *Dhatvagnimandya*)
- *Ama: Medogata Ama* produced due to *Jatharagnimandya* and
- *Dhatvagnimandya.*
- *Adhithana: Basti*
- *Udbhavasthana: Amashaya*
- *Bhedavastha:* Occurrence of *Upadravas* such as *Puti Mamsa* and
- *Prameha Pidika* etc.
- Nature:*Chirakar*¹⁶

Management of Diabetes Mellitus^{17,18} :

- Both medical systems agree that a healthy diet alone can control a disease if it is detected in its early stages.
- Since a person with *margavarana janya madhumeha* is typically *sthoala* and *balavan*, *apatarpana chikitsa* is practiced. Because NIDDM patients are typically obese, diet, exercise, and oral hypoglycemics are recommended.
- Since *Dhatukshaya Janya Madhumehis* are *Krusha* and *Durbala*, *Santarpana Chikitsa* is recommended to them. Insulin is given to IDDM patients because they are weak and skinny.

Discussion:

Madhumeha, a subtype of *Vatik Prameha* in Ayurveda, is typified by honey-like urine. It is associated with diabetes mellitus, a metabolic disease characterized by hyperglycemia brought on by insulin insufficiency, which manifests as polyuria, polyphagia, and polydipsia. It is categorized according to *Dosha* predominance and impacts several bodily systems. 10.1 Crore people in India have diabetes, according to the ICMR INDIAB research (2023). By 2030, there will be 643 million cases worldwide, and by 2045, there will be 783 million. In order to manage this expanding health issue and evaluate the effectiveness of treatment, it is essential to comprehend the pathophysiology of *Madhumeha* through both contemporary and Ayurvedic literature.

Conclusion:

Almost all of the body's organs are impacted by diabetes mellitus, a metabolic disease marked by persistent hyperglycemia and metabolic abnormalities. It is divided into two types: Type 1 diabetes, which usually develops in childhood due to the pancreas' inability to make enough insulin, and Type 2 diabetes, which starts with insulin resistance and usually manifests after age 40. As noted by Acharyas, *Prameha* is one of the eight primary illnesses in *Charak Nidanasthan*.

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