



COMPREHENSIVE STUDY OF PRAMEHA UPDRAVA-A REVIEW

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ABSTRACT

Background: The term prameha is derived from "Pra" which means Prakarshen mehati i.e. watering. "Meha" means Sechane i.e. frequently passage of urine. It means passing of vikruta mutra in excessive quantity (Prabhut Mutrata). This varies in different types of prameha. Updrava (complication) arises after the appearance of the disease & is thus distinguished from the symptoms which arise with the disease.

Objective: To study the concept of Prameha Updrava.

Discussion: Description of Prameha updrava with its type was done.

Conclusion: Prameha on chronicity give rise to these complications-Trushna (Thrust), Atisara (Diarrhea), Jwara (Fever), Daha (Burning Sensation), Daurbalya (Debility), Arochaka (Anorexia), Putimansa (Boils due to sloughing of muscle).

KEYWORDS : Prameha, Updrava, Complications

INTRODUCTION:

The term Prameha is derived from "Pra" which means watering, "Meha" means Sechane i.e. frequently passage of urine. It means passing of vikrut mutra in excessive quantity (Prabhut mutra) This disease is defined according to Ayurveda as excessive urination (Prabhut mutrata) and turbidity (Avila mutrata).

Upadrava (Complication) is one which occurs in the course of some other disease, although it may result from the main disease. The morbid process occurring during a disease may be a minor or major ailment.

Updrava means which manifest after the genesis of the main disease. This episode has been superimposed, altering symptoms and modifying its course as a result disease may become difficult for management. Sushruta mention word cupasargika as a synonym to updrava. It also means that updrava manifest upon another disease and also due to same factors which are responsible for the manifestation of the main disease. Updrava comes under paratantra vyadhi, means one which depends on the pradhan vyadhi for this reason it is also called as Apradhana. Updrava don't have its own existence, it means beginning from the nidana to Chikitsa it depends on Pradhana vyadhi.

METHODOLOGY:

This is literary type of study. Literary study of Prameha Upadrava thoroughly including Ayurveda Samhita and all sorts of relevant research papers published in various journals from pub-med, DHARA were studied.

Prameha Updrava:

Acharya Charaka has explained the prameha updrava. Upadrava develops in all doshic types of prameha are as follows-

1. Kaphaja Upadrava:

- Avipaka
- Daurbalya
- Arochak
- Chardi
- Aalasya
- Pratishay
- Mansopachaya
- Makshikopsarpan
- Kaphapraseka

- Lolata
- Pinasa
- Klama

2. Pittaja Updrava:

- Trushna
- Atisara
- Daha
- Putimansapidaka
- Jwara
- Alaji
- Vidradhi.
- Bastimehantoda
- Amlak
- Panduroga
- Mushkavdaran
- Murccha

3. Vataja Upadrava:

- Udavarta
- Kampa
- Hridgraha
- Shoola
- Nidranasha
- Kasa
- Shwasa
- Shosha
- Baddhapurishata

DISCUSSION:**A) Kaphaja Upadrava**

1. Chardi: Ama is the main causative factor for prameha. It causes amlata and vidaha to the annarasa. Srotorodha in prameha causes vataprakopa. This prakupita vata carries amla and vidhahi annarasa out of stomach manifesting in chardi.

2. Arochaka: Is a condition where even after aahara-iccha the patient experiences tastelessness for food which is already in mouth as described by the sentence "Mukhapraveshena Asvadu Avbodhaha." It is disorder of taste perception in spite of normal appetite. Arochaka is due to pichhila and guru guna of kapha and also vitiation of pitta dosha.

3. Daurbalya: In prameha there is dhatu-sara vahana in the form of kleda through mutra. Ojokshaya and srotorodha due to medasanchiti causes daurbalya.

4. Mansopchaya: Is due to vitiation of mamsa which is main dushya in prameha. It is described by word "Mamsa Sanghata"

5. Makshikopsarpan: This condition is result of tanu madhurya and subsequent madhura bhava of sweda. It is attraction of flies towards patient body. This condition here should be considered as a symptom indicating asadhya avastha, which is likely to be preceded or succeeded by murchadi updrava.

6. Aalasya: This one among the kapha nanatmaja vikara. Aalasya is due to manda guna of kapha. It is defined as person feels lethargic even though he performs work.

7. Pratishyay: This is due to kapha, vata dosha, ojokshaya and pranavahasrotodushti.

8. Lolata: A conditions where there is an abnormal desire to have all rasa described as "Sarvaraseshu Loluptvam" due to vata vrudhi as a result of dhatu kshaya.

9. Pinas: This is due to kapha, vata dosha, and ojokshaya , pranavaha srotodushti.

10. Kaphapraseka: Means excess Lalasrava. It is due to Bahu-dravatva of Kapha.

11. Klama: Dhatwagnimandya and Ojonasha.

B] PITTAJA UPDRAVA:

1. Daha: Daha is a pittaja nanatmaja vikara and described as sarvanga dahamiva. It develops in conditions of pitta dosha obstruction by vitiated vata dosha in Madhumeha. Daha is mainly seen especially in Hasta-Pada tala.

2. Trushna: It is due to vitiation of vata-pitta dosha. Vitiated vata-pitta causes drying out of rasa & udakdhatu. It is defined as even after repeated intake of water the person doesn't get satisfaction and desires to drink water.

3. Amlak: It is result of agnimandya caused by improper karma of pachak pitta.

4. Panduroga: This is pitta pradhan vyadhi where due to dhatwagnimandya there is Rakta dhatu poshak sarabhaga kshapana leading to panduroga.

5. Mushkavdarana: It is result of kandu or kushta affecting mushka or vranashopha as a result of Rakta pitta dushti causing Avadarana.

6. Jwara: Jwara is mainly due to pitta pradhanya among tridoshas. In pittaja prameha there is involvement of rasa and rakta dhatu. In prameha there is dhatukshaya which further leads to ojonasha; due to this there will be decreased vyadhishamatva (immunity) leads to Jwara.

7. Vidradhi: Due to vitiation of pitta, rakta mamsa and meda with increased dravatva of shleshma causes shotha resulting in pooya nirmti. Increased vitiation of pitta ultimately leads to pooya vrudhi.

8. Putimansa: The vitiated pitta, meda, mamsa and rakta get combined with Bahudrava shleshma results in development of pidikas, which causes shotha resulting in pooya vrudhi. If not treated, the pooya attains Abhyantara prapti and utsanga, resulting in asadhya. The development of pidikas described as limited only to the lower limbs as the Rasayanis there are Durbala. Clinically also, the incidence of diabetic ulcers occurring in the lower limb is maximum. The pidikas are the most important updrava of madhumeha if it is untreated

it leads to asadhya of the disease.

9. Atisara: It is mentioned both in samanya and vishesha classification of updrava. Due to increase vata in pakwashaya and pitta vitiation leads to agnimandya causing atisara.⁵³

10. Murcha: This is mainly due to Rakta pitta dushti.

C] VATAJA UPDRAVA:

1. Udavarta: Baddha purishtva and vatavrudhi causes Udavarta.

2. Hridgraha: A condition where person experiences as if his heart is being pulled out. It is due to kapha-pitta avarana and vitiation of vata. This is symptom of hidrogra that is clinically evident as updrava of madhumeha.

3. Baddhapurishata: It is due to Vatavrudhi.

4. Nidra: Is caused as a result of Kapha dushti and Tamo dosha in Madhumeha.

5. Shwasa: Is a result of Pranavaha srotodushti by vriddha (elevated) kapha and vata. Also due to doshaja marmabhighat like hridya, this is pranavahasrotomoola.

6. Bastimehantoda: It is due to vatavrudhi.

7. Kasa: This updrava is a result of pranavaha srotodushti by vriddha kapha and vata. Kasa results as a consequence of altered motion of Apana-Prana vayu with increased motion of Udan vayu .

8. Shaithilya: The dhatu kshaya leads to anibida samyogata (loss of compactness) leading to daurbalya.

9. Shoola: It is defined as Ruja (pain) caused by vata when the disease proceeds to involve gambhira dhatu like majja.

10. Kampa: Is due to dhatukshaya and vatavrudhi. It is called as ativepanam.

11. Shosha: Occurs due to dhatu kshaya.

CONCLUSION:

Prameha on chronicity give rise to these complications- Trushna (Thrust), Atisara (Diarrhea), Jwara (Fever), Daha (Burning Sensation), Daurbalya (Debility), Arochaka (Anorexia), Putimansa (Boils due to sloughing of muscle).

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