INTRODUCTION
The Prameha as a disease entity has been recognized since long in Ayurvedic medicine. All the available classics of Ayurveda have described this disease in detail. As regards the origin of this disease, it is traced up to the prehistoric period and Aacharya has mentioned, “It is one of those diseases which started by the time of historical destruction of Yangyana organized by the Daksha-Prajapati in ancient time” this is related with eating of Havish, a special type of food, made of milk, sugar, rice used for offering in yangyanas.

Types
- Prameha are 20 in number.[1]
- Prameha can be classified under following headings:

1) According to Dosha
   Kaphaja[10], Pittaja[6], Vataja[4]

2) According to prognosis
   Sadhya (Kaphaja), Yapya (Pittaja), Asadhya (Vataja)

3) According to body constitution
   Sthula and Krisha

4) According to Nidana
   Sahaja and Apathyanimittaja
   Prakritiprabhava and Swakrit

5) According to Dosha predominance
   Shleshmasamudbhava
   DoshakshayajanyaVataprakopatah.
CLINICAL FEATURES  
Features of Kaphaja prameha [2]
1. Udaka meha- The urine is transparent (accha), excess (bahu), white (sita), cold (sheeta), odourless (nirgandha), similar to water (udakopama), turbid (avila) and slimy (picchila).
2. Ikshu meha- The urine is very sweet and similar to sugar cane juice (ikshurasavat madhura). It is slimy and turbid in nature.
3. Sandra meha- The urine is dense (sandra) and it precipitates when allowed to settle down when kept overnight (paryushita sandra).
4. Sura meha- In this condition, the urine appears similar to arrack (sura). The supernatant part appears clear and the lower part will be dense and thick.
5. Pishta meha- In this condition, the person feels horripilation on urination and the urine is white (sita) like the paste of the fine grain flour (pishtavat).
6. Shukra meha- The urine appears like semen (shukrabha) or mixed with semen (shukramishra).
7. Sikatra meha- In this condition, the urinary gravels appearing like sand particles are expelled out.
8. Sheeta meha- In this condition, the person passes the urine repeatedly which is mixed with fatty oil and often appears turbid and sticky similar to fat.
9. Shanai meha- Little by little, repeated, slow urination is complained in this disease.
10. Lala meha- In this condition, the urine appears similar to saliva (lalatantrayuta) and is slimy (picchila) in nature.

Features of Pittaja prameha [3]
1. Kshara meha- Here, the urine has the odor, color, taste and texture of alkaline solution (ksharatoyavat).
2. Kala meha- Here, urine will have the appearance similar to marrow and it is excreted frequently.
3. Neela meha- The urine which is blue in colour similar to the feather if Blue jay bird (chashapakshanibha) is complained in this condition.
4. Rakta meha- Here, urine will have the colour and smell of blood and is salty in taste.
5. Manjishta meha- Manjishta (Rubia cordifolia) is a drug which gives dark red colour decoction or fresh juice. Here, the urine will have bad smell (visragandha) and the urine appears similar to the decoction of manjishta.
6. Haridra meha- In this particular kind of prameha, the urine will be pungent (katu), has dark yellow colour similar to turmeric (haridranibha) and associated with burning sensation.

Features of Vatajaprameha [4]
1. Vasa meha
   In vasa meha, the person passes the urine repeatedly without force. In few of the cases lymph with clots are also found.
2. Majja meha
   Here, urine will have the appearance similar to marrow and it is excreted frequently.
3. Hasti meha
   In this condition of Hastimeha, urine is often excreted like an intoxicated elephant (mattahastiriva ajasrammutra) without force. In few of the cases lymph with clots are also found.
4. Madhu meha
   Acharya Charaka explained that the roughness of aggravated vata dosha transforms the sweet taste (of ojas) into astringent taste and expels out along the urine. Thus, causes Madhumeha. Urine with astringent mixed sweet taste, pale colour and unctuousness are the features of this condition. Acharya Vagbhata opines that all pramehas if neglected or not treated properly, ultimately they reach the terminal stage -madhumeha.

Table showing different type of prameha according to different text

<table>
<thead>
<tr>
<th>Types of Meha</th>
<th>Charaka</th>
<th>Sushruta</th>
<th>Vagbhata</th>
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Table-2.2

<table>
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<td>Shonitameha</td>
<td>Raktameha</td>
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<tr>
<td>Manjishthameha</td>
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<td>+</td>
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</tr>
<tr>
<td>Haridrameha</td>
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Table-2.3

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<tr>
<td>Madhumeha</td>
<td>+</td>
<td>Kshaudrameha</td>
<td>Madhumeha</td>
</tr>
</tbody>
</table>

NIDANA

General Nidanas
Addiction to the pleasure of sedentary habits (Asyasukham), sleep, curds, soup of the meat of domesticated (Gramya), aquatic (Audaka) animals and animals in habiting in the marshy lands (Anupa), milk preparations, freshly harvested food articles, freshly prepared alcoholic drinks, preparations of jaggery and all Kapha aggravating factors are responsible for the causation of Prameha. All the Acharyashave mentioned the same type of causative factors i.e. Kapha-aggravating factors as the general Nidanas of Prameha.[5]

Specific Nidanas
Charaka has mentioned specific Nidanas of Madhumeha in 17th chapter of Sutrasthana which denotes AvaranajanyaVataprakopaja Samprapti while in 4th chapter of Nidanasthana he has mentioned SwakaranajanyaVataprakopaja Samprapti which is as follows-Excessive intake of Kashaya, Katu, Tikta, Ruksha, Laghu, Shita, Dravyas; Vyayama, Vyavaya, Samshodhana Atiyoga, Vegavarodha, etc. aggravates Vata, which causes Oja to flow through urine. The correlation of both these Nidanas will be discussed in ‘Samprapti’.

Purvarupa
These are the prodromal symptoms which are manifested at the stage of Sthana Samshraya and are listed below:


RUPA

(1) Prabhuta mutrata
This is the main cardinal sign described by all Acharyas. Vagbhata mentioned.

Prameha as the disease of Mutraatpravrtija.[7] Patients Void urine more in quantity, Gayadasa[8] opine that this excess urine quantity is because of liquification of the Dushyas and their blend.

(2) Avila mutrata
Patient voids urine having hazy consistency or having turbidity. Gayadasa and Dalhana both opined that, this characteristic feature of urine is because of the nexus between Mutra, Dushya and Dosha.Vagbhata also emphasized that this turbidity of the urine is because of its annexation with the Dhatus.[9]

(3) Picchila Mutrata
Charaka mentioned this character of urine especially at the time of diagnosis of the Prameha either, Anilatmaka or Kaphasambhava.
Kashyapa mentioned following symptoms of Prameha to be observed in pediatric patients.[10]

Akasmata Mutra Nirgama
Child excretes urine suddenly with no intention.

Makshika Akranta
Flies get attracted towards the urine.

Shweta and Ghana Mutra
Child excretes urine having Shweta colour and solid consistency i.e. turbidity.

SAMPRAPTI

Dosha
- Tridosha
- Bahudrava Shleshma
- AvritaVata
- PrakuptaVata
- Vyana and ApanaVayu
Dushya
- Bahu-Abaddha: Meda, Mamsa, Vasa, Majja;
- Bahu: SharirajaKleda, Shukra, Shonita, Lasika, Rasa, Oja;
- Sweda.

Samprapti Ghatakas
On the basis of various references the Samprapti Ghataka of Madhumeha are illustrated below:
- **Dosha:** Tridoshaprapkopnimittaja. [11]
- **Dushyas:** Rasa, Rakta, Mamsa, Meda, Majja, Vasa, Lasika, Oja, Shukra, Ambu, [12], Sweda [13]
- **Srotas:** Medovaha, Mutravaha, Udakavaha
- **Srotodushti:** Sanga, Atipravritti
- **Sanchaya:** Anustrotas
- **Prakopa:** Sarvasharira
- **Prasara:** Rasayani
- **Sthanasamshraya:** Mutravaha Srotas
- **Agni:** Dhatwagnimandya
- **Ama:** Dhatugata (Aparipakwa Dhatu)
- **Udbahva:** Amashaya
- **Swabhava:** Chirkari [14]

Specific Samprapti
Vataprapkopa Ahara-Vihara, Dosha Avarana, Dhatukshaya, or Doshakshaya causes vitiation of Vata. RukshaVata converts Madhura Oja into Kashayarasa (Astringent taste) and brings it into the Basti leading ultimately to Madhumeha.

Differential diagnosis of Prameha
If the patient voids yellow or red coloured urine without Purvarupas of Prameha, the condition should be diagnosed as a case of Raktapitta.

**UPADRAVA**
**General Upadrava**
Trisha, Atisara, Jwara, Daha, Daurbalya, Arochaka, Avipaka, Putimamsapidaka, Alaji, Vidradhi etc.

**Specific Upadrava**
Hridgraha, Laulyam, Anidra, Stambha, Kampa, Shula, Badhapurishvatam; Udavarta, Kanthagraha, Shula, Shosha, Kasa and Shwasa.

**Sadhyas-Asadhytas**
- Sadhya: KaphajaPrameha
- Yapya: PittajaPrameha
- Asadhyya

Vataja Prameha. Bijadoshaya Prameha/Madhumeha. According to Sushruta, Madhumeha along with Pidika and Upadras, is Asadhyya. Sushruta also opines that all types of Prameha, when not properly treated, get converted into Madhumeha and become Asadhyya.

- Krichchhrasadhya: Doshavritavatayana Madhumeha.

**Chikitsa**
- Nidana-Parivarjana,
- Sthula, BalavanaPramehi: Samshodhana,
- Krisha, Durbalapramehi: Samshamanam.

**Pathy apathy.** [15]
If we keenly observe the above quotation, it clearly defines the Samprapti of Santarpanottha Prameha. Chaya and Prakopa of Prameha followed by Dravabahulata-Vilayita (liquefied) Kapha followed by Mandagni; the same sequence is also seen in Prameha; in which Dosha-Dushya Sammurchhana takes place and the disease appears. The nija hetu of Prameha is Bahudrava Shlema. Its Dosha-Viparita treatment is ‘Vasanta-Ritucharya’. In Jeerna and Krusha Pramehi, Vyanapan Prakopacreats Shthanavkriti, in which Vasantacharya is not suitable to the patient. But in Santarpananajanya and new Prameha, it is quiet useful.

**DISCUSSION**
The present study is established by observation that Prameha is one disease and manifestation of different types and sub types are duration oriented. According to Ayurveda prameha is a group disease. It can be influenced by improper management. Hence the concept of prameha as whole treated as per concept of Madhumeha.

**REFERENCE**


