



Understanding Vyadhi Avastha in Prameha W.S.R. to Metabolic Syndrome

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ABSTRACT

In Ayurveda, Prameha is described as a set of complex clinical disorder characterized by Prabootha and Avila Mootrata with the etiology involving bheejadosha and Apathyanimittaja. Metabolic syndrome is a multi-factorial disease, frequently associated with a cluster of pathologies including obesity, hypertriglyceridemia, impaired glucose tolerance, and insulin resistance, collectively referred to as the metabolic syndrome. According to Ayurveda it can be understood as medovahasrotodusti. I can compare initial condition of metabolic syndrome with medovahasrotodustilaxana. The fully developed metabolic syndrome without complications can be compared with Apathyanimittaja prameha and complicated stage of metabolic syndrome can be compared with Updrava of Avarana.

Keywords: Vyadhiavastha, Prameha, Metabolic syndrome.

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INTRODUCTION

Prameha being a global problem, is well described in the ancient Indian classics like Vedas and Ayurvedic treatises. Prameha is a kaphapradhanamedodushitvyadhi characterized by Prabhoota Aavila mootrata¹ which can be equated to metabolic syndrome which is having similar clinical presentation.

Understanding of Vyadhi Avastha in Prameha is need to aim at earlier diagnosis, prevention and better treatment. Metabolic syndrome is defined by a constellation of interconnected physiological, biochemical, clinical, and metabolic factors that directly increases the risk of cardiovascular disease, type 2 diabetes mellitus, and all cause mortality.

The prevalence of Diabetes Mellitus in India is 8.9% of population and that of metabolic syndrome is 25-30% of united state population.

Aims and Objectives:-

1. To understand Vyadhiavastha in Prameha.
2. To understand Prameha w.s.r Metabolic Syndrome

MATERIAL AND METHODS

Materials are collected from the classical Ayurvedic literatures and journals.

Vyadhi Avastha

गतिःप्रकारोअवस्थावा।

As like Dosha Gati, diseases also have particular Gati, Gati also refers to the avastha. Different diseases avasthas varies as per the sampraptighatakas involved in the pathogenesis.

When dosadushyasammurchana occurs in an individual it leads to manifestation of disease. These diseases do not produce same set of clinical features among all patients. Among many factors responsible for this, Avastha of a Vyadhi is important.

During different stages different clinical features appear due to influence of various factors. These stages which are seen in a disease called as vyadhiavastha.

Stages or Avastha may be understood as

1. Shatkriyakala
2. Vegavastha and Avegavastha
3. Doshapakavastha and Dhathupaka
4. Dhathugatavastha

5. *Nava and Jirnavasta*

6. *Uttana and Gambiravasta*

7. *Prakkevala, Anya lakshana and Aupasargika.*

1. Kriyakala [2]:

- संहतिरुपावृद्धिश्चयः
- विलयनरुपावृद्धिः प्रकोपः।
- अतउर्ध्वम्रसरंवक्ष्यामः तेषामेभिरातङ्कविशेषैः प्रकुपितानां किण्वोदकपिष्टसमवायइवोद्रिक्तानां प्रसरो भवति।
- प्रसृतानां पुनर्दोषाणां स्तोतवैगुण्याद्यत्र सङ्गः सस्थानसंश्रयः।
- व्यधिः प्रव्यक्तरूपं व्यक्तिः।
- Bheda stage is the complication of disease.

Vegavasta- This stage can be understood as acute stage or stage of exacerbation of a disease which is already present.

Avegavasta- This can be understood where clinic features of the diseases are not so prominent.

Doshapakavasta- Stage of a disease where in the *vyadhilakshana* recedes.

Dhathupakavasta- Stage where in disease becomes more difficult for treatment and prognosis as disease involves deeper *dhatu*.

Nava vastha- It can be taken as starting stage or acute stage of a new disease.

Jeernavasta- It can be taken as chronic stage of a disease.

Prakkevala³- It is the stage manifest earlier without *poorvarupa* and other secondary diseases.

Anya laxana- The stage where *poorvarupalaxanas* are seen.

Aupasargika- Stage *upadrava*.

PRAMEHA

Vyutpatti

The word *Prameha* is derived from “*MIHYATHA SECHANA*” which means watering. “*PRA*” means excess.

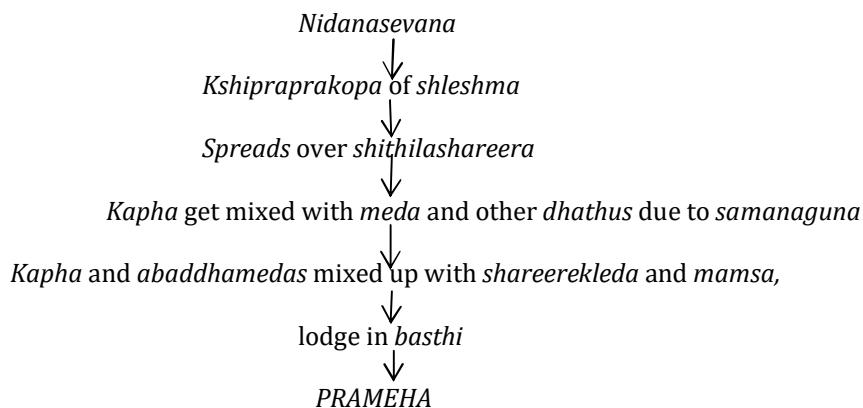
Nirukthi

- प्रकर्षणमेहतिइतिविर्यादिरनेनेतिप्रमेहः || [5]
- प्रभूतम्रचुरम्वारम्वारम्वामेहतिमूत्रत्यगम्करोतियस्मिन्नोगसप्रमेहः || [5]

NIDANA

	C.S ⁶	S.S ⁷	A.S ⁸	A.H ⁹
Aaharajanidana				
<i>Dadhi</i>	+	-	-	+
<i>Gramyaanupaaudukamamsa</i>	+	-	-	+
<i>Paya</i>	+	-	-	+
<i>Navannapana</i>	+	-	-	+
<i>Gudavaikruta</i>	+	-	-	+
<i>Shleshmajanakaahara</i>	+	-	+	+
<i>Sheetadravya</i>	+	-	+	-
<i>Madhuradravya</i>	-	+	-	+
<i>Amlalavanaahara</i>	+	-	-	+
<i>Snigdhadravya</i>	-	+	-	+
<i>Drava annapana</i>	-	+	-	+
<i>Guru dravya</i>	-	-	-	+
<i>Picchiladravya</i>	-	-	-	+
<i>Mutranakadravya</i>				
<i>Tikta, katu, kashaya rasa</i>	-	-	-	+
<i>Nava sura</i>	-	-	-	+
Viharajanidana				
<i>Aasyasukham</i>	+	-	-	+
<i>Swapnasukham</i>	+	-	-	-
<i>Diva swapna</i>	-	+	-	-
<i>Avyayama</i>	-	+	-	-
Manasikanidana				
<i>Vishada</i>	+	+	+	+
<i>Chintavarjya</i>	+	-	+	+
Beejadosa				
	+	+	+	+

SAMPRAPTI [10]



Poorvarupa:

<i>Poorvaroop</i>	<i>C.S¹¹</i>	<i>S.S¹²</i>	<i>A.H¹³</i>	<i>A.S¹⁴</i>
<i>Sweda</i>	+	-	+	+
<i>Angagandha</i>	+	+	+	+
<i>Angashaithilya</i>	+	-	+	-
<i>Angasada</i>	-	+	-	-
<i>Sayyasukerati</i>	+	-	+	-
<i>Swapasukherati</i>	+	-	+	-
<i>Asanasukerati</i>	+	-	+	-
<i>Hridayopadeha</i>	+	-	+	-
<i>Netropadeha</i>	+	-	+	-
<i>Jihwopadeha</i>	+	+	+	-
<i>Sravanopadeha</i>	+	-	+	-
<i>TaluniMalothpathi</i>	-	+	-	-
<i>Danteshumalotpatti</i>	-	+	-	-
<i>Ghana gatra</i>	+	-	+	-
<i>Keshathivridi</i>	+	-	+	-
<i>Nakhaathivridi</i>	+	+	+	-
<i>Keshajatibhava</i>	+	+	-	+
<i>Sheethapriyathvam</i>	+	-	+	-
<i>Gala talushosha</i>	+	-	+	-
<i>Aasyamadhurya</i>	+	+	+	+
<i>Kara padadaha</i>	+	+	+	-
<i>Moothrapipilikaabhisarana</i>	+	-	+	-
<i>Madhuramootratha</i>	-	+	-	+
<i>Shuklamootratha</i>	-	+	-	+
<i>Snigdhatra</i>	-	+	-	+
<i>Picchilagatrata</i>	-	+	-	+
<i>Ganagatrata</i>	-	+	-	+
<i>Pipasa</i>	+	+	-	-
<i>Swasadourgandya</i>	-	+	-	-
<i>Tandra</i>	+	+	-	-
<i>Karapadasuptata</i>	+	-	-	-
<i>Angasuptatha</i>	+	-	-	-
<i>Aalasya</i>	+	-	-	-
<i>Mukhashosha</i>	+	-	-	-
<i>Kaya chidreshuupadeha</i>	+	-	-	+
<i>Sarva kale nidra</i>	+	-	-	-
<i>Shatpadaabisaranaon sharira</i>	+	-	-	-
<i>Shatpadaabisaranaonmutra</i>	+	-	-	+
<i>Pipilikashareeraabhisarana</i>	+	-	-	+

LAKSHANA :

सामान्यलक्षणतेषांप्रभूताविलमूत्रता।[15]

UNDERSTANDINGPRAMEHA VYADHI AVASTHA➤ **Kriyakala :**

<i>Sanchaya</i>	Intake of <i>nidana</i>
<i>Prakopa</i>	Due to <i>nidanasevanakaphaprapakopalakshana</i> like, <i>Annadwasha, hrudyothkleda</i> .
<i>Prasara</i>	<i>Kaphaprasaralakshana</i> like, <i>Avipaka, Arochaka, Chardi, Angasada</i>
<i>Sthanasamsraya</i>	<i>Poorvarupalakshana</i> of <i>prameha</i>
<i>Vyaktha</i>	<i>Lakshana</i> of <i>prameha</i> like <i>Prabootha</i> and <i>Avila Mootra</i> .
<i>Bheda</i>	<i>Pramehapidaka</i> .

- **Dhathupakavasta**- Except *asthidhatu* all other *dhatu*s are involved in the manifestation of *Prameha*, which becomes difficult to treat.
- **Doshapakavasta**- Getting reduction in the *lakshanas* of *Prameha*.
- **Nava avasta**-The acute stage of *Prameha* is associated with *Prabootha mootra*.
- **Jeernaavasta** - The chronic stage of *Prameha* is associated with the involvement of *doshas*.
- **Anyalaxana**- *Poorvarupa* of *Prameha*.
- **Prakkevala**- without the *poorvarupa* of *Prameha* manifestation of *laxanas*.
- **Aupasargika**- manifestation of *Prameha* *Pidakas*.

Metabolic syndrome [16]

The metabolic syndrome consists of a constellation of metabolic abnormalities that confer increased risk of cardiovascular disease (CVD) and diabetes mellitus (DM).

The criteria for the metabolic syndrome have evolved since the original definition by the World Health Organization in 1998, reflecting growing clinical evidence and analysis by a variety of consensus conferences and professional organizations.

The major features of the metabolic syndrome include

1. Central obesity
2. Hypertriglyceridemia
3. Low & high-density lipoprotein cholesterol
4. Hyperglycemia
5. Hypertension

Clinical features**Symptoms and Sign**

1. Waist circumference is expanded and blood pressure is elevated.
2. Lipodystrophy and acanthosis nigricans is found on examination.

Associated diseases

- a. Cardiovascular diseases
- b. Type 2 diabetes

Risk Factors

1. Over weight / Obesity
2. Sedentary lifestyle
3. Age: > 50yr of women are more prone than men
4. Diabetes mellitus
5. Coronary heart disease
6. Lipodystrophy

Prameha and Metabolic Syndrome

1. *Kapha, Meda, Mamsavruddhi*-obesity
2. *Galatalushosha, praboothamutra, madhurasayatha* - Diabetes mellitus clinical features
3. मधुरं यच्च सर्वेषु प्रायोमध्विवमेहत।
सर्वेऽपि मधुमेहाख्यामाधुर्याच्च तनोरतः। [17]- Hyperglycaemia
4. तैरावृत्तगतिर्वायुरोजआदाय गच्छति
यदा बस्तिं तदा कृच्छ्रो मधुमेहः प्रवर्तते [18]- Insulin resistance

DISCUSSION

Meha is mentioned one among the Ashta Mahagada¹⁹ Athisthoola is cited as Ashta Ninditha Purusha [20], which has correlation with metabolic syndrome, is a potent Nidanarthakararoga for Prameha. Among the types of Prameha, Sahaja Prameha can be correlated with type 1 Diabetes, Apathyanimmitaja Prameha as

type 2 Diabetes. Among the various scattered references available on vyadhiavastha, Kriyakala is well understood and most utilized. Metabolic syndrome is combination of various disorders which doesn't exhibit any typical features but end up in serious complications.

CONCLUSION

Ayurvedic knowledge regarding Prameha can be utilized to expand the current understanding of obesity, metabolic syndrome and diabetes. India which is said to be the present diabetic capital of the world, understanding this disease according to classics as well as modern science is of utmost importance for the prevention and management. Understanding vyadhiavastha in prameha will guide vaidya to plan proper prevention and treatment modalities by combined knowledge and skills of specialties in Ayurveda.

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