

## PRAMEHA SAMPRAPTI

When understanding the shlok, especially the ‘samprapti’, it would be worthwhile to follow the guidelines of Rudyard Kipling (an English journalist, short-story writer, poet, and novelist).

I KEEP six honest serving-men

(They taught me all I knew);

Their names are What and Why and When

And How and Where and Who.

Who, What, When, Where, Why and How are the magic servants that can be used to understand everything we learn.

For example, let us understand the aphorism for Samprapti (pathology) of Prameha based on the above principle.

PRAMEHA (Nirukti) – The Sanskrit root word is ‘Mih-Sechane’ - means “to flow”. The Sanskrit term Meha literally means to micturate. By adding prefix “Pra” meaning excess both in quantity and frequency. Prameha thus means excess micturition both in quantity and frequency.

## SHLOK

मेदश्च मांसं च शरीरजं च क्लेदं कफो बस्तिगतं प्रदूष्य।  
करोति मेहान् समुदीर्णमुष्णैस्तानेव पित्तं परिदूष्य चापि॥५॥  
क्षीणेषु दोषेष्ववकृष्य बस्तौ धातून् प्रमेहाननिलः करोति।  
दोषो हि बस्तिं समुपेत्य मूत्रं सन्दूष्य मेहाञ्जनयेद्यथास्वम्॥६॥  
साध्याः कफोत्था दश । पित्तजाः षट् याप्या । न साध्यः पवनाच्चतुष्कः।  
समक्रियत्वाद्विषमक्रियत्वान्महात्ययत्वाच्च यथाक्रमं ते॥७॥

## चरकसंहिता । चिकित्सास्थानम् - ६ ॥ प्रमेहचिकित्सितम्



Here 'karoti' is the action,

Who – Kapha/Pitta/vata

What - Prameha

How – Pradushya (Meda, Mansa, kleda )

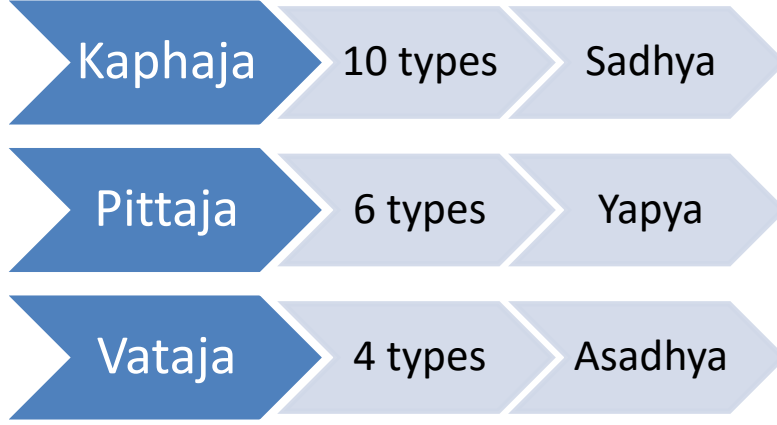
Where – Bastigata,

Why – Due to hetusevan (Asyasukham.....)

When -

According to classical text Charak Samhita, the samprapti of *prameha* starts with the derangement of *kapha*. Intake of *Kaphaj hetu* combination of nidana and dushya) vitiates *Kapha dosha* (*Kledak kapha*) that spreads throughout the body and mixes with *meda*, *mansa* and *sharirajam kleda*. This vitiates the drava dhatus in the body and leads to disease *prameha* (that is excess formation of urine). Further progression or intake of *pittaj hetu* vitiates *Pitta* predominately, which vitiates the *sonita* (blood), advancing *Pittaja Prameha*. Similarly, further advance stage or intake of *vataj hetu* leads to vitiation of *Vata*, which draws the *vasa* (muscle fat), other dhatus vital substances/vital essence out of the body (*oja*) through the urine and is called as *Vataja Prameha*.

Ayurveda describes 20 subtypes of *Prameha* as different clinico-pathological conditions produced out of specific doshas and dushyas, showing gross urinary characteristics and clinical manifestations. The fractional changes in dushyas in association with three morbid doshas manifests different subtypes of *prameha*.



### DOSHA-DUSHYA VICHAR

Affected Dosha – Tridosha (Kapha – Kledak kapha, Pitta – Pachak Pitta, Vata – SamanVata)

Affected Dushya – Meda, Mansa, Kelda, Mootra, Shukra, Shonita, Vasa, Majja, Lasika, Rasa and Oja

Strotas involved – Medovaha, Mootravaha and Mansavaha

### References:

1. Agnivesa: Charakasamhita, Text with English translation by R. k. Sharma and Bhagavandas volume II, Published by Chowkhamba Sanskrit series, Varanasi. CikitsaSthana Chapter 6, verse 57, 2009. p.315.
2. Goverdhanam Vani et al. Journal of Biological & Scientific Opinion · Volume 3 (3). 2015, STUDY OF PRAMEHA VIS A VIS METABOLIC SYNDROME.