



Exploring the Ayurvedic perspective and treatment protocols for Prameha (Type II Diabetes Mellitus) - A Case Study

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DOI:10.21760/jaims.10.5.58

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Prameha is spreading as a dreadful disease and becoming a fearsome disease condition in a current scenario. It is known as the silent killer in today's society. Prameha is Shleshma Pradhana Tridoshaja Vyadhi which is characterized by frequent urination. Diabetes is spreading worldwide. 463 million in the world and 77 million in India are affected by this disease. One in six people with diabetes in the world is from India. Prameha affects a large population in our society. There has been a sharp rise in diseases that are life-threatening. The World Health Organization highlighted a number of illnesses, including metabolic and cardiovascular conditions, as contributing factors to India's high mortality rate. Madhumeha was listed among the eight major illnesses by Acharya Vagbhata. The metabolic syndrome includes diabetes. An imbalance between insulin sensitivity and insulin secretion causes Type II DM, also known as non-insulin-dependent diabetic mellitus (NIDDM). Increased predominance during the past three decades has put a financial strain on many emerging nations.

Aim: To evaluate the contribution of Samshamana Karma to the management of Vataja Prameha w.s.r. to Diabetes Mellitus.

Materials and Methods: A 52 years old male patient came to OPD Jammu Institute of Ayurveda and Research, Jammu, on 14 June 2023 with a complain of Generalized weakness, Increase frequency of urination for one month.

Intervention: We prescribed Chandraprabha Vati, Triphala Guggulu and Madhumehari Churna orally. Significant relief was found in sign and symptoms and blood sugar level after treatment.

Conclusion: In the current case study, Ayurvedic oral medication was used to treat a Type II DM patient. The parameters under study were Prabhuta Mutrata, Daurbalya, Fasting Blood Sugar (FBS), Post prandial Blood Sugar (PP2BS), and Glycosylated Hb (HbA1C). After 3 months of treatment, we saw significant relief Prameha is a metabolic disorder. Heredity, sedentary life style, lack of exercise & Yoga, stress and improper diet habits are the main reasons for occurring diabetes mellitus.

Keywords: Prameha, Diabetes Mellitus, Type II DM, Madhumeha, Samshamana Karma, Ayurvedic Management, Chandraprabha Vati, Triphala Guggulu, Madhumehari Churna, Metabolic Disorder, Vataja Prameha

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How to Cite this Article

Raskotra K, Gupta P, Kamboj S, Tiwari D, Exploring the Ayurvedic perspective and treatment protocols for Prameha (Type II Diabetes Mellitus) - A Case Study. J Ayu Int Med Sci. 2025;10(5):360-364.
Available From
<https://jaims.in/jaims/article/view/3920/>

To Browse



Manuscript Received
2025-04-12

Review Round 1
2025-04-26

Review Round 2
2025-05-07

Review Round 3
2025-05-17

Accepted
2025-05-27

Conflict of Interest
None

Funding
Nil

Ethical Approval
Not required

Plagiarism X-checker
12.36

Note



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Introduction

Ayurveda mentions three major vital places of the body as *Trimarma*, [1] which includes *Hridaya*, *Shira* and *Vasti*. *Prameha*, which is a group of diseases of *Vasti* is characterized by excessive passing of turbid urine. *Prameha* means diabetes which involves high level of blood sugar, frequent urination and presence of sugar in urine, etc. Ayurveda considered *Prameha* as *Sadhya* (curable), *Yapya* (paliabale) and *Asadhya* (incurable) depending upon involvement of *Dosha*. [2] Sushruta describes it depending on physical appearance as; *Saheja Prameha* & *Apathyani Mittaja*. *Saheja Prameha* mainly relates to *Bija Dosha* (genetic disorder) while *Apathyanimittaja* related to ageing and disturbed life style. Ayurveda mentioned that *Bahudrasleshma* and *Bahuabaddhameda* are the main pathological factors for *Prameha*, further Ayurveda described that *Nidana Sevana* aggravates *Kapha* which vitiates *Meda Dhatu* and clinical manifestation of diabetes may observe. *Prabhootha Mutrata*, *Avila Mutrata* and *Medo Dushti Lakshanas* are the cardinal symptoms of *Prameha*. [3] Conduction of *Brimhana*, use of medicine, diet control, *Panchakarma* and balanced life style are some therapeutic measures which increase *Dhatu*s and help to combat diabetes. This article described some therapeutic approaches for the management of *Prameha* based on literary study.

Nidana (Ch.Chi.6/4)

आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि ।
नवान्नपानं गुडवैकृतं च प्रमेहेहेतुः कफकृच्च सर्वम् ॥

Prameha Dosha Dushya (Ch.Ni.4/7)

Doshas like *Kapha*, *Pitta* & *Vata* and *Dushya* like *Medas*, *Shukra*, *Ambu*, *Vasa*, *Lasika*, *Majja*, *Rasa*, *Ojas* and *Mamsa* are responsible for the causation of *Prameha* which is of 20 types.

Samprapti (Ch.Chi.6/5-6)

Samanya Samprapti

Due to Aetiological factor, there is an increase in amount of *Kleda* in body, as result of which there is an increase in amount of *Sleshma*, *Pitta*, *Meda*, & *Maamsh*. Through *Sleshma* etc., there is a blockage of *Prakrit Gati* of *Vata*. Due to which this *Aavritvata* by brings essence of *Dhatu*s, *Oja*, into *Vasti* region, produces *Prameha* Disease.

This disease produces *Vatik*, *Pattik*, *Sleshmik* symptoms depending on the intensity of the *Doshas*. In this way, the body attains decay by the release of *Ojas*.

Vishishta Samprapti

Kaphaja Prameha's - The vitiated *Kapha* contaminates the fat, flesh and the body fluids accumulated in the urinary bladder and causes 10 types of *Prameha's* that are *Kaphaja Prameha*.

Pittaja Prameha's - Similarly, *Pitta* aggravated by consumption of hot foods and other etiological factors contaminates the fat, flesh and body fluids causing 6 types of *Pittaja Prameha's*.

Vataja Prameha's - When *Pitta* & *Kapha* get deteriorated in quality & quantity in comparison to *Vata*, *Vata Dosha* gets aggravated & pulls *Dhatu*s i.e., *Vasa*, *Majja*, *Oja* & *Lasika* into urinary bladder causing 4 types of *Vataja Prameha's*.

Samprapti Ghataka

Dosha - *Drava Sleshma Pradhan Tridosha*

Dusya - *Meda*, *Sukra*, *Ambu*, *Rasa*, *Vasa*, *Ojas*, *Majja*, *Lasika*

Srotas - *Mutravaha*, *Medovaha*

Srotodusti - *Sanga*, *Ati Pravritti*

Adhithana - *Vasti* & *Sarvsharir*

Agni - *Dhatwagnimandya*

Vyadhiswabhaw - *Chirkari*

Sadhya and *Asadhya* - *Kaphaja* - *Sadhya*

Pittaja - *Yapya*

Vataja - *Asadhya*

Purvarupa (Ch.Chi.6/13-14)

- *Sweda*, *Angagandha*

- *Shithilangta*

- *Shayyasana*

- *Ghana Angata*

- *Kesha*, *Nakha Ativridhi*

- *Sheeta Priyata*

- *Gala Talu Shosha*

- *Madhura Aasya*

- *Kara Pada Daha*

- *Mutre Pipilika*

Rupa (Ch.Ni 4/44)

- *Prabhootha Mutrata*

- *Aavil Mutrata*
- *Krisa*
- *Rauksha*
- *Bahu Pipasa*
- *Parisaranasila*
- *Sthula*
- *Snigdha*
- Delaying to recovery of any injury
- Urinal dysfunction
- Disturbed appetite

Chikitsa Sutra (Ch.Chi.6/15)

स्थूलः प्रमेही बलवानिहैकः कृशस्तथैकः परिदुर्बलश्च ।
सम्बृंहणं तत्र कृशस्य कार्यं संशोधनं दोषबलाधिकस्य ॥

Specific Therapies

संशोधनोल्लेखनलङ्घनानि काले प्रयुक्तानि कफप्रमेहान् ।
जयन्ति पित्तप्रभवान् विरेकः सन्तर्पणः संशमनो विधिश्च ॥२५॥

Purificatory therapies including specifically emesis and fasting therapies, administered at the appropriate time, cure *Kaphaja* types of *Prameha*. Similarly, *Pittaja* types of *Prameha* are overcome by purgation, *Santarpana* (refreshing therapy) and alleviation therapies.

Various formulations

दार्वी सुराह्वा त्रिफलां समुस्तां कषायमुत्काथ्य पिबेत् प्रमेही ।
क्षौद्रेण युक्तामथवा हरिद्रां पिबेद्रसेनामलकीफलानाम् ॥२६॥

The patient suffering from *Prameha* should take the decoction of *Darvi*, *Surahva*, *Triphala* and *Musta* mixed with honey. He may also take *Haridra* along with the juice of *Amalaki*.

Pathya (Upashaya)

Ahara:

1. Patient should eat roasted meat of animals and birds and various preparations of barley.
2. Cooked barley without adding any ununctus articles, *Saktu* (roasted corn flour) mixed with meat soup.
3. Barley soaked in decoction of *Triphala* and mixed with honey should be consumed. It acts as a *Tarpana* and helps to overcome the disease.
4. Cooked *Shashtika* rice mixed with soup of *Truna Dhanyas*, vegetables of bitter & astringent taste,

Groups of vegetables and oil of *Danti*, *Ingudi*, *Atasi*, and *Sarshapa*.

5. The following eatables are helpful in case of *Prameha*: soft bamboos, wild variety of *Kulattha*, old wheat grains, *Shali* rice, *Yusha* of pulses of *Kulattha*, *Mudga* and pigeon pea, *Vatyamanda* (*Manda* prepared by cooking barley in water measuring four times), buttermilk, palm fruit, fresh banana fruit, *Jambu*, garlic pearls, *Kharjura*

6. Food stuff like *Mantha*, sour juice, powder made with meat soup of *Vishkira* (one having habit of eating waste products) and *Pratuda* (one having log beaks) as well as wild animals is considered as a good diet.

Vihara

1. During advance stage of disease patient should indulge in all kind of exercises regularly, sports, wrestling, sports, riding elephant and horses, archery etc.
2. Diabetic patient should undertake 100 *Yojana* journey on foot without using footwear and umbrella.
3. Patient should stay in the company of animals, consume their urine and dung and move along with them always.
4. Purification of body through bitter herbs like neem and *Haridra* should be applied to the patient.
5. Once the symptoms of *Prameha* disease are clear one should first have *Langhana* (fasting), *Vamana* (emesis) and *Virechana* (purgation).

Apathya (Anupashaya)

1. Avoid suppression of urine urge,
2. Smoking,
3. Fomentation and blood letting
4. Remaining seated by the side of soft cushion,
5. Sleeping during day time
6. Patient should not take fresh cereals, large amount of curd, sugarcane juice, contaminated water, meat of aquatic animals.

Case Report

Case History

52 years old male patient came to OPD in Jammu Institute of Ayurveda & Research, Jammu, on 14 June 2023 with complain of generalized weakness, incr. frequency of urination for one month. There is no history of dryness of mouth, bowel disturbances, chest pain, joint pain, unhealed ulcer etc.

He was diagnosed as type 2 DM two months back and he had taken some herbal medicine without consult to doctor before coming to our hospital but not get satisfactory result. Apart from this he didn't suffer from other medical problems like HTN, PTB, asthma, thyroid disorder etc.

Routine blood investigation was carried out. FBS was 140.2 mg/dl, PPBS was 241 mg/dl and HbA1c score was 7.3%.

Past History - No major illness

General Examination

- Pulse: 76/min
- BP: 135/80 mm of Hg
- Weight: 78kg
- *Prakruti*: Vata Kaphaja
- *Agni*: Vishama
- *Koshta*: Krura Samprapti Ghatak
- *Dosha*: Kapha
- *Dushya*: Meda, Mutra
- *Strots*: Medovaha, Mutravaha, Annavaha
- *Udbhavasthan*: Pakvashaya Samutthaja
- *Adhishtan*: Mutravaha Strotas
- *Upadrava*: Nil
- *Vyadhimarga*: Abhyantar

Diagnosis - Vataj Prameha (Madhumeha), Navina Avastha (Type 2 DM)

Subjective Criteria

1. Prabhootamutrata

- Grade 0 - Upto 5 times in day hours 0-1 time at night
- Grade 1 - 6-7 times in day hours and 2-3 times at night
- Grade 2 - 8-9 times in day hours and 4-5 times at night
- Grade 3 - More than or equal to 10 times in day and more than 5 times at night

2. Daurbalyanubhuti

- Grade 0 - Ability to perform routine activity with no feeling of exhaustion
- Grade 1 - Unable to perform routine activity without feeling of exhaustion

- Grade 2 - Feeling of exhaustion even on accustomed work
- Grade 3 - Exhaustion even at rest

Objective Criteria

1. FBS
2. PPBS
3. HbA1c

Treatment Plan

Drugs:

1. Chandraprabha Vati

- **Dose**: 500 mg two times a day
- **Mode of administration**: Orally
- **Duration of treatment**: 30 days
- **Anupana**: Koshna Jala (Lukewarm water)

2. Triphala Guggulu

- **Dose**: 1000mg two times a day (4 tablet BD)
- **Mode of administration**: orally
- **Duration of treatment**: 30 days
- **Anupana**: Koshna Jala (Lukewarm water)

3. Madhumehari Churna

- **Dose**: 6gm two times a day
- **Mode of administration**: orally
- **Duration of treatment**: 60 days
- **Anupana**: Koshna Jala (Lukewarm water)

Table 1: Effect on Subjective Parameters

SN	Symptoms	Before Treatment (14/06/23)	F1-30 Days (14/07/23)	F2-90 Days (20/09/23) After Treatment
1.	Prabhootmutrata	3	1	1
2.	Daurbalyanubhuti	2	1	1

Table 2: Effect on Objective Parameters (Blood Sugar)

SN	Symptoms	Before Treatment (14/06/23)	F1-30 Days (14/07/23)	F2-90 Days (20/09/23) After Treatment
1.	Fasting blood sugar	140.2 mg/dl	90 mg/dl	84 mg/dl
2.	Post prandial blood sugar	241 mg/dl	76 mg/dl	135 mg/dl
3.	HbA1c	7.3%	NA	5.60%

Madhumeha This observation shows that Ayurvedic treatment shows significant result in management of Madhumeha.

Discussion

Ayurveda science of life is having great heritage of healing diseases. According to Ayurveda, *Samprapti* of *Madhumeha* occurs due to *Strotodusthi* mainly *Mutravaha Strotas* caused by vitiation of all *Doshas* mainly *Bahudrava Shleshma* & it shows *Prabhut Avil Mutrata*. *Chandraprabha Vati* contains, *Chandraprabha* (*Karpura*), *Maricha*, *Vacha*, *Pippali*, *Musta* (*Rz.*), *Makshika Dhatu Bhasma* (*Makshika*), *Bhunimba* (*Kiratatikta*), *Yava Kshara* (*Yava*) *Amruta* (*Guduchi*), *Sarji Kshara* (*Svarjiksara*), *Daruka* (*Devadaru*), *Saindhava Lavana*, *Haridra*, *Sauvarchala Lavana*, *Ativisha*, *Vida Lavana*, *Darvi* (*Daruharidra*), *Trivrit*, *Pippalimula* (*Pippali*), *Danti*, *Chitraka*, *Patraka* (*Tejapatra*), *Dhanyaka*, *Silajatu*, *Gajapippali*, *Guggulu* (*Exd.*) all have anti-diabetic properties. *Triphala guggulu* contains *Triphala* (an equal quantity combination of *Haritaki* (*Terminalia chebula*), *Vibhitaki* (*Terminalia bellirica*), *Amalaki* (*Emblica officinalis*), *Pippali* (*Piper longum*) & *Guggulu* (*Commiphora wightii*). Among many herbs, *Triphala* - three myrobalans (*Terminalia chebula*, *Terminalia bellirica*, *Emblica officinalis*) is a suggest combination that possesses hypoglycemic qualities. *Madhumehari Churana* contains *Jambu*, *Amra*, *Karvellaka*, *Mesarngi*, *Methika*, *Bilva*, *Nimba*, *Sunthi*, *Satapushpa*, *Sonamukh*, *Bala* & *Babbula*. Most of ingredients of *Madhumehari Churana* have *Kashaya* & *Tikta Rasa* property. Due to *Kashaya* & *Tikta Rasa*, it helps to reduce blood sugar level. *Churna* pacifies symptoms of *Kapha* due to *Kashaya* & *Tikta Rasa* & also pacifies symptoms of *Pitta*. As number of diabetic patients is growing in India as well as worldwide, numbers of patients suffering from complications will also rise. Hence it is high time to improvise our treatment plans & help to answer complicated situation. It is an observation in single case & more studies in this direction would help in establishing Ayurvedic treatment in this condition. After 3 months of treatment, patient showed significant relief in symptoms & drop down was seen in blood sugar levels.

Conclusion

Prameha Roga has been described since Vedic period. Changing life styles such as sedentary life, increased stress, strain, urbanization and tremendous change in the food pattern and dietetic habits contribute a major role in the increased incidence of the *Prameha* in present era.

Thus, an extensive review of *Brihat Trayi* reveals that *Prameha* has been treated as a disease of importance since ancient times. From the results of the current study, it can be inferred that *Shamana Aushadhi*, together with the right dietary patterns and lifestyle choices, is the best way to control *Madhumeha* according to Ayurveda. The comprehensive strategy of Ayurveda, which makes use of the aforementioned notion, will unquestionably pay off in terms of not only controlling blood sugar levels but also avoiding difficulties brought on by *Madhumeha*.

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