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Role of *Tridosha*, *Dhatu* and *Mala* in *Prameha* – A Review

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ABSTRACT

Ayurveda has described fundamental concept of *Tridosha*, *Dhatu* and *Mala*. Knowledge of these fundamental concepts have much more significance in understanding the etiopathogenesis, sign and symptoms, prognosis and management of *Prameha*. It is characterised by excess, frequent sweet micturation, burning sensation of palm of hand and leg, *Sheeta priyata* (desire to cold), sweet taste in mouth, excessive sweating, body odour etc. Any diseases in the body do not exist without *Tridosha*. In *Prameha* all three *Doshas* and all *Dhatu*s except *Asthi Dhatu* get involved. *Mala* like *Sweda* and *Mutra* get vitiated. *Tridosha* get vitiated in *Prameha* especially *Kapha* have major part. It affects other *Dosha* and *Dhatu* along with their *Srotasa*. *Dosh-dushya-Sammurchana* results manifestation of *Poorvaroop*a (premonitory) & *Roopa* (symptoms). These are associated with the symptoms of vitiated *Dosha* and *Dhatu* in *Prameha*. *Tridosha* have *Ashrayashrayi-Sambadha* (mutual relationship) with *Rasadi Sapta Dhatu* in the body. So it manifests associated symptoms as per their involvement and predominance of *Dosha Dhatu* in *Prameha*. So it is important to study the play role of *Dosha*, *Dhatu* and *Mala* in *Prameha* to understand etiopathogenesis, signs and symptoms.

KEYWORDS

Tridosha, *Dhatu*, *Mala*, *Prameha*



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INTRODUCTION

Ayurveda is the holistic health care system of medicine originated in ancient *vedic* civilization. It has described *Tridosh-Dhatu-Mala* concept¹. Study of Role of Tridosha, Dhatu and Mala is important during understanding the etiopathogenesis and management of many diseases. Also *Vagbhatacharya* stated that all diseases does not exist without *tridosha*².

Prameh is a hyperglycaemic condition. All acharya have described “*Pramehanidan*” & “*Pramehchikitsta*” in their classical text. Tridosha are responsible for pathogenesis of Prameha but *Kapha* is the primary cause.

All Dhatu except *Asthi* get vitiated in Prameha but *Meda Dhatu* is in greater extent. The *Mutravaha*, *Medavaha*, *Udakavaha Srotasa* are get vitiated in *Prameha* due to Vitiating Properties of *Tridosha*.

Ayurveda has described “*Ashrayashrayi Siddhanta*”⁵. Tridosha are always associated with Dhatu in the body. *Kapha Dosha* associated with *rasa*, *shukra*, *mansa*, *meda* and *majja Dhatu*. *Pitta dosha* associated with *rakta dhatu* in the body. *Vata dosha* associated with *asthi dhatu*. Among *Saptadushya* in the body the most part of *Dhatu* are associate with *kapha Dosha*, which is play actor of *Prameha*. So, The

study of eventful role or action of *tridosha*, *dhatu* & *mala* have significance to understand etiopathogenesis, management as well as in prognosis of *Prameha*.

AIM

Role of *Tridosha*, *Dhatu* & *Mala* in *Prameha*- A Review.

OBJECTIVES

1. To understand the play role of *Tridosha*, *Dhatu* & *Mala* in Etiopathogenesis of "Prameha".
2. To understand the sign and symptom of "Prameha".

MATERIALS

For this conceptual study, literature data was collected from *Ayurved Samhinta*

LITERATURE REVIEW

The word Prameh is combination of “Pra” Upsarga (prefix) and “Meha” *Mula dhatu* (root). *Meha* is derived from the root “*Mehi-Senchane*” meaning watering (passing of urine). “*Pra*” means “*Prakarshen*” i.e., excessive. Therefore the word *Prameha* means “Excessive frequent passing of urine”⁶.

Nidan (causes)- All *Kapha* aggravating factors like eating as per one’s will,



addiction to the pleasure of sedentary habits and sleep excess intake of curds, soup of meat of domesticated and aquatic animals and animals from marshy land, excess intake of milk and its products preparations & preparations of jaggery⁷.

Prameha Samprapti (Pathogenesis)- *Kapha* vitiates *Medas*, *Mamsa* and *Kleda* (liquid elements) of the body located in Basti (urinary tract) and causes different types of *meha*. Similarly, *Pitta* aggravated by hot things, vitiates those elements and causes different types of *Pittaja Prameha*. When other two *Doshas* are in a relatively diminished state, the aggravated *Vata* draws tissue elements, viz, *Ojas*, *Majja* and *Lasika* into the urinary tract and vitiates them to cause *Vataja Meha*. Different *doshas* having entered the urinary tract in vitiating conditions give rise to the respective categories of *Meha*⁸.

Prameha Poorvaroopa (Premonitory Symptom):- *Sweda* (Sweating), *Anga gandha* (bad body odour), *Shithilangata* (flabbiness of body), *Shayyasana* (liking for constantly lying on the bed, feeling sedentary), *Rati* (sleeping and leading an easy life), *Hrut Upadeha* (a feeling as if the heart region is covered with some paste / coating), *Netra*, *Jihva*, *Shravana Srava* (exudation of excreta from eyes, tongue and

ears), *Ghana angata* (bulkiness of the body), *Kesha*, *nakha ati vridhhi*- excessive growth of hair and nails, *Sheeta priyata*(desire for cold things), *Gala*, *talv shosha* (dryness of the throat and palate), *Madhura aasya* (sweet taste in the mouth), *Kara pada daha* (burning sensation in hands) and legs and *Mutra pipilika* (swarming of ants on the urine)⁹.

Roopa (Symptoms):- Excessive frequent micturition which is turbid in nature that is "*Prabhut avil Mutrata*"¹⁰

Classification and Prognosis:-*Kaphaja Prameha* are of 10 types and they are curable because of the compatibility of the therapies meant for their cure (*Samakriyatvat*). *Pittaja Prameha* is of 6 types and they are only palliable (*Yapya*) because of the incompatibility of the therapies meant for their treatment. (*Vishama Kriyatvaat*). *Vatika prameha* are of 4 types they are incurable because of their extremely serious nature¹¹.

Doshas and Dushya that get affected by Prameha:- *Kapha*, *Pitta* and *Vayu* *Dosha* and *Dusyas* like *Medas*, *Raka*, *Shukra*, *Ambu* (fluid), *Vasa* (fat), *Lasika* (Lymph) *majja* (Marrow), *Rasa* (end product of digestion), *Ojas* (Immunity factor) and *Mamsa* (muscle) are responsible for the causation of *Prameha* which is of 20 types¹².



DISCUSSION

Aim of *Ayurveda* is to maintain the health of healthy person and to cure the ill person. It has described fundamental concept of *Dosh Dhatu Mala*¹³. Among *Tridosha* *Kapha* is the primary cause of *Prameha*¹⁴. Among *Sapta Dushya* all *Dhatu* get vitiated except *Asthi Dhatu*. The *mala* like *Sweda* and *Mutra* also get vitiated in *Prameha*. Excessive uncontrolled sweet, unctuous food, jaggery products in diet, lack of exercise, heavy meat consumption all these are have similar attributes of *Kapha*. So *kapha* get aggravated as per *samanya vishesh siddhant*¹⁵.

Kapha vitiates *Meda*, *Mamsa* and *Kleda* (liquid elements) of the body located in *Basti*. Similarly *Pitta* get aggravated by their similar attributes diet, regimen and vitiates those elements in the *Basti* and causes *Pittaja Prameha*. Whenever there is comparatively weak or diminished state of *kapha* and *Pitta*, *Vata* get aggravated and draws tissue elements viz, *Ojas*, *Majja* and *Lasika* into the urinary tract and vitiates them to cause *Vataja Meha*¹⁶. In *Prameha* *Sweda* and *Mutra* are the *mala* which are vitiated. *Sweda* is the excreta of *Meda* element which is normally secreted¹⁷. But in vitiated state of *Meda* in *Prameha* there is **excessive sweating**. Also *Pitta* has existence

in *sweda*¹⁸. As well as due to *visra guna* of *pitta* there is bad **body odour** in *Prameha*¹⁹. Due to vitiated excess *Kapha* with excess *kleda* it affects *Mansa* and *Meda* element in the body lead to ***Shithilangata*** mean flabbiness of body. ***Shayyasana*** mean always desire for lying on the bed, feeling sedentary. In *Prameha* patient, there is increased qualities of *Kapha dosha* like *guru guna* (heaviness), *Sthir Guna* (stable or inactiveness) so patient feel lazy and desires sedentary life²⁰.

Kapha is *Snigdha*, *Picchhil* (stiky), *Sthira*, *Manda* in nature²¹. So in *Prameha* due to excess *kapha* results *Hrut Upadeha* mean feeling as the heart region is covered with some coating. *Netra*, *Jihva*, *Shravana Srava* mean exudation of excreta from eyes, tongue and ears, *Ghana angata* mean bulkiness of the body²². Excessive production of *kleda* results Excessive growth of hair and nails²³. ***Sheeta priyata*** - In *Prameha* there is frequent excessive elimination of fluid element / *Kleda* through micturination occurs. It results decreased *shita guna* (quality of *Apa mahabhuta*) and relatively increased the *ushna guna* of *Pitta* in the body so feeling of burning sensation and results desire of cold thing. Also manifestation of dryness of the throat, palate and burning sensation in hands and legs²⁴.



Madhura Aasya means sweet taste in the mouth due to excess of *Kapha* Dosha. In *Prameha* excess vitiated *kapha* produces excess *Kleda*. *Madhur* (sweet taste) *Rasa* originate from *Jala* and *Prithvi Mahabuta* predominance²⁵. *Sushruta* stated that sweet taste adheres to mouth, gives a feeling of pleasant, it liked much by bee, flies, ant²⁶. Excess *Kleda* in the body get excreted through micturation²⁷. So it results *Mutra Pipilika* i.e swarming of ants on the urine due to sweet taste. **Prabhut Avil mutrata - Kapha** is chief causative factor of *Prameha*. It lead to excess *Kleda* formation in the body. It results in urine sustenance by draining the excess *Kleda* in the body. So increased function of *Apana Vayu* lead to frequent and excessive micturition²⁸.

CONCLISION

Study of *Tridosha*, *Dhatu* and *Mala* is important to understand the etiopathogenesis of *prameha* as all the diseases of *dosha* are the only causative factors, it is just like a bird which flies all over the places but does not go away from its shadow; like the whole manifestation in this universe exist but not without three *Guna Satva, Raja and Tama*. In this way, the whole set of disease does not exist without the three *Dosha*²⁹.

Tridosha, *Dhatu* and *Mala* are the play actors in etiopathogenesis of *Prameha*. Among *Tridosha* and *Dhatu*, Vitiated *Kapha* and *Meda* is majorly responsible for *Prameha* respectively. *Mala* like *Mutra* and *Sweda* also have crucial role in excretion of Excess *Kleda* in the body. There is mutual relation between *Dosha*, *Dhatu* and *Mala* in the body. So, whatever *Poorvaroopa* and *Roopa* appear in *Prameha* is due to their *Dosha Dushya Sammurcchana*. This is the play role of *Tridosha*, *Dhatu* and *Mala* in *Prameha*. It is important to understand the etiopathogenesis, prognosis, sign and symptoms of *Prameha*.



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