

Supplemental Issue of
National Seminar on Empowering and Empanelling Ayurveda System of Medicine
Organized by SC Mutha Aryangla Vaidyak Mahavidyalaya, Satara on 26-27 March 2015

To Study frequently used herbal drugs in various formulation of *Prameha*

Review Article

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Abstract

Prameha is complex metabolic disorder, which is leading cause of morbidity and mortality world over; India is called as Capital prameha as it is considered in top 5 countries with highest prevalence of prameha. Prameha is an 'Iceberg' disease. Currently, prameha the number of cases of prameha world wide estimated to be around 347 million, of these more than 90% are Prameha (type second diabetes). In 2008, an estimated 1. 2million people died from consequences of high blood sugar level. More than 80% diabetes deaths occur in low and middle income countries. The WHO global strategy for prevention and control of non communicable disease recognized prameha as one of its primary conditions. The healing aspect of ayurveda positively affects all types of prameha's however it particularly focuses on treatment of Type II Diabetes (Prameha).

As Prameha is not completely curable we can prevent it, even if Diabetes (prameha) is caused . we can control it by some of the herbal plants, active chemical constituents which have role in management of diabetes. There are, so many formulations in ancient ayurvedic texts for Prameha. Most of the time similar type of drugs are being used in every formulation. This study includes literary research of various will be searches. Frequently used drugs in various formulation will be sort out and Rasa-Panchak the Karyakaran mimasa of it will be discussed in full paper.

Key Words: Various formulations, Prameha

Introduction

वातव्याधिरपस्मारी कुष्ठी शोफी तथोदरी

गुल्मी च मधुमेही च राजयक्ष्मी च यो नरः

अचिक्रीत्स्या भवन्त्येते बलमांसक्षे सति

अन्येष्वपि विकारेषु तान भिषक परिवर्जयेत- च. चि. अ. ०९/८-९

Madhumeha is the type of *Prameha* and is Considered as one of the *Astomahagada* by *Acharya charak*

because while treating it there will be *Bala* and *Mansa kshaya* that's why *vaidya* should avoid to treat it by giving any *Panchakarma* treatment. So the choice of treatment for *Prameha (Madhumeha)* would be *Sanshaman*.

Prameha is a complex metabolic disorder in which all the *Dosha's* and *Dhatu's* get vitiated. Though, it is

Kaphajvikara Vaidya should be very cautious while treating as it involves all the *doshas* and *dhatus*. It seems to be *Avrutta vikaar* and it requires *Rsayana chikitsa* according *Acharya Charak*. (1) *Acharya Charak* suggests *Santarpana* and *Apatarpana chikitsa* with reference to *Karshya* and *Sthula Pramehi*. (2)

In this study effort has been made to search more frequently *dravyas* used in various *Prameha Chikitsa yogas*.

Material and Methods:

The study has been carried out at S. C. Mutha Aryangla Vaidyak Mahavidyalaya's Library. Various formulations used in *Prameha* searched from *Laghutrayi* and *Bruhatrayi*.

Aims and Objectives:

1. To search various formulations useful for *Prameha* in various Ancient texts like *Laghutrayi* and *Bruhatrayi*
2. To search frequently used *dravyas* in these formulations
3. To make a format of these frequently used *dravyas* in Descending order.

Results:

72 formulations used in *Prameha* have been searched and these are as below (3,4,5,6,7)

1. *Trikantakadyavaleha*
2. *Phalatrikadi*
3. *Lodhrasava*
4. *Dantyasava*
5. *Bhallatakasava*
6. *Triphaladi quath*
7. *Ushanadi mantha*
8. *Mustakaadi quatha*
9. *Kustadi churna*
10. *Vyoshadi saktu*
11. *Dhanvantar ghruta*
12. *Salasaaradi leha*
13. *Navayasa loha*
14. *Loharista*
15. *Shilajita yoga*
16. *Nimbi kashaya*
17. *Saptaparna kashaya*

18. *Shalmali kashaya*
19. *Haridradi kashaya*
20. *Pathagokharu kashaya*
21. *Triphalaguduchi kashaya*
22. *Traphala-aragvadha kashaya*
23. *Surasaadi kashaya*
24. *Dhanvantar ghruta*
25. *Rodhrasava*
26. *Eladiganataila*
27. *Aragvadhadi gana quatha*
28. *Asanadi quatha*
29. *Vatsakadi gana quatha*
30. *Paathadi quath*
31. *Devadarvadi quatha*
32. *Devadarvadi churna*
33. *Haritakyadi quatha*
34. *Haridryadi quath*
35. *Daarvyadi quath*
36. *Vidangadi quath*
37. *Guduchyadi quath*
38. *Trikadi quath*
39. *Akulyadi quath*
40. *Nishatriphala yoga*
41. *Triphala kalk*
42. *Salmusta yog*
43. *Triphaladi churna*
44. *Nyagrodhadi churna*
45. *Karkati churna*
46. *Gokshuradi vati*
47. *Pugapaka*
48. *Asvagandha paak*
49. *Salampak*
50. *Drahata paka*
51. *Sinhadi ghruta*
52. *Haridradi tail*
53. *Harishankar rasa*
54. *Meghanad*
55. *Chandrakala vati (yogaratnakar)*
56. *Vangeshwar rasa*
57. *Mahavangeshwar*
58. *Abhrakayoga*
59. *Nagabhasma yoga*
60. *Jalamruta rasa*
61. *Asanad*
62. *Asanad ayaskruti*
63. *Arogyavardhini*
64. *Mehari rasa*
65. *Mohanavakarasa*
66. *Lohasava*

67. *Vasantkusumakar*
68. *Khadirarista*
69. *Chandraprabha*
70. *Jambvasava*
71. *Mehakunjarakesari*
72. *Kumbhajatu*

Frequently used *dravya* in the above formulation (Descending order)

S. No.	<i>Dravya</i>	Frequency
1.	<i>Amalaki</i> (<i>Embelica officinalis</i>)	30
2.	<i>Haritaki</i> (<i>Terminalia chebula</i>)	29
3.	<i>Bibhitaki</i> (<i>Terminalia bellerica</i>)	17
4.	<i>Triphala</i> (Three <i>Myrobalans</i>)	22
5.	<i>Lohabhasma</i> (<i>Ferric oxide</i>)	16
6.	<i>Shunthi</i> (<i>Zingiber officinalis</i>)	14
7.	<i>Chitraka</i> (<i>plumbago zeylanica</i>)	13
8.	<i>Haridra</i> (<i>Curcuma longa</i>)	13
9.	<i>Musta</i> (<i>Cyprus rotundus</i>)	13
10.	<i>Lodhra</i> (<i>Symplocos recemosus</i>)	11
11.	<i>Nagkesar</i> (<i>Mesua ferrea</i>)	11
12.	<i>Gokshur</i> (<i>Tribullus terrestris</i>)	9
13.	<i>Ativisha</i> (<i>Aconitum heterophyllum</i>)	9
14.	<i>Indrayav</i> (<i>Hollarhina anti-dysentrica</i>)	9
15.	<i>Trikatu</i>	9
16.	<i>Ela</i> (<i>Elletaria</i>)	9

	<i>cardamomum</i>)	
17.	<i>Patha</i> (<i>Cissampelos parriera</i>)	9
18.	<i>Kutaki</i> (<i>Picrorhiza kurroa</i>)	9
19.	<i>Vangabhasma</i>	9
20.	<i>Daruharidra</i> (<i>Berberis aristata</i>)	8
21.	<i>Chaturjat</i>	8
22.	<i>Abhrakabhasm</i> (<i>Mica</i>)	8
23.	<i>Bhallatak</i> (<i>Semicarpus anacardium</i>)	6
24.	<i>Ajamoda</i> (<i>Carum roxburghi</i>)	6
25.	<i>Neem</i> (<i>Azadiracta indica</i>)	6
26.	<i>Arjun</i> (<i>Terminalia arjuna</i>)	5
27.	<i>Shilajit</i> (<i>Asphaltum</i>)	5
28.	<i>Argvadha</i> (<i>Cassia fistula</i>)	5
29.	<i>Dhanyak</i> (<i>Coriandrm sativum</i>)	5
30.	<i>Guduchi</i> (<i>Tinispora cordifolia</i>)	5
31.	<i>Pippali</i> (<i>Piper longum</i>)	5
32.	<i>Nagbhasma</i>	5
33.	<i>Chandan</i> (<i>Santalum album</i>)	5
34.	<i>Kusta</i> (<i>Saussaria lappa</i>)	4
35.	<i>Devdaru</i> (<i>Cedrus devdar</i>)	4
36.	<i>Bilva</i> (<i>Aegle marmelos</i>)	3

All the above *dravyas* are having *pramehaghna* property with reference to their *Rasapanchak*.

Discussion:

This literary study shows the importance of *Prameha vyadhi* as most of the *Acharyas* have elaboratively explained about it. It also shows how it is important to study various formulations to select a drug in many diseases. This study shows the importance of *Amalaki*, *Haritaki*, *Bibhitaki* in *Prameha* because of its frequently use in *Prameha*. As these are *Rasayan* property drugs that's what being used more frequently in various formulations of *prameha*. This study concludes *Rasayan* property drugs would be the choice of drugs in *Prameha*. This is the beginning of thinking. Researcher can do better in this context.

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