



Review Article

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CLINICAL CORRELATION OF PURVAROOPA AVASTHA OF PRAMEHA WITH SROTADUSTHI: A REVIEW

Satyanarayan Patra ^{1*}, Subash Sahu ², Ashok Kumar Madan Singh ³

¹PG Scholar, PG Department of Rog Nidan Evum Vikriti Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi, India

²Associate Professor and HOD, Department of Dravyaguna Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi, India

³Associate Professor, PG Department of Rog Nidan Evum Vikriti Vigyan, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, Najafgarh, New Delhi, India

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*Corresponding author

E-mail: dr.satyanarayan40@gmail.com

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ABSTRACT

Srotas are the channels of the body which are designed for inner transport system of our body. According to Ayurveda all diseases are due to Srotadusthi as without existence of 'Kha-vaigunya' diseases cannot be manifested. Disease like Prameha is defined as the metabolic disorder in which patients urinate frequently and profusely. The knowledge of etiology as well as the features of Srotadusthi will be very much beneficial to prevent further progression of the disease. If we compare its etiological factors as well as the Prodromal features then we will find out that all the causes of Medavaha Srotadusthi are equally responsible for all causes of Prameha. Likewise, the samanya Srotadusthi lakshana like 'Atipravriti' which is defined as the first and important symptoms of Srotadusthi is clearly visible as amount and frequency of urine both are increased in Prameha. So, the knowledge of Srotadusthi regarding its Nidana, Lakshana is highly essential in diagnosis as well as treatment principle of disease like Prameha.

Keywords: Srotadusthi, Kha-vaigunya, Medavaha, Atipravriti., Purvaroopavastha

INTRODUCTION

The word Srotas is derived from sanskrit term- 'Sru-gatau' which means moving, filtering, flowing, leaking, secreting etc. Ayurveda, the life science has already mentioned that "Srotamayam hi shariram" that means the living body is a channel system or it is comprised of innumerable channels which are designed for inner transport system of our body. Acharya Charaka has defined it as "Srahanata Srotamsi" means the structure through which Srahanam (secretion) takes place. Acharya Sushruta and Vagabhatta both have compared Srotas (channels) to the extremely fine passages and pores present in lotus stem through which all the nutrients circulate all over the body and provide nutrition to body. Acharya Charaka has described 13 numbers of Srotas whereas Acharya Sushruta has described 11 pairs in our body. Srotas in Ayurveda can be defined as all the channels in our body which play a vital role to transport the essential materials to all parts of our body. All the diseases as per Ayurveda have been included in different types of Srotadusthi (vitiation of channels) as disease cannot be manifested without existence of 'kha-vaigunya'. Prameha can be defined as metabolic disorder in which patients urinate frequently and profusely which is considered as 'silent killer' in today's society. It is estimated that 77.2 million people in India, who are suffering from Pre-Diabetic condition. Diabetes is the most common metabolic disorder which is prevalent in every part of the world and is a major public health challenge of the twenty-first century. International diabetes federation (IDF) shows that 285 million adults (20-79 years) are affected by this disorder in 2010.¹ Epidemiological trends indicate that without proper control and prevention, its prevalence will increase further to 438 million in 2030. So, special precaution as well as early diagnosis by

identifying the etiology and typical features of Srotadusthi will be very much beneficial to prevent complications that will be helpful for the betterment of society.

Purvaroop (Prodromal features) which is an important factor of Nidana Panchaka (five diagnostic elements) is defined as "pragutpannalakshanavyadhe" that means the typical features that are seen before manifestation of any disease. If the features of Purvaroop avastha (stage) of Prameha as described by Brihatrayee along with Acharyas Bhava Prakash and Acharya Madhava will be compared with the various Srotadusthi lakshanas (Features) as described by Acharyas Charaka and Sushruta then a significant interpretation will be made clinically. This interpretation will be very much beneficial for early diagnosis as well as prevention and treatment principle of Prameha as well as to prevent complications of Diabetes Mellitus which will be ultimately helpful for the betterment of the society. So, a clinical interpretation of Srotadusthi with special reference Purvaroop avastha of Prameha has been done here.

Reviews of Brihatrayee (Charak Samhita, Sushruta Samhita and Vagabhatta) along with Bhava Prakash, Madhav Nidana has been carried out to compile the classical features of Purvaroop avastha of Prameha and its clinical interpretation with Srotadusthi lakshana as described by Acharyas Charaka and Sushruta.

Charaka Samhita

The features Purvaroop avastha of Prameha² has been described at the Prameha-nidana-adhyaya and Prameha-chikitsa-adhyaya of Charaka Samhita and the symptoms of Srotadusthi³ has been described at the Srota-vimana-adhyaya of Charaka Samhita by

Acharya Charaka along with symptoms of Srotadusthi has been described at Dhamani-vyakarana-shareera of Sushruta Samhita by Acharya Sushruta has been mentioned in Table 1.

Sushruta Samhita

The features Purvaroopo avastha⁴ of Prameha has been described at the Prameha-nidana of Sushruta Samhita and the symptoms of Srotadusthi⁵ has been described at Srota-vimana-adhyaya of Charaka Samhita by Acharya Charaka along with symptoms of Srotadusthi has been described at Dhamani-vyakarana-shareera of Sushruta Samhita by Acharya Sushruta has been mentioned in Table 2.

Astanga Hridaya

The features Purvaroopo avastha of Prameha⁶ has been described at the Prameha-nidana of Astanga Hridaya and the symptoms of Srotadusthi is compared as per Charak Samhita and Sushruta Samhita in Table 3.

Astanga Sangraha

The features Purvaroopo avastha⁷ of Prameha has been described at the Prameha-nidana of Astanga Sangraha and the symptoms of Srotadusthi has been compared in Table 4.

Table 1: Correlation of Purvaroopo avastha of Prameha as per Charaka with Srotadusthi

Purvaroopo of Prameha (Charaka)(Ch.Ni.4)	Srotadusthi (Charaka)(Ch.Vi.5)	Srotadusthi (Sushruta)(Su.Sa.9)
Anga-Kara-Pada Daha	Swedavaha	Raktavaha
Sheeta Priyata	Swedavaha	Raktavaha
Asya madhurya	Rasavaha	-
Pipasa	Udakavaha	Udakavaha, Annavaha, Medavaha
Mukha-Talu-Kantha Shosha	Udaka vaha	Medavaha
Vinsra Shareera Gandha	Swedavaha	Medavaha
Kesha-Nakha ativridhi	Asthivaha	-
Jatilavaba Kesha	Asthivaha	-
Tandra-Nidra	Rasavaha	-
Sathpippilika Mutreavisarana	Mutravaha	-

Table 2: Correlation of Purvaroopo avastha of Prameha as per Sushruta with Srotadusthi

Purvaroopo of Prameha (Sushruta)	Srotadusthi (Charaka)	Srotadusthi (Sushruta)
Hasta-Padatala Daha	Sweda vaha	Raktavaha
Singdha-Pichhila-Guru Gatra	Rasavaha	Medavaha
Pipasa	Udakavaha	Udakavaha Annavaha Medavaha
Nakha vridhi	Asthivaha	-
Jatilavaba Kesha	Asthivaha	-
Danta Malayukta	Asthivaha	-
Angasada-Tandra	Rasa vaha	-
Madhura-Shukla Mutra	Mutravaha	-

Table 3: Correlation of Purvaroopo avastha of Prameha as per Astanga Hridaya with Srotadusthi

Purvaroopo of Prameha (Astanga Hridaya)	Srotadusthi (Charaka)	Srotadusthi (Sushruta)
Kara-Pada Daha	Swedavaha	Raktavaha
Sheeta Priyata	Swedavaha	Raktavaha
Madhurya Asya	Rasavaha	-
Gala-Talu Shosha	Udaka vaha	Medavaha
Sweda-Anga Gandha	Swedavaha	Medavaha
Kesha-Nakha ativridhhi	Asthivaha	-
Sithila Anga	Rasavaha	-
Mutreavidhavanti Pippilika	Mutravaha	-

Table 4: Correlation of Purvaroopo avastha of Prameha as per Astanga Sangraha with Srotadusthi

Purvaroopo of Prameha (Astanga Sangraha)	Srotadusthi (Charaka)	Srotadusthi (Sushruta)
Pani-Pada Daha	Swedavaha	Raktavaha
Madhurya Asya	Rasavaha	-
Pipasa	Udakavaha	Udakavaha, Annavaha, Medavaha
Talu-Kantha Shosha	Udakavaha	Medavaha
Vinsra Shareera Gandha	Swedavaha	Medavaha
Jatilavaba Kesha	Asthivaha	-
Tandra-Nidra	Rasavaha	-
Pippilika Upasarpana	Mutravaha	-
Atimadhura-Shukla-Vinsra Mutra	Mutravaha	-

Table 5: Correlation of Purvaroopavastha of Prameha as per Bhava Prakash and Madhava Nidana with Srotadushti

Purvaroopavastha of Prameha (Bhava Prakash and Madhava Nidana)	Srotadushti (Charaka)	Srotadushti (Sushruta)
Pani-Pada Daha	Swedavaha	Raktavaha
Swadu Asya	Rasavaha	-
Trut	Udakavaha	Udakavaha, Annavaha, Medavaha
Danta Malayukta	Asthivaha	-

Bhava Prakash and Madhava Nidana

The features Purvaroopavastha of Prameha has been described at the Prameha Chikitsa of Bhava Prakash⁸ and Prameha Nidana of Madhava Nidana⁹ and the symptoms of Srotadushti has been described at the Srota-vimana-adhyaya of Charaka Samhita by Acharya Charaka along with symptoms of Srotadushti has been described at Dhamani-vyakarana-shareera of Sushruta Samhita by Acharya Sushruta has been mentioned in Table 5.

DISCUSSION

The above features which are described by the Acharyas of Ayurveda regarding Purvaroopavastha of Prameha can be compared with the various Srotadushti Lakshana of Acharyas Charaka and Sushruta. Kara-PadaDaha features in Purvaroopavastha of Prameha can be compared with 'Paridaha' symptom of Swedavaha Srotadushti lakshana by Acharya Charaka and 'Daha' as Acharya Sushruta in Raktavaha Srotadushti lakshana. Sheeta Priyata has not been mentioned in Srotadushti lakshana but there is always cold desire during stage Daha as well as Jwara so it has been included under Swedavaha Srotadushti in Charaka and Raktavaha Srotadushti in Sushruta. Mukha Madhurya can be compared with 'Asya Vairasya' symptom of Rasavaha Srotadushti lakshana described by Acharya Charaka. Vinsra-Gandhatwa has not been mentioned in Srotadushti lakshana but 'Ati-swedana' described Acharya Charaka and 'Swedagamana' described by Acharya Sushruta is the stage that comes before the stage of Vinsra-Gandhatwa, so it can be compared with it. Jatil Kesha, Kesha-Nakhavridhi also has not been described directly but the term 'Kesha-Loma-Nakha-Smashru doshas' which is described by Acharya Charaka explain about these features of Purvaroopavastha. Danta Malayukta feature which is described by Acharyas Madhav and Bhava Prakash can be compared with 'Danta Vivarnata' Srotadushti lakshana of Asthivaha as described by Acharya Charaka. Mutre Sathippilika avisarana, Madhura-Shukla Mutra can be compared with the 'Mutra prakupita' and 'Mutra vahalam' symptoms of Mutravaha Srotadushti as described by Acharya Charaka.

CONCLUSION

The Purvaroopavastha of Prameha has been described by the Acharyas of Ayurveda coming under the various Srotadushti like Rasavaha, Medavaha, Asthivaha, Mutravaha, Swedavaha Srotas associated with Udakavaha, Raktavaha as well as Annavaha

Srotas. So, clinically identification of these features of Purvaroopavastha of Prameha at Srotadushti level will play a very important role in diagnosis purpose as well as preventive and Treatment principles of Prameha.

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