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# Significance of *Poorvarupa* (Prodromal feature) of *Prameha* - A Review Article

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## ABSTRACT

*Prameha* as well as diabetes is an important public health menace due to its high morbidity, mortality, economic impact, resource consumption, systemic complications, silent yet progressive nature, and less curative options. The prevalence of diabetes is also higher in urban areas than rural areas. In India over all 2.4% rural population and 4.6 – 11.6% urban population is suffering from diabetes. Systematic diagnosis of disease is well explained under the heading of *Nidan Panchaka* (Fivefold of examination) Viz. *Nidan* (Etiological factors), *Poorvarupa* (Prodromal features), *Rupa* (Specific sign and symptoms), *Upasaya* (Relieving factors) and *Samprapti* (Pathogenesis). Among the *Nidan Panchaka*, *Poorvarupa* (Prodromal features) are the symptoms which indicate the forthcoming disease. The long-term effects include progressive development of retinopathy with potential blindness, nephropathy that may lead to renal failure, neuropathy with risk of foot ulcers, amputation, Charcot joints and features of autonomic dysfunction including sexual dysfunction. People with diabetes are at increased risk of cardiovascular, peripheral vascular and cerebrovascular disease.

**Key words:** *Prameha*, *Poorvarupa*, *Nidan Panchaka*, *Ayurveda*

## INTRODUCTION

*Prameha* is a disease describe in ancient science, in which patient passes excess and copious urine with turbidity; i.e. *Prabhut Avil Mutrata*<sup>[1]</sup> and it is defined as “*Prakarshen Prabhutam Prachuram Barm Barm Wa Mehati Mutratyagm Karoti Yasmin Roge Sa Prameha*”

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which means the condition in which frequent and excessive turbid urine is excreted.<sup>[2]</sup> The most common *Poorvarupa* (Prodromal features) of *Prameha* are depicted as *Dantadinam Maladhyatvam* (dirt on the teeth), *Karapada Daha* (burning sensation in hands and feet), *Chikkanta Deha* (stickiness of the skin all over the body), *Pipasa* (thirst), *Asya Madhurya* (sweet taste in mouth),<sup>[3]</sup> *Mutre Abhidhavant* *Pipeelakash* (swarming of ants towards his urine).<sup>[4]</sup>

*Prameha* is *Tridoshaj Kapha* predominant disease and classified into 3 types on the basis of dominancy of *Dosha* viz. *Vataja*, *Pittaja* and *Kaphaja*, which are further sub classified into 4, 6 and 10 types respectively, which acquires the color, taste touch and smell according to the respective *Dosha*.<sup>[5]</sup> However increase frequency of micturition and turbidity of the urine are the cardinal symptoms of the 20 types of *Prameha*. The sweetness urine resembling with honey and turbid like characters resemblance with glycosuria,

are two important cardinal clinical features of *Prameha*. *Prameha* commonly referred to as Diabetes, the most common endocrine disease, is characterized by metabolic abnormalities. Diabetes mellitus is a group of metabolic disease characterized by hyperglycemia resulting from defects in insulin secretion, Insulin action or both.<sup>[6]</sup> The prevalence of diabetes has almost doubled among both women and men since 2005-06 (1% in 2005-06 to 2% in 2015-16). The prevalence of diabetes among women and men in the highest wealth quintile (3%) is higher than the prevalence among women and men in the lowest wealth quintile (1%). The prevalence of diabetes is also higher in urban areas than rural areas.<sup>[7]</sup> The prevalence of diabetes and impaired glucose tolerance has been estimated to be 9.3% and 24.5%, respectively based on the nationally representative sample of adults aged 18–69-years in the National NCD Monitoring Survey.<sup>[8]</sup>

Diabetes is found in every population in the world and in all regions, including rural parts of low- and middle-income countries. Today some diseases have turn out to be burning problem of society, diabetes mellitus is one of them. Diabetes mellitus is the world leading disorder now a days. Metabolic disorder like Diabetes Mellitus is increasing like a rapid fire in the society as it affects all the age groups & all social economic groups.

Though numerous of work has been carried out on different aspect of *Prameha*, however the work on validation of its *Poorvarupa* (Prodromal Feature) is not conducted in scientific manner. Hence in this article attempt has been made to show clinical importance of *Poorvarupa*.

## AIMS AND OBJECTIVES

To study clinical importance of *Poorvarupa*.

## MATERIALS AND METHODS

Review of *Brihatrayi* (*Charak Samhita*, *Sushruta Samhita* & *Vagabhata*), *Laghutrayi*. (*Bhava Prakash*, *Madhav Nidan*, *Sharangadhara Samhita*) have been carried out to elaborate the *Poorvarupavastha* of diseases.

## Poorvarupa

*Pragrupa* are said to be those symptoms which are seen before the manifestation of the main disease (which they denote). *Madhava Nidan* defines *Poorvarupa* as '*Avyakta Lakshanas*' i.e., feebly manifested symptoms or the hidden symptoms of the forthcoming disease. *Madhava Nidan* also says that only those symptoms which indicate a *Bhavi Vyadhi* or a forthcoming disease are called *Poorvarupas*.<sup>[9]</sup> *Acharya Vagbhata* says that *Poorvarupas* (prodromal symptoms) are the symptoms of the forthcoming disease. They do not specify the particular *Doshas* taking part in the *Samprapti* (pathogenesis) of the disease. These symptoms are fewer and not clearly manifested (feebly manifested).

### They are of 2 types:

- *Samanya Poorvarupa* (Generalized premonitory symptoms)
- *Vishesha Poorvarupa* (Dosha specific premonitory symptoms)

### Importance of Poorvarupa

1. For prognosis
2. For diagnosis
3. For differential diagnosis
4. For treatment

### Prameha Poorvarupa (prodromal symptoms)

<i>Poorvarupa</i>	<i>Charak</i>	<i>Sushruta</i>	<i>Ashtang Hriday</i>	<i>Ashtang Sangrah</i>
<i>Sweda</i>	+	-	+	+
<i>Angagandha</i>	+	+	+	+
<i>Anga Shaithilya</i>	+	-	+	-
<i>Anga Sada</i>	-	+	-	-
<i>Shayya, Asana, Svapna Sukherati</i>	+	-	+	-
<i>Hridayopadeha</i>	+	-	+	-
<i>Netropadeha</i>	+	-	+	-

Jihwopadeha	+	+	+	-
Shravanopadeha	+	-	+	-
Taluni, Danteshu Malotpathi	-	+	-	-
Kesha Ati Vriddhi	+	-	+	-
Nakha Ati Vriddhi	+	+	+	-
Kesha Jathilee Bhava	+	+	-	+
Sheeta Priyatvam	+	-	+	-
Gala, Talu Shosha	+	-	+	-
Asya Madhurya	+	+	+	+
Kara Pada Daha	+	+	+	-
Mutra Pipeelika Abhisarana	+	-	+	-
Madhura, Shukla Mutrata	-	+	-	+
Snigdha Gatrata	-	+	-	+
Picchila Gatrata	-	+	-	-
Ghana Gatrata	-	+	-	+
Pipasa	+	+	-	-
Shavas Dourgandhya	-	+	-	-
Tandra	+	+	-	-
Kara Pada Suptata	+	-	-	-
Anga Suptata	+	-	-	-
Alasya	+	-	-	-
Mukha Shosha	+	-	-	-
Kayachidropadeha m	+	-	-	+
Sarvakale Nidra	+	-	-	-

Shatpada Abhisarana on Shareera	+	-	-	-
Shatpada Abhisarana on Mutra	+	-	-	+
Pipeelika Shareer Abhisarana	+	-	-	+

## DISCUSSION

According to Ayurvedic science, diseases occur due to imbalance of *Dosha* (*Vata*, *Pitta*, *Kapha*). This imbalance is created due to intake of *Nidan*. *Nidan* directly do not cause any disease but it causes *Dosha Sanchay* initially and then *Prakopa* and *Prasara* of *Doshas* if they continued further *Nidan*. The disease appears when complete pathogenesis takes place in body. In the course of disease (*Samprapti*) there is a stage of *Sthana-Samshraya*. Symptoms which appear due to *Dosha-Dushya Sammurchhna* during *Sthana Samshraya* stage are called *Poorvarupa*. *Poorvarupa* must be given importance because hint of future disease may help cure disease at early stage with minimal treatment or with *Nidan Parivarjan* (avoidance of *Nidan* intake) *Poorvarupa* is part of *Nidan Panchaka*.

## CONCLUSION

The Prodromal features of *Prameha* can be screened earlier and appropriate treatment will be given by holistic method as mentioned in *Ayurveda*. Diagnosis of disease in its *Poorvarupa* (Prodromal Feature) stage will helpful in prevention of disease as well as its complications. *Poorvarupa* (Prodromal Feature) of *Prameha* described in Ayurvedic classics are depicted as complication of diabetes mellitus in modern medicine. It could also be concluded that *Poorvarupa* along with the components of *Nidan Panchaka* holds great importance in *Roga Pariksha* (diagnosis of any disease).

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