



ISSN 2456-3110

Vol 9 · Issue 7

July 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Nidanpanchaka of Madhumeha Vyadhi - A Review Article

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## ABSTRACT

Through the use of *Nidan Panchaka*, diseases are diagnosed in the science of *Ayurveda*. *Nidanpanchak* includes five components i.e., *Nidan* (Aetiology), *Poorvarupa* (Prodromal signs), *Rupa* (Actual signs and symptoms), *Upshaya* (Trial and error method of treatment), *Samprapti* (Pathogenesis). *Nidanpanchak* is subjective as well as objective tool for diagnosis of disease. Nowadays, eating junk food and leading a sedentary lifestyle is a prestige symbol. It is responsible for many different kinds of diseases. One of the main diseases driving this way of living is diabetes mellitus. There is plenty of knowledge about the disease's pathogenesis, symptoms, and available treatment options in the classical *Ayurvedic* literature. To determine the precise pathophysiology of *Madhumeha*, a variety of pathological processes pertaining to *Dosha* and etiological components are available in the classics. This metabolic condition causes a person to pass honey-like (sweet) urine and is associated with abnormalities. Diabetes mellitus is similar to *Madhumeha*. It is a particular kind of *Vataj Prameha*. Presented by *Acharya Charak*. The Ayurvedic approach to treating *Madhumeha* can only be more successful if its etiopathogenesis, or *Nidan Panchaka*, is fully established.

**Key words:** *Madhumeha, Nidan Panchaka, Vataj Prameha, Diabetes mellitus.*

## INTRODUCTION

India is the global centre for diabetes.<sup>[1]</sup> Due to People don't have time for exercise in current disturbed and hectic lifestyle, and poor eating habits are the root cause of a lot of diseases. Among the diseases caused by the aforementioned circumstances is *Madhumeha*. *Madhumeha* is a *Vataja Prameha*<sup>[2]</sup> one of the 20 varieties of *Prameha* that different *Acharyas* have

described. She exhibits symptoms like *Kashaya* (astringent), *Madhura* (sweet), and pale and unctuous urine.<sup>[3]</sup> Initially *Madhumeha* was identified as a *Kapha Dosha* condition; all three *Doshas* were involved, and ten *Dushya* (*Abaddha Meda, Mansa, Rakta, Shukra, Oja, Ras, Majja, Lasika, Vasa, Ambu*) were displayed.<sup>[4]</sup> Later in the illness *Vata* is predominant and the condition progressively progresses to *Ashadya*. Over the previous thirty years, Due to changes in the environment and lifestyle brought about by industrialization and the migration of people from rural to urban regions, the prevalence of diabetes mellitus has sharply increased in countries across all income levels. Diabetes mellitus affects 545 million individuals globally, the bulk of whom are low- and middle-income.<sup>[5]</sup> It is anticipated that there would be over 165 million in India.<sup>[6]</sup> *Madhumeha* is becoming more and more significant on a global scale as a non-infectious pandemic or epidemic. It is frequently called a "silent killer." Based on *Prabhut-Avila Mutrata*, (Excessive and Turbid Urination). *Prameha* is classified into twenty

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Submission Date: 08/05/2024 Accepted Date: 17/06/2024

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#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.7.20

categories. Knowing the *Samprapti* of *Madhumeha* is crucial since, among these twenty categories, *Madhumeha* is the most common nowadays. The current investigation is an effort to expand upon the *Nidana Panchaka* of disease *Madhumeha*, which includes *Granthokt Hetu* (Aetiology from classical sources), *Purvroopa* (Prodroma), *Roopa* (Symptoms), *Samprapti* (Pathogenesis), and *Upashaya-Anupashaya* (Therapeutic).

### AIM AND OBJECTIVE

To study and understand the *Nidanpanchka* of *Madhumeha Vyadhi* an *Ayurvedic* aspect.

### MATERIALS AND METHODS

This Article is based on review on *Nidanpanchaka* of *Madhumeha Vyadhi* from *Ayurvedic Samhitas* and texts available in the library of Govt. Ayurved college Raipur (C.G). The text books referred are *Charak Samhita*, *Sushruta Samhita*, *Ashtang Hridaya*, *Ashtang Sangrah Madhava Nidana*, *Bhavprakashya*, *Yogratnakara* and *Vangsen Samhita*. And modern review of diabetes mellitus is taken from an authorized modern textbook. Internet data and various research papers were also explored.

#### *Nidana* (causes)

*Aharaj* (dietary factors), *Viharaj* (habitual factors)

#### *Aharaj Nidan* (dietary factors)<sup>[7,8,9]</sup>

Frequent and excessive intake of-

- Newly harvested grains like *Hayanaka*, *Yavaka*, *Chinaka*, *Uddalaka*, *Naishadha*, *Itkata*, *Mukundaka*, *Mahavrihi*, *Promodaka*, and *Sugandhaka*.
- Newly harvested pulses like *Harenu* (*Pisum sativum* Linn.) and *Masha* (*Phaseolus radiates* Linn.), consumed with ghee.
- Vegetables, *Tila* (*Sesamum indicum* Linn.) oil, cakes of *Tila*, pastries, *Payasa* (milk-based pudding), *Krisara* (gruel prepared of *Tila*, rice, and black gram), *Vilepi* (a type of thick gruel), and sugarcane-based food preparations.

- Aquatic and wet-land animals, Milk, new wine, immature curd (curd which is mostly liquid and sweet).
- Excessive intake of astringent, pungent, bitter, rough, light and cold things
- The meat of domesticated, marshy and aquatic animals
- Products of Jaggery and all things that increase *Kapha*
- Various dietary regimen that produces excess *Kapha*, fat, and urine.

#### *Viharaj* (habitual factors)<sup>[7,8,9]</sup>

Lifestyle related activities, including

- Avoidance of physical exercise
- Excessive administration of emesis, purgations, *Asthapana* type of enema and *Shirovirechana*
- Suppression of the manifested urges, fasting, trauma due to assault
- Exposure to sun, anxiety, grief, excessive bloodletting
- Staying awake at night,
- Excessive sleep, bed rest and sedentary habits
- Addiction to the pleasures of lounging and sleeping

#### *Purvaroopa* (pre-monitory signs and symptoms):<sup>[10-13]</sup>

The symptoms appearing after the *Dosha-Dushya Sammurchana* of the disease, while initiating the process of manifestation of various types of *Prameha*, produce the following premonitory symptoms-

- *Kar Paad Daaha* (Numbness and burning sensation in hands and feet)
- *Jatilibhav Kesheshu* (Matting Of hairs)
- *Kesha*, *Nakha Ati Vrudhhi* (excess growth of hairs, nails)
- *Madhuryam Aasyasyam* (sweetness in the mouth)
- *Mukh Taalu Kanth Shosh Pipasa* (Thirst)

- *Shwas - Talugal - Jiwaha - Danteshu - Malo - Utpatti* (Slimy mucous deposit on tongue, palate, pharynx and tongue)
- *Vistra-Mutra Madhurya* (sweetness-and whitishness of urine)
- *Chikkanata Dehe* (slimy mucous on body)
- *Malam Kaaye* (accumulation of mala in body)
- *Kaaychidreshu Updeham* (smearing in body orifices)
- *Suptata Changeshu* (burning sensation and numbness in body parts)
- *Shatpad-Pipilika Sharir Mutra Abhisaranam* (crawling of bees and ants on the body and urine)
- *Vistram Sharirghandhi* (Fleshy smell in body)
- *Nidra and Tandra* (sleep and drowsiness)
- *Swedoanga Gandha* (excess sweating)
- *Sheetpriyatwam* (liking of cold)
- *Shudhadhikya* (Excess Of appetite)

#### **Roopa (Symptoms):**<sup>[14-16]</sup>

- In *Madhumeha*, the patient passes urine sweet and astringent in taste, pale in color and ununctuous.
- *Prabhuta Avila Mutra* - Excessive passage of turbid urine.
- Increased frequency of urine (Polyuria)
- Excessive thirst (Polydypsia)
- Increased appetite (Polyphagia)
- Hyperglycaemia
- Having slow-healing sores / non-healing ulcer
- Always tired / Debility
- Heaviness in body
- Stiffness in body
- Constipation
- Having slow-healing sores / non-healing ulcer

**Samprapti (Pathogenesis):**<sup>[17-20]</sup> *Madhumeha* can originate in two ways

1. *Avaranjanya* (By the obstruction of *Vata* caused by *Doshas* covering it)
2. *Dhatukshayajanya* (Depletion in body tissues causes aggravation of *Vata*)

#### **Samprapti of Avaranjanya Madhumeha**

In *Prameha* diagnosis, *Kapha* and *Pitta* aggravation is present. Because of the imbalance of the *Kapha Dosh*, the *Meda* and *Mansa Dhatus* are affected. The imbalanced *Kapha*, *Pitta* and *Meda-Mansa* tissues block the channels and disrupt the flow of *Vata*. The *Vayu*, with its *Rukhsa Guna*, transforms *Madhura Ojas* into *Kasaya Rasa* before entering the *Mutra Vaha Srotas* (urinary system). This mixture becomes concentrated in the bladder, resulting in frequent, excessive urination that resembles honey.

#### **Samprapti of Dhatukshayajanya Madhumeha**

Exposure to the factors causing *Vata* vitiation leads to early *Vata Prokopa*, this vitiated *Vata* having *Ruksa* properties leads to *Vihshamagni*. *Vishamagni* causes *Dhatu Kshaya*, because of *Kshaya* of all the *Dhatus*, *Vata* turns the *Ojas* in the body to *Kasaya Rasa*. These get mixed and enter the *Mutra-Vaha-Srotas*, get localised at *Vasti-Mukha* manifesting *Madhumeha*. The urine is sweet as honey, whitish, *Sheeta* and *Ruksa*. This type of patient is *Krisa*.

#### **Samprapti Ghatak**

- *Dosha - Vata, Pitta, Kapha*
- *Dushya - Meda, Mamsa, Kleda, Rakta, Vasa, Majja, Lasika, Rasa and Ojas*
- *Srotas - Mootravaha, Medovaha*
- *Srotodusti - Atipravrutti*
- *Agni - Dhatvagni*
- *Adhisthan - Basti*
- *Udhbhavasthana - Kostha*
- *Sadhyata Asadhyata - Yapya*

**Upashaya-Anupashaya<sup>[21-23]</sup>**

<b>Upashaya (Pathya)</b>	<b>Anupashaya (Apathya)</b>
<p><b>Shooka Dhanya (Grains):</b> Shashatika, Shali, Yava, Godhuma, Kodrava, Shyamak</p> <p><b>Shami Dhanya (Pulses):</b> Chanaka, Adhaki, Kulattha, Mudga.</p> <p><b>Shaka (Vegetables):</b> Fresh herbs described under <i>Tikta-varga</i> and <i>Kashaya-Varga</i></p> <p><b>Mamsa (Non-Veg):</b> <i>Jangala mamsa</i> which is <i>Laghu</i> in nature e.g., <i>Mriga, Dvija Mamsa</i> which is <i>Jangala</i> in origin, <i>Vishkira</i> and <i>Pratuda Mamsa</i>. These <i>Mamsa</i> must be <i>Shulya</i> i.e., roasted with the help of <i>Shulya</i> [Tandoor]. <i>Mamsa of Kapota, Shash, Tittir, Lava, Bahir, Bhringraj, Vartak, Shuk</i></p> <p><b>Taila (Oils):</b> <i>Nikumbha, Ingudi, Sarshapa, Atasi</i> to prepare different food preparations</p> <p><b>Pana (Drinks):</b> <i>Sarodaka, Kushodaka, Madhudaka, Triphala Rasa, Sidhu, Sura</i>, properly prepared <i>Madhvika</i> which is having premium quality and has fermented for a long time.</p>	<p><b>Shooka Dhanya (Grains):</b> <i>Hayanaka, Chinaka, Yavaka, Naishadha, Itkata, Mukunda, Pramodaka, Sugandhaka</i></p> <p><b>Shami Dhanya (Pulses):</b> <i>Harenu, Masha</i>- must not be freshly harvested and must not be taken with ghee.</p> <p><b>Mamsa (Non-Veg):</b> <i>Gramya Mamsa, Anupa Mamsa, Audaka Mamsa</i></p> <p><b>Milk preparations:</b> <i>Payasa, Ksheera, Manaka</i> and <i>Dadhi</i>.</p> <p><b>Alcoholic preparations:</b> Recently prepared <i>Madya</i> and other drinks which are sweets</p> <p><b>Others:</b> <i>Tila, Palala, Pishtanna, Krishara, Vilepi, Kushmanda, Ikshu</i> and <i>Ikshuvikara, Shaka</i> which are not mentioned in Pathya group.</p>

**CONCLUSION**

Since ancient times, *Madhumeha* has been a widely recognized disease. Evidence as well as occurrence is increasing day by day and bounces with their complications and complexes. A subtype of *Vataja Prameha*, diabetes mellitus is the same as *Madhumeha*. Four out of Hundred adults in India suffer from it. The number of cases reported daily in routine medical procedures is still increasing. There is plenty of information about this disease in our Ayurveda classics. The Busy and worried life of modern era has opened the door for the predisposition of *Madhumeha*. *Madhumeha* (Diabetes Mellitus) can be managed

conservatively with changes in diet, exercise, medications and lifestyle. In the successful treatment of type 2 diabetes, all these factors have been incorporated into ancient India's Ayurvedic medicines for patients with *Madhumeha*. a physician must have complete knowledge of different aspects of *Madhumeha* like *Nidana, Roopa, Poorvaroop, Samprapti, Sadhyaasadhyta* and *Arishtalakshan* etc. from all *Samithas, Nighantu*, and other literature.

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**How to cite this article:** Ashutosh Kumar, Sanjay Shukla, Rupendra Chandrakar. Nidanpanchaka of Madhumeha Vyadhi - A Review Article. J Ayurveda Integr Med Sci 2024;7:143-147.  
<http://dx.doi.org/10.21760/jaims.9.7.20>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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