

## A review on the Pramehahara dravya of Bhavaprakash nighantu

### Review Article

Prasanna Lakshmi M<sup>1\*</sup>, Suguna Jyothy P<sup>2</sup>, Madhusudhan Rao K<sup>3</sup>

1. PG Scholar, 2. Professor and HOD, 3. Associate Professor  
Department of Dravyaguna, Dr. NRS Government Ayurvedic College, Vijayawada

#### Abstract

In *Ayurveda*, *Prameha* is considered as one of the serious disease (*maharoga*) and is considered as difficult to cure disease (*yapya roga*). It is mainly characterized by the hazy urination and frequent micturition. The disease is comparable with the Diabetes Mellitus of the modern times. The treatments and medicine used for the *Prameha* in *Ayurveda* proved to be effective in the management of Diabetes since a long time. Classification of the *Pramehahara* dravya mentioned in the classical Ayurvedic texts helps for the further research on the age old drugs and to provide better medicines for the future. Hence an attempt has been made to find out the plants mentioned as *Pramehahara* in the most authentic text of the *Ayurveda*, *Bhavaprakash Nighantu*, and to critically analyze them on the basis of their properties as mentioned. From the observations it has been noted that dravya having *tikta, kashaya rasa, laghu, ruksha guna, katu vipaka* play a major role in the management of the *Prameha*.

**Keywords:** *Prameha*, Diabetes mellitus, *Bhavaprakash nighantu*.

#### Introduction

*Prameha* is one of the diseases mentioned in the Ayurvedic Literature, characterized by the polyuria and haziness of the urine. This is considered as one of the major diseases which proves to be fatal and difficult to treat. Patients lose energy and vigour thus it leads to the weakness and inability to work or do their normal daily activities. (1,2,3) The disease is mentioned even in the Vedic literature, showing that the disease was prevalent even during the time of Vedas. The disease is said as difficult to cure (*yapya*) and should be maintained with the proper medication. (2,3)

Congenital (*sahaja*), improper diet (*apathy nimittaja*) and excessive food intake (*Santarpanjanya*) are the cause mentioned for the disease. All these causes indicate to vitiate the *kapha dosha* in the body and this *kapha* leads to the disruption in the functions of all the *dhatu*s in the body. The symptoms of the disease include the presence of plaque or other dirty accumulation in the tooth, burning sensation in the palms and soles, bad odour from the body, excess sweating and thirst, excess urination. The disease is again sub classified into 20 types based on the predominance of the *dosha*. (1,2,3,4,5)

The same may be compared with the Diabetes mellitus of the present day Medical science. Diabetes is an endocrine disorder, where insulin production is less in the body leading to the improper regulation of the glucose metabolism. It is characterized with polyuria,

polydipsia and polyphagia. The global diabetics ratio is growing gradually. Hence there is an urgent need to find some effective ways to control the disease.

*Bhavaprakash Nighantu* is one of the best known Ayurvedic text, composed by Shri Bhavamishra in the 16th AD, with regard to the knowledge of the plants based on the synonyms and properties of the drugs. Hence the text is selected to find out the list of the *dravyas* having the *Pramehahara* property and analyze them. (5)

The present study is taken up to identify the medicinal plants used in the Ayurvedic medicine for the treatment of the *Prameha*.

The aims and objectives of the study are to find out the *dravyas* mentioned with the term *Pramehahara* and to analyze them critically based on the principles of *Dravyaguna*.

#### Materials and methods

*Bhavaprakash Nighantu* of Shri Bhavamishra, translated to hindi by Padmashree Prof. K.C.Chunekar ji has been taken as the base for the study.

The nighantu part has been searched for the term "*Pramehahara*" and the drugs mentioned to have the said property were listed out. The properties mentioned for the list of the plants are tabulated and critically analyzed them on the principles of *dravyaguna* to identify the most probable properties of all the *Pramehahara dravya*. The observations and results are tabulated and discussed accordingly.

#### Observations and results

From the observations it has been identified that 19 *dravyas* are mentioned to have been included with the term *Pramehahara*. The list of the *dravyas* are tabulated as seen in the Table no 1 below.

\*Corresponding Author:

**Prasanna Lakshmi M,**

PG Scholar, Department of Dravyaguna,  
Dr. NRS Government Ayurvedic College, Vijayawada  
E-mail: [prasanna.luck99@gmail.com](mailto:prasanna.luck99@gmail.com)

Table no: 1: Showing the list of the plants having the Pramehahara property

S. No.	Name of drugs (part used)	Botanical name Family	Rasa	Guna	Virya	Vipaka	Doshagh- nata (Karma)	Refer- ences
1	Haritaki (Phala)	<i>Terminalia chebula</i> (gaertn.) Retz Combretaceae	Kasaya	Ruksha	Ushna	Madhura	KP hara	6
2	Amalaki (Phala)	<i>Phyllanthus emblica</i> Linn Euphorbiaceae	Amla	Ruksha	Sita	Madhura	VPK hara	7
3	Pippali (Phala)	<i>Piper longum</i> L. Piperaceae	Katu	Laghu, snigdha	Ushna	Madhura	VK hara	8
4	Katuki (Mula)	<i>Picrorhiza kurroa</i> Royle ex Benth. Scrophulariaceae	Tikta	Laghu, ruksha	Sita	Katu	KP hara	9
5	Katphala (Tvak)	<i>Myrica esculenta</i> Buch.- Ham. ex D.Don Myricaceae	Kashaya, tikta, katu	Laghu, ruksha	Ushna	Katu	VK hara	10
6	Pashanabheda (Panchanga)	<i>Saxifraga ligulata</i> Wall. Saxifragaceae	Tikta, Kashaya	Laghu, ruksha	Sita	Katu	VPK hara	11
7	Devadaru (Sara)	<i>Cedrus deodara</i> Roxb. Pinaceae	Tikta	Snigdha, Laghu	Ushna	Katu	KV hara	12
8	Guduci (Kanda, Mula, patra)	<i>Tinospora cordifolia</i> Willd. Menispermaceae	Tikta, Kashaya	Laghu	Ushna	Madhura	VPK hara	13
9	Gokshura (Phala, Mula)	<i>Tribulus terrestris</i> Linn. Zygophyllaceae	Madhura	Guru, Snigdha	Sita	Madhura	VP hara	14
10	Mahanimba (Mula, Tvak)	<i>Melia azaderach</i> Linn. Meliaceae	Tikta, Kashaya	Ruksha	Sita	Katu	KP hara	15
11	Karanji (Mula, Tvak, Patra, Bija)	<i>Holoptelia integrifolia</i> Roxb. Ulmaceae	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu	P hara	16
12	Gojihva (Patra)	<i>Elephantopus scaber</i> L. Asteraceae	Kashaya, tikta	Laghu	Sita	Madhura	KP hara	17
13	Dhava (Tvak)	<i>Anogeissus latifolia</i> Wall. Combretaceae	Madhura, Kashaya	Laghu, Ruksha	Sita	Katu	PK hara	18
14	Katabhi (Tvak)	<i>Careya arborea</i> Roxb. Lecythidaceae	Kashaya, katu	Laghu	Ushna	Katu	K hara	19
15	Tinisha (Tvak)	<i>Ougeinia dalbergioides</i> Benth. Fabaceae	Kashaya	Laghu	Ushna	katu	KP hara	20
16	Amra pushpa	<i>Mangifera indica</i> Linn. Anacardiaceae	Kashaya	Laghu	Sita	katu	KP hara	21
17	Tinduka (Phala)	<i>Diospyros embryopteris</i> Pers Ebenaceae	Madhura	Guru	Sita	Madhura	PRK hara	22
18	Bruhalloni (Pancanga)	<i>Portulaca quadrifolia</i> Linn. Portulacaceae	Amla	Guru, Ruksha	Ushna	Amla	PK hara	23
19	Kebuka (Patra)	<i>Cheilocostus speciosus</i> (J.Konig) C.Specht. Zingiberaceae	Katu, amla	Laghu	Sita	Katu	KP hara	24

**Results**

From the dravyas identified and the properties of them that are tabulated as mentioned in Table no 1, the dravyas are analyzed based on the Rasa, Guna, Virya, Vipaka and Karma on the dosha.

Based on the rasa is has been observed that out of the 19 dravyas identified, it has been observed that madhura rasa is observed in 3 dravyas, amla rasa in 3, lavana rasa in 0, katu rasa in 3, tikta rasa in 9 and Kashaya rasa in 11 dravyas. (Graph 1)

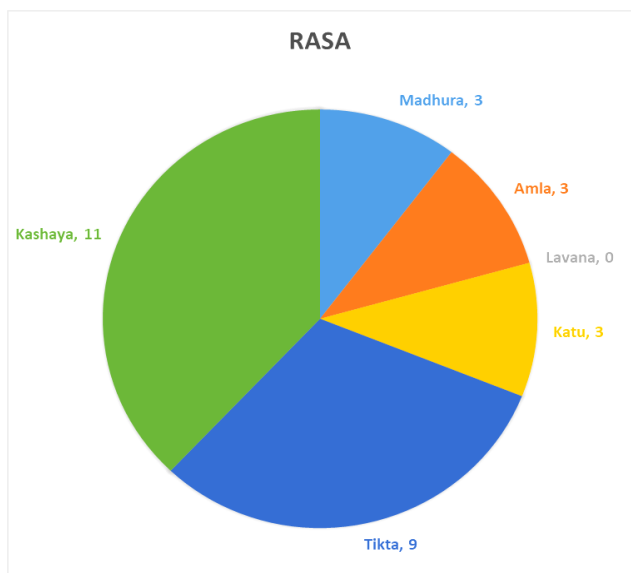
Based on the guna is has been observed that out of the 19 dravyas identified, it has been observed that laghu guna is observed in 12, ruksha guna in 9, snigdha guna in 3 and guru guna in 3 dravyas. (Graph 2)

Based on the virya is has been observed that out of the 19 dravyas identified, it has been observed that ushna virya is observed in 11 dravyas whereas sita virya is observed in 10 dravya. (Graph 3)

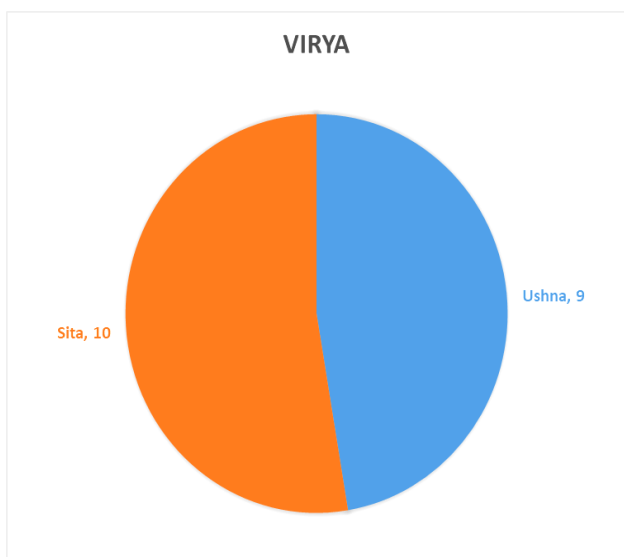
Based on the vipaka is has been observed that out of the 19 dravyas identified, it has been observed that Madhura vipaka is observed in 7 dravya, amla vipaka in 1 and katu vipaka in 11 dravya. (Graph 4)

Based on the karma is has been observed that out of the 19 dravyas identified, it has been observed that 1 dravya is vatahara, 1 pittahara, 1 kaphahara, 0 vatapittahara, 10 pittakaphahara, 3 vatakaphahara and 3 tridosha hara. (Graph 5)

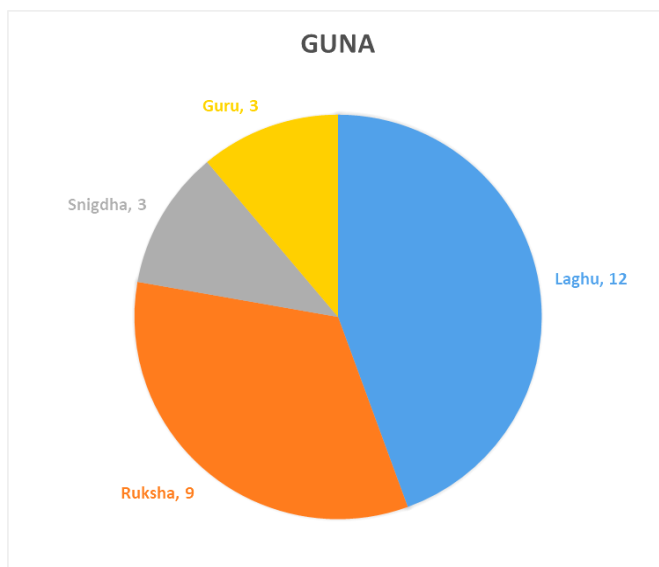
**Graph 1: Showing the distribution of Pramehahara dravyas according to the rasa**



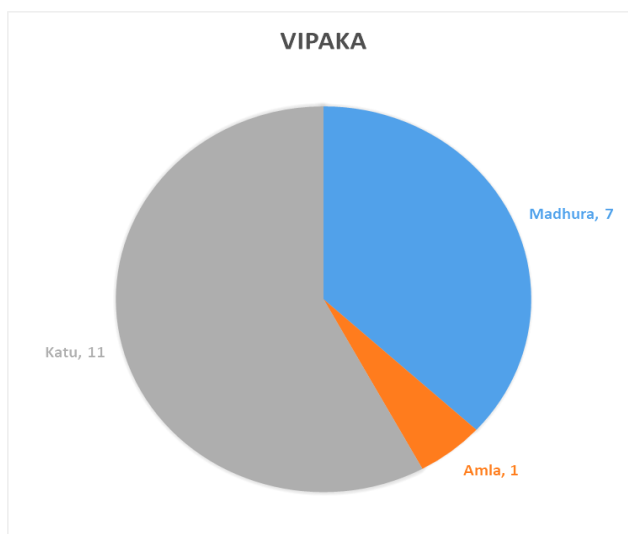
**Graph 3: Showing the distribution of Pramehahara dravyas according to the virya**



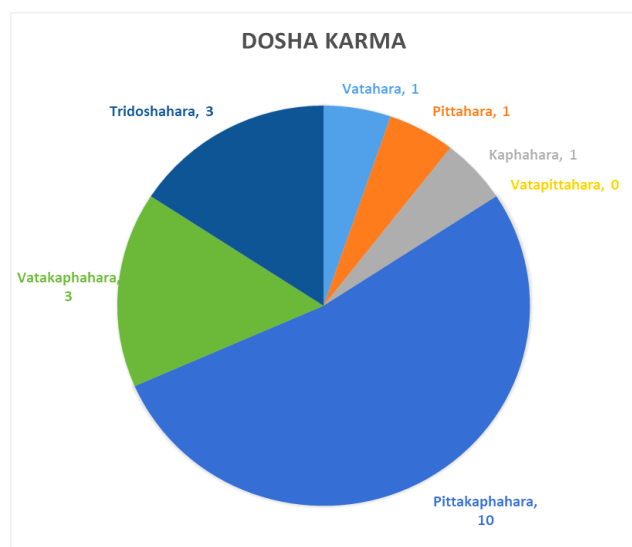
**Graph 2: Showing the distribution of Pramehahara dravyas according to the gunas**



**Graph 4: Showing the distribution of Pramehahara dravyas according to the Vipaka**



**Graph 5: Showing the distribution of Pramehahara dravyas according to the dosha karma**



## Discussion

*Prameha* is primarily a *santarpanajany vyadhi* i.e., it is caused by the improper dietetic habits. The foods that increase the *kapha dosha* leads to the increase in the *kapha dosha* and vitiates the *vata* and *pitta doshas*. Thus all the *doshas* get involved in the causation of the disease. The vitiated *doshas* disturb the *dhatu*s like *meda*, *rakta*, *shukra*, *lasika*, *vasa*, *majja*, *rasa* and *ojus* and expels them out of the body in the form of hazy and frequent urination. So the initial step in the aetiology of the *prameha* is the vitiation of the *kapha dosha*. *Kapha dosha* as mentioned in the *Ayurvedic texts* is predominant in the *guru*, *snigdha* and *sita gunas*, *madhura*, *amla* and *lavana rasa* are the aggravating *rasas* to *kapha*. *Sita virya* and *madhura vipaka* also leads to the vitiation of the *kapha* and leads to *Prameha*. (1,2,3)

Clinically *Prameha rogi* is classified into two types i.e. *stula Pramehi* and *Krusha pramehi*. If the *prameha rogi* is having strength then he is called as *stula pramehi* and if the strength is low then he is considered as *krusha pramehi*. For the management of the *stula pramehi guru apatarpana dravya* are mentioned whereas for the *krusha pramehi laghu santarpana dravya* are mentioned. (1)

From the observations and results obtained it has been noted that the most of the *dravyas* listed are having *tikta* and *kashaya rasa*. This indicates that most of the *kashaya* and *tikta rasa dravya* are useful to reduce the *kapha* and reduce the disease *prameha*.

*Laghu* and *ruksha gunas* are predominant in the *dravyas*, showing that the *prameha* can be cured with the usage of *laghu*, *ruksha guna*, which are opposite in the qualities of the *kapha dosha*.

With regard to the *virya* no much variation has been observed both *ushna* and *sita virya dravyas* are found equally indicating that both the *dravya* act on *prameha* depending upon the condition of the patient.

*Katu vipaka dravyas* are more compared to *amla* and *madhura vipaka dravya*. Because the *madhura* and *amla vipaka* promote the *kapha dosha* whereas *katu vipaka* counteracts the *kapha dosha* and reduces it.

With regard to the karma most of the *dravyas* are *pitta kapha hara* karma. As in most of the case of the *Prameha tridosha* are involved with the primary involvement of *kapha dosha* and *pitta dosha* getting affected by the excessive accumulation of the *kapha*.

Thus from the above it can be observed that most of the *dravya* involved have *laghu*, *ruksha guna*, *tikta*, *Kashaya rasa*, *katu vipaka* as their properties.

## Conclusion

Thus from the above study it can be concluded that *dravyas* having *laghu*, *ruksha guna*, *tikta*, *Kashaya rasa*, *katu vipaka* and *ushna virya* will have better *Pramehahara* properties. The drugs which are not mentioned in the *Ayurvedic texts* but having the above mentioned properties can be tried clinically to achieve the *Pramehahara effect*.

## References

- <http://niimh.nic.in/ebooks/ecaraka/index.php> dt 14-05-2019.
- <http://niimh.nic.in/ebooks/esushruta/index.php> dt 16-05-2019.
- Shrikanta Murthy KR. *Ashtanga Hridayam, nidanasthana* English translation. Chaukhambha Publication, Varanasi. p. 92-99.
- Shrikanta Murthy KR. *Madhava Nidana* English translation, Chaukhambha Krishnadas Acaemy, Varanasi. p. 116-119
- Indradev Tripathi, Dayashankar Tripathy. *Yogaratanakara*, Chaukhambha Academy, Varanasi. p. 622-41.
- Chunekar. KC. *Bhavapraksha nighantu Hindi translation*, Chaukhambha publications, Varanasi. p. 3-9.
- Chunekar. KC. *Bhavapraksha nighantu Hindi translation*, Chaukhambha publications, Varanasi. p. 10.
- Chunekar. KC. *Bhavapraksha nighantu Hindi translation*, Chaukhambha publications, Varanasi. p. 15.
- Chunekar. KC. *Bhavapraksha nighantu Hindi translation*, Chaukhambha publications, Varanasi. p. 69.
- Chunekar. KC. *Bhavapraksha nighantu Hindi translation*, Chaukhambha publications, Varanasi. p. 100.
- Chunekar. KC. *Bhavapraksha nighantu Hindi translation*, Chaukhambha publications, Varanasi. p. 105.
- Chunekar. KC. *Bhavapraksha nighantu Hindi translation*, Chaukhambha publications, Varanasi. p. 196.

13. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 239.
14. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 292.
15. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 331.
16. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 343.
17. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 471.
18. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 539.
19. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 543.
20. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 547.
21. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 551.
22. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 567.
23. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 670 .
24. Chunekar. KC. Bhavapraksha nighantu Hindi translation, Chaukhambha publications, Varanasi. p. 701.

\*\*\*\*\*