

Ayurveda - Vol. 28

Metabolic Disorders and Diabetes Mellitus

(Ayurvedic concept)

(English)

Authors

Doctor & Vaidyacharya, Sadguru Vasant Balaji Athavale

M.D. (Paediatrics), D.C.H., F.A.M.S.

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

Dr Kamlesh V Athavale

M.D. (Paediatrics), D.N.B., M.N.A.M.S.;
F.A.A.P. (Paediatrics & Neonatology, USA)



Sanatan Sanstha

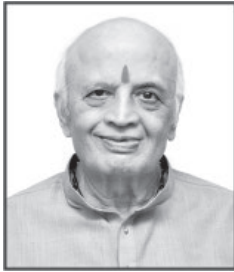
Sanatan's Texts on Ayurveda

Read, put into practice and get rid of any disease from its source !

Introduction to Authors

Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

[M.D. (Paediatrics), D.C.H., F.A.M.S.]



Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

1. The journey from being a seeker to becoming a disciple

A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice : He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

B. In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

Dr Kamlesh Vasant Athavale

M.D. (Paediatrics), D.N.B., M.N.A.M.S.

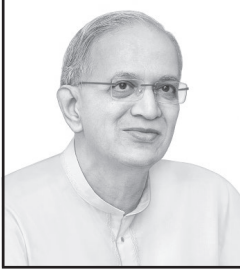
F.A.A.P. (Paediatrics and Neonatology, USA)



The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA). He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also

Director of Neonatology at Nash General Hospital.

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) (Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,047 seekers are progressing towards Sainthood as of 21.11.2023.
 4. Creation of unique Spiritual texts on various topics.
 5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
 6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
 7. Presenting the research conducted on sattvik Art-forms.
 8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
 9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
 10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(For complete introduction, visit - www.Sanatan.org)

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**The reason for prefixing spiritual
title 'Sachchidananda Parabrahman'
before the Name Paratpar Guru (Dr) Athavale**

As per the instructions of Saptarshi through the medium of Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Pujya [His Holiness] and Paratpar Guru in Sanatan's Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.



Preface



In Ayurveda, a number of metabolic disorders associated with the characteristic urinary abnormalities are included under the heading of '*Prameha*'. The Sanskrit word '*Prameha*' is derived from the verb '*Meha*', which means 'to pass urine'. The prefix 'Pra' indicates intensity. Thus, the word '*Prameha*' means passage of large quantities of urine or passage in urine with one or more components of metabolism, which may or may not be a normal constituent of urine in large amounts. The examination of urine gives us a clue about the diagnosis of the particular type of abnormality. *Prameha* is included in major diseases of the body. There are twenty different types of *prameha*. In addition, the guidelines for classifying and treating any new metabolic disorder characterised by specific urinary abnormality is given in Ayurvedic Texts.

The history of western medicine says that in the Ebers Papyrus (Egypt, about 1500 B.C.) there is a mention of polyuria. The first good clinical description of the disease was made by Celsus and the name 'Diabetes' was introduced by Aretaeus, a Roman physician. Both Celsus and Aretaeus lived in the first century of Christian era. It was in 1908 that Garrod realised the existence of a certain group of diseases seen linked to heredity wherein deficiency of enzymes necessary for normal metabolism were noted. He called these diseases as 'Inborn errors of metabolism'. He had first described Alcaptonuria in 1908, and later, described Albinism, Cystinosis and Pentosuria. When one realises that various metabolic disorders described in modern





medicine were not realised more than 110 years ago, one really wonders at the proficiency and insight of our ancient Masters, who described several metabolic disorders 5,000 years ago. Ayurvedic physicians appreciated the hereditary mode of transmission and the incurability of these diseases when they manifest as a congenital anomaly.

One cannot but appreciate the classical description of pathogenesis, clinical manifestation and the method of treatment of *madhumeha*, i.e Diabetes mellitus, which is the commonest variety of *prameha*. The differences between juvenile diabetes and maturity onset diabetes are well-depicted. We are certain that understanding the basic principles of Ayurveda and the classification, pathogenesis and treatment of *prameha* and their application to modern medicine will go a long way in unravelling the mysteries of metabolic disorders with greater ease.

The literal meaning of Ayurvedic Texts, as far as possible, has been adhered to and the basic concepts presented in the original form. The relevant Sanskrit Verses have also given as references.

This Text will not only be useful to students, teachers and practitioners of Ayurveda, but will also be of great help to the practitioners and research workers of modern medicine interested in the metabolic disorders.

- Author



Read
Sanatan's Text

Medicinal properties of
Milk products, Dry fruits, Oil, etc.