

Cha. Chi. 6. Prameha Chikitsitam

Cha. Chi. 6 — Prameha Chikitsitam (Management of Prameha)

Scope of this chapter: causes (hetu), general and numerical pathogenesis (samānya & saṅkhyā samprāpti), prodromal signs (pūrvārūpa), lakṣaṇa and sādhyāsādhyatā; the chikitsā-sūtra and detailed formulations—especially *kvātha* for Kaphaja and Pittaja prameha, and classical yogas such as *Phalatrikādi kvātha*, *Madhvāsava*, and *peya* (light gruel) prayoga.

Aim: help you answer long-answer and short-answer questions in BAMS exams without external references.

1) Core Concepts: Hetu, Samprāpti, Pūrvārūpa, Lakṣaṇa & Sādhyāsādhyatā

1.1 Hetu (etiology)

Charaka roots *prameha* in *kapha*-provoking *ahāra-vihāra*: indulgence in ease (*āsyāsukha*), excess sleep, *dadhī* (curd), milk and its products, meat soups of domesticated/aquatic/marshland animals, freshly harvested grains and drinks, and jaggery preparations. He states:

“आस्यासुखं स्वप्नसुखं दधीनि... गुडवैकृतं च प्रमेहेतुः कफकृच्च सर्वम् ॥” (Cha. Chi. 6/4)

Exam pointer: List at least 6 *ahāra* (curd, *navāna*, *guda-vikaras*, *payah*) and 3 *vihāra* (sedentariness, oversleep, absence of exercise) causes.

1.2 Samānya samprāpti (general pathogenesis)

- **Kapha** lodges in *basti* (urinary tract) and vitiates *meda*, *māṃsa* and *kleda*, initiating *kaphaja prameha*.
- **Pitta**, made active by “hot” factors, vitiates the same *dūṣyas* for *pittaja prameha*.
- When the other *doṣas* are depleted, **vāta** draws subtle *dhātus* (*ojas*, *majjā*, *lasikā*) into the urinary tract—leading to *vāta-ja prameha/madhumeha* (tissue-depleted end stage).

“भेदश्च... कफो बस्तिगतं प्रदूष्य करोति मेहान्... क्षीणेषु दोषेष्व... अनिलः करोति... दोषो हि बस्तिं समुपेत्य मूत्रं सन्दूष्य मेहान् जनयेत् ॥” (Cha. Chi. 6/5-6)

Key dūṣyas: *medas*, *māṃsa*, *kleda*, *rasa*, *rakta*, *majjā*, *śukra*, *ojas*, *vāsa*, *lasikā*.

1.3 Saṅkhyā samprāpti (numerical classification) & prognosis

Charaka classifies 20 *pramehas* by *doṣa*-dominance:

- **10** Kaphaja — generally **sādhyā** (curable)
- **6** Pittaja — **yāpyā** (palliable)
- **4** Vātaja — **asādhyā** (incurable)

“साध्याः कफोत्था दश, पित्तजाः षट् याप्या, न साध्यः पवनाच्चतुष्कः ॥” (Cha. Chi. 6/7)

Urine features anchor differential diagnosis; Charaka delineates *kapha*-types with *jala/ikṣurasa*-like, glossy, cold, slimy urine; *pittaja* with *kṣāra*, *nīla*, *hāridra*, *mañjiṣṭhā*, *rakta* hues; *vātaja* with admixture of *majjā*, *ojas*, *vāsa*, *lasikā*. (Cha. Chi.

6/9-11)

Hereditary/congenital and madhumeha: incurable due to *bīja-doṣa* (Cha. Chi. 6/57).

1.4 Pūrvārūpa (prodromal signs)

Sweating and odour, flabbiness, laziness/bed-loving, stickiness of sense organs, corpulence, excessive hair-nail growth, liking for cold, dryness of throat/palate, sweet taste in mouth, burning in hands-feet, and ants swarming over urine:

“स्वेदोऽङ्गगन्धः... शीतप्रियत्वं... माधुर्यमास्ये... मूत्रेऽभिधावन्ति पिपीलिकाः ॥” (Cha. Chi. 6/13-14)

Pratyātma-lakṣaṇa: excessive turbid urine with doṣa-specific traits; sweet urine in *madhumeha*.

2) Chikitsā-Sūtra (Therapeutic Framework)

Charaka first separates patient-types, then sequences *saṃśodhana/saṃśamana* with tailored diet and exercise:

“स्थूलः प्रमेही... कृशः... संब्रह्मणं तत्र कृशस्य, संशोधनं दोषबलाधिकस्य ॥” (Cha. Chi. 6/15)

“ऊर्ध्वमधश्च मले अपनीते... मेहेषु सन्तर्पणमेव कार्यम् ॥” (6/16)

“गुल्मः क्षयो... अपतर्पणेन... परितर्पणानि कार्याणि तस्य प्रसमीक्ष्य वह्निम् ॥” (6/17)

In practice:

- **Sthūla pramehī (obese-strong):** begin with *apatarpaṇa—laṅghana, laṅghana-pācana, saṃśodhana* (as indicated), *rukṣa udvartana, vyāyāma*.
- **Kṛśa pramehī (emaciated-weak or post-śodhana):** *santarpana* with mṛdu sneha/ghṛta and brimhaṇa diet—but only after pacifying active doṣa.
- **Association of vāta** with kapha/pitta: add snehana tailored to the dominant doṣa (see §4.3).

Dietary backbone: *Yava* (barley) in various preparations; *mantha* (thin gruel); therapeutic *kvāthas*; judicious *āsavas/ariṣṭas*. Charaka closes the chapter summarising these categories (Cha. Chi. 6/59-61).

3) Kvātha Prayoga by Doṣa

Charaka explicitly prescribes **sets of ten decoctions each** for Kaphaja and Pittaja prameha. Use **kvātha svarūpa** (1/4 reduction) and **anupāna** of honey where instructed.

3.1 Kaphaja prameha — ten kvāthas (Cha. Chi. 6/27-29)

“हरीतकी-कटकफलक-मुस्ता-लोध्र ... दावी... खदिर... त्रिफला... मूर्वा... श्वदंष्ट्रा... यवानि, उशीर, अभया, गुडूची, चव्य, चित्रक, सप्तपर्ण... दशोपदिष्टाः... मधुसम्प्रयुक्ताः ॥” (sel.)

Representative herb-sets (prepare as kvātha; mix with honey):

Set	Drugs (Sanskrit)	Likely actions (Ayurvedic)
K1	Haritakī, Kaṭphala, Musta, Lodhra	<i>Kapha-kleda śoṣaṇa, stambhana, lekhanīya</i>



Set	Drugs (Sanskrit)	Likely actions (Ayurvedic)
K2	Pāṭhā, Viḍaṅga, Arjuna, Dhanvana (Śyonāka)	<i>Krimighna, stambhana, basti-saṁśodhana</i>
K3	Dāruharidrā (Dārvi), Khadira, Dhava, Surāhva (Devadāru)	<i>Medo-māṁsa dūṣya śodhana, kapha-pitta śamana</i>
K4	Kuṣṭha, Aguru, Candana, Tagara	<i>Dāha-praśamana, gandha-lekhana</i>
K5	Triphalā, Pāṭhā, Mūrvā, Śvadaṅṣṭrā (Gokṣura)	<i>Mutrala, medohara, rasāyana</i>
K6	Yavāni, Uśīra, Abhayā, Guḍūcī	<i>Dīpana-pācana, kleda-hara</i>
K7	Cavyā, Citraka, Saptaparṇa	<i>Āma-kapha chedana, lekhana</i>
K8-K10	Any of the above combined judiciously per doṣa-avasthā	As above

Tip: In practical viva, say “Charaka gives ten options; choose rukṣa-kaṣāya-tikta predominance, add honey as yogavāhī.”

3.2 Pittaja prameha — ten kvāthas (Cha. Chi. 6/30-32)

“उशीर-लोभ्र-अञ्जन-चन्दन... पाटोल-निम्ब-आमलकी-अमृत... पद्मक-वृक्षक... अश्वत्थ-पाठ-आसन-वेतस... उत्पल-मुस्ता... मधुसम्प्रयुक्ताः ।” (sel.)

Set	Drugs (Sanskrit)	Likely actions
P1	Uśīra, Lodhra, Añjana, Candana	<i>Dāha-pitta śamana, stambhana</i>
P2	Pāṭola, Nimba, Āmalakī, Amṛtā (Guḍūcī)	<i>Tikta-kaṣāya, pittahara-rasāyana</i>
P3	Mustā, Abhayā, Padmaka, Vṛkṣaka (Badara group)	<i>Kleda-pitta pacification</i>
P4	Lodhra, Ambu (Aparājitā?), Kālīyaka, Dhātakī	<i>Śothahara, saṅgrahaṇīya</i>
P5	Nimba, Arjuna, Āmrātaniśa (?), Utpala	<i>Rakta-pitta-virodhī, basti-sthairya</i>
P6	Śīriṣa, Sarja, Arjunakeśara	<i>Doṣa-viśaghna, śoṣaṇa</i>
P7	Priyaṅgu, Padma, Utpala, Kiṁśuka	<i>Śītala stambhana</i>
P8	Aśvattha, Pāṭhā, Asana, Vetasa	<i>Kapha-pitta saṁyama</i>
P9	Kaṭaṅkaṭerī, Utpala, Musta	<i>Mutrala, pitta-kapha śamana</i>
P10	Any of the above tailored	As above

Dose principle: kvātha q.s. (1/4 reduction), warm; **anupāna:** *madhu* (not heated), unless contraindicated by pitta irritability.

3.3 For all types / mixed doṣa

Charaka prescribes a universal decoction:

“फलत्रिकं दारुनिशां विशालां मुस्तां... निशां सकल्कां... मधुसम्प्रयुक्तं—**sarva-prameheṣu**” (Cha. Chi. 6/40)

This is the classical **Phalatrikādi kvātha**: *Triphala (phalatrika) + Dāruharidrā + Viśālā + Mustā*, with a paste of *Haridrā*, taken with honey—useful in acute/mixed presentations.

4) Specific Yogas & Food-Drug Regimens



4.1 Phalatrikādi kvātha (reprise)

- **Drugs:** Triphalā (Haritakī, Āmalakī, Bibhitakī) + Dāruharidrā + Viśālā + Mustā; add *Haridrā kalka* before use.
- **Rationale:** *Tikta-kaṣāya, lekhanīya, medohara, kleda-śoṣaṇa*. Good bridge when doṣa dominance is unclear. (Cha. Chi. 6/40)

4.2 Madhvāsava (honey-based fermented decoction)

A formidable āsava prepared by fermenting a polyherbal decoction with honey; indicated for **Kaphaja/Pittaja prameha**:

“लोभ्रं शटीं पुष्करमूल... चित्रकपिप्पली... कालीङ्गक... इन्द्रसाह्या... मरिचं... प्लवं... रसेऽर्धभागं मधुनः... [REDACTED]” (sel., Cha. Chi. 6/41–44)

- **Dose:** *dvi-pala* range (contextual titration), after meals.
- **Also beneficial in:** *pāṇḍu, arśa, aruci, grahaṇī, kuṣṭha*.

Variants: *Dantvāsava* and *Bhallātākāsava*—made by adding *Danti* or *Bhallātaka* with sugar-honey to the same kvātha base (Cha. Chi. 6/45).

4.3 When vāta associates with kapha/pitta

“दृष्ट्वाऽनुबन्धं पवनात्... तैलं कफे स्वकषायसिद्धं ; पित्ते घृतं पित्तहरैः कषायैः ; त्रिषु लक्षणेषु मिश्रं ।” (Cha. Chi. 6/37–39)

- **Kapha-vāta:** Medicated **taila** processed with *Trikaṅṭaka, Aśmantaka, Somavalka, Bhallātaka, Ativiṣā, Lodhra, Vacā, Pāṭolā, Arjuna, Nimba, Mustā, Haridrā, Padmaka, Dīpyaka, Mañjiṣṭhā, Aguru, Candana*.
- **Pitta-vāta:** Use **ghṛta** with the same doṣa-appropriate kvāthas.
- **Tridoṣa signs:** Use mixed *sneha* (taila + ghṛta) judiciously.

4.4 Peya & dietetic regimens

- **Waters/drinks:** *Sārodaka* (Khadira-sār boiled water), *Kuśodaka* (kuśa-boiled water), *Madhūdaka* (honey-water), *Triphala-rasa*, properly fermented *śīdhu/mādhvika* when indicated (Cha. Chi. 6/46).
- **Foods:** Spit-roasted **jāṅgala māṁsa** in moderation; **barley** in diverse forms (parched *yava, saktu*, barley gruels); *Mudga* and *Āmalakī* are protective (Cha. Chi. 6/47–48, 59–61).

Clinical logic: *Apatarpana* first in Kaphaja/Pittaja; once doṣa and kleda reduce and **agni** steadies, advance to *santarpana* for strength—avoiding “over-depletion” complications signalled by vāta flare.

5) Additional Formulations Mentioned by Charaka

- **For Kaphaja & Pittaja prameha (leha/rasakriyā):**
Powder/linctus of **Kampillaka, Saptacchada-bark, Bibhitaka, Rohitaka, Kuṭaja, Kapittha-puṣpa** with honey; paste with **Āmalakī-rasa**; follow with **old rice + jāṅgala māṁsa-rasa** (Cha. Chi. 6/35–36).
- **External measures:** Strong **vyāyāma, udvartana, snāna-avaseka**, and perfumed **vilepana** reduce kapha-kleda (Cha. Chi. 6/50).



6) Putting It All Together (Answering a 10-marker)

Intro (2-3 lines): Define *prameha* as *ati-pravṛtti* of turbid urine with *doṣa-dūṣya* nexus, largely *kapha-medā* led, with 20 types and graded prognosis.

Hetu & Samprāpti (4-5 lines): Cite Cha. Chi. 6/4-6; emphasise *kapha-medā-kleda* in *basti*; *vāta*-driven *madhumeha* terminality.

Saṅkhyā (2-3 lines): “10/6/4 = *sādhya/yāpya/asādhya*” (Cha. Chi. 6/7).

Pūrvārūpa & Lakṣaṇa (3-4 lines): Sweet mouth, ants, burning in palms/soles; *doṣa*-specific urine features (Cha. Chi. 6/9-11, 13-14).

Chikitsā-Sūtra (5-6 lines): Distinguish *sthūla* vs *kṛśa*; sequence *śodhana* → *śamana* → *santarpana*; barley, mantha, kvātha, vyāyāma.

Drug examples (5-6 lines): Show at least 3 kvātha sets each for *kapha/pitta*; one universal—**Phalatrikādi kvātha**; one *āsava*—**Madhvāsava**; peya & waters.

7) Quick Tables

7.1 Prognosis by doṣa (Cha. Chi. 6/7)

Doṣa-dominance	Count	Prognosis	Reason (Charaka's logic)
Kaphaja	10	Sādhya	Samyak-kriyā feasible; dūṣya bulk reversible
Pittaja	6	Yāpya (often)	Doṣa volatility; infection/heat component
Vātaja (incl. Madhumeha)	4	Asādhya	Dhātu-kṣaya, ojas involvement

7.2 Diet / Lifestyle anchors

Item	Why
Yava in many forms	<i>Rukṣa-laghu-uṣṇa</i> , medohara
Mantha / Peya	Hydrates while depleting <i>kleda</i>
Triphala-rasa	Rasāyana + <i>śodhana</i> synergy
Vyāyāma & Udvartana	<i>Rukṣaṇa</i> → <i>kleda-śoṣaṇa</i>

8) Viva-ready Sanskrit quotes (short, accurate)

- **Hetu:** “*Āsyāsukhaṃ svapnasukhaṃ dadhīni... guḍavaikṛtaṃ ca pramehahetuḥ*” (6/4).
- **Samprāpti pivot:** “*Medas ca māṃsaṃ... kapho bastigataṃ pradūṣya karoti mehān*” (6/5).
- **Saṅkhyā-sādhya:** “*Sādhyaḥ kaphothā daśa... na sādhyaḥ pavanāc catuṣkaḥ*” (6/7).
- **Pūrvārūpa (ants on urine):** “*...mūtre 'bhidhāvanti pipīlikāś ca*” (6/14).
- **Universal yoga:** “*Phalatrikaṃ dāruniśāṃ viśālāṃ mustāṃ... sarvaprameheṣu*” (6/40).
- **Madhvāsava efficacy:** “*Madhvāsavo'yaṃ kaphapittamehān kṣipraṃ nihanyāt*” (6/44).
- **Hereditary incurability:** “*Jātaḥ pramehī madhumehino vā... bija-doṣāt*” (6/57).

9) Model answers—Short notes you can write fast

A. Chikitsā-sūtra of Prameha (Cha. Chi. 6/15-17):

State the two patient types (*sthūla* vs *kṛśa*); begin *apatarpana* in strong/*kapha-pitta* dominant with *langhana-pācana*, *kvātha*, *vyāyāma*, *udvartana*, and *as per indication śodhana*. After *doṣa/kleda* reduction, move to *santarpana* to protect *vāta*. In *vāta* association, prefer *sneha*—**taila** (with *kapha*-herbs) in *kapha*-dominance, **ghṛta** (with *pittahara* herbs) in *pitta*-dominance; mixed signs → mixed *sneha*.

**B. Enumerate ten Kaphaja kvātha options:**

Write any three clear sets from §3.1 and end with "...others as per text; *madhu* as anupāna."

C. Madhvāsava preparation in brief:

Polyherbal decoction (Cha. Chi. 6/41–43) fermented with half-quantity honey for one fortnight in ghr̥ta-smear jar; dose in *dvi-pala* range; indication—Kaphaja/Pittaja prameha (6/44).

10) Self-check (2 minutes)

1. Why is *yava* central to prameha diet?
2. Which single kvātha would you choose if doṣa dominance is unclear, and why?
3. In which patient should you **not** push apatarpaṇa further?

Answer keys: rukṣa-laghu-uṣṇa & medohara; Phalatrikādi (broad tikta-kaṣāya, lekhaṇa, safe across doṣas); kṛśa/post-śodhana or signs of vāta aggravation.

11) Assessment**A) SAQs (5 × 3 = 15 marks)**

1. Define *prameha* and list six *hetu* (Cha. Chi. 6/4).
2. Explain *samānya samprāpti* of prameha with dūṣya involvement.
3. Classify prameha with prognosis (10/6/4) and justify.
4. Write the indications, key ingredients, and dose logic of **Madhvāsava**.
5. Write any three **Kaphaja prameha kvātha** with Ayurvedic rationale.

B) LAQs (2 × 10 = 20 marks)

1. **Chikitsā-sūtra of Prameha** as per Charaka with dietetics and lifestyle. Add notes on handling vāta association.
2. **Pittaja prameha chikitsā:** outline ten kvātha sets, suitable diet (*peya/udaka/ānna*), and prognostic notes.

C) MCQs (10 × 1 = 10 marks)

1. *Āsyāsukha* is: a) Over-exercise b) Sedentary comfort c) Excess sun d) Fasting → **b**
2. "Ants on urine" appears in: a) Pūrvārūpa b) Upadrava c) Arishta d) Śamana → **a**
3. Phalatrikādi kvātha contains **Triphala + Dāruharidrā + Viśālā + Mustā**, with **Haridrā kalka**: True/False → **True**
4. *Madhvāsava* is primarily indicated in: a) Vātaja b) Kaphaja/Pittaja c) Raktapitta d) Grahaṇī only → **b**
5. In kapha-vāta association, prefer: a) Ghr̥ta b) Taila c) Takra d) Sneha-ṇīṣedha → **b**
6. *Yava* is: a) Guru-śīta b) Rukṣa-laghu-uṣṇa c) Snigdha-madhura d) Tikṣṇa-kaṭu → **b**
7. Hereditary *madhumeha* is: a) Sādhyā b) Kṛcchra-sādhyā c) Yāpyā d) Asādhyā → **d**
8. A hallmark of Pittaja urine: a) Ikṣurasopama b) Haridra-varṇa c) Lālāvat d) Śītalatā → **b**
9. Best anupāna in Kaphaja kvātha as per text: a) Ghr̥ta b) Taila c) Madhu d) Takra → **c**
10. After śodhana in sthūla pramehī, if vāta flares you should shift to: a) More apatarpaṇa b) Santarpana c) More vyāyāma d) Vamana → **b**

12) References

- **Charaka Saṃhitā, Chikitsāsthāna 6 (Prameha Chikitsa)** — Sanskrit text & translation; verses cited: 6/4–7, 9–11, 13–17, 26–32, 35–40, 41–45, 46–50, 57, 59–61.
- **Charaka Saṃhitā, Nidānasthāna 4 (Prameha Nidāna)** — for type names/context.



Remember: in answers, anchor at least one *śloka* (short) and one concrete formulation to score full credit.

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