

# Application of Ayurvedic Principles in the Management of Prameh: A single Case study

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**Abstract:** *Prameh is Shleshma Pradhana Tridoshaja Vyadhi which is characterised by frequent and turbid urination. Prameh can be divided into three types based on dosh predominance which is also subdivided into further types they are Kaphaja Prameh into 10 types, Pittaja Prameh into 6 types, Vataja Prameh into 4 types. Based on the Chikitsa aspect, Prameh can be also classified as sthoola pramehi and krusha pramehi. Clinical feature of Prameh vyadhi correlates with Diabetes mellitus. Diabetes mellitus (DM) type 2 is one of the global problems of the present day. Diabetes Mellitus is Global burden due to its mortality and morbidity. Inappropriate lifestyle and diet pattern is the root cause of diabetes mellitus. Recent case study deals with a 50 years old female patient presented with increased frequency of micturition and excessive hunger with dryness in the mouth, Excessive thirst, weakness of the body, and burning sensation at the sole, from 8 months with FBS level of 250 mg/dl. Ayurvedic diagnosis of Prameh was made based on pratyatma lakshana and the treatment planned was use of Shamana Aushadhis along with proper Pathya Ahara and Vihara for three months, with medicine strict diet control and regular exercise was advised up to 30 days. Patient was withdrawn from Tab Metformin 500 once a day with controlled FBS. Maximum improvement was noticed at the end of treatment. In this single case study, an attempt was made to control Prameh vyadhi by identifying and avoiding risk factors and following strict diet according to Ayurveda.*

**Keywords:** *Prameh, Diabetes Mellitus, Nidana, Exercise*

