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Role of Kapittha-phala in Prameha as a Pathya.

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गजाननं भूतगणादि सेवित कपित्थजम्बरफलसार भक्षितम् ।
उमासतं शोकविनाशकारणं नमामि विघ्नेश्वर पादपङ्कजम् ।

Abstract:

Diabetes mellitus is a world wide problem in the present modified lifestyle.India is one of the top most country with the highest prevalence rate of DM.The incidence rate of DM increasing day by day due to sedentary lifestyle,unhealthy food habits.As it is a lifestyle disorder,pathya-ahara plays a vital role in controlling blood sugar level.

Objective:

To review the role of Kapittha phala as a pathya ahara in the prevention and management of Prameha based on classical ayurvedic literature and modern scientific evidence.

Keywords:

Prameha; Madhumeha; Kapittha

Introduction:

From ancient time to the present modern era, one to understand the better future in a traditional way to get healthy life. Sushrut describes prameha depending on physical appearance as Sahaj Prameha and Apathya nimittaja. Sahaj prameha mainly related to Beej dosha (Genetic disorder) while Apathya nimittaja related to disturbed The lifestyle and ageing.

As madhumeha is one among 20 types of prameha, if neglected or not follows pathyapathya gradually it attains the stage of madhumeha. From Daivika-yug to till date we can get many detailed references about Nidan, chikitsa with pathyas in classics. In Medieval period, Naradpuran given the importance of Kapiththa and jambu phalasar as a pathya in the Ganesha stuti. The Aadhya devata lord Gajanana suffered from santarpanottha vyadhi because of his dietary and working patterns. So he used to consume Kapiitha and jambu phala and Shiva Gutika as the advice by his father lord Shiva. So this article aimed to explain use of Kapiththa phala, its pharmacological activities, chemical constituents described in literature in the management of prameha. In Charak sutrasthana 27 Adhyaya and also in Ashtang Hridaya Chikitsa 12, both they have mentioned preparation of Raga and Shadhava of Kapiththa phala used as Apathya in prameha vyadhi. In Sushrut Samhita Chikitsa Adhyay 9, Sushrutacharya described, Kapiththa phala acts as a Sarva Mehahar and also it should be used as a Pathyaphal in the management of prameha.

Description of kapiththa phala

Family- Rutaceae

Latin name- Feronia elephantum

Rasapanchak-

Rasa- Madhur, Amla, Kashay. **Vipak-** Madhur. **Veerya-** Sheeta. **Guna-** Guru, Snigdha.

Karma- Vatapittahar, Raktapittahar.

Chemical composition-

Fruit pulp contains coumarins, flavonoids, alkaloids, terpenoids and essential oils, large quantity of citric acid and other fruit acids, mucilage and minerals. The fruit pulp acts as an antibacterial, antioxidant, antidiabetic, anticancer, cardioprotective, hepatoprotective.

The gum of the plant are widely used as a curative for diabetes mellitus in Indian system of medicine and also used as a folklore remedy to control the blood glucose level. A decoction administered orally before breakfast has been advocated by local traditional practitioners as a tonic purpose.

The possible mechanism by which fruits bring about a decrease in blood sugar level may be by potentiation of the insulin effect of plasma by increasing either the pancreatic secretion of insulin from beta cells of the islets of Langerhans or its release from the bound form. A number of other plants have been shown to exert hypoglycemic activity through insulin release stimulatory effect. The study showed methanolic extract of fruit pulp of Feronia elephantum was proved in vivo a potent hypoglycemic agent.

Aharaja Nidana -

Atidadhisevana (excessive use of curd), Gramya Mamsa Atisevana (excessive meat-soup of domestic animals), Audaka Mamsa Atisevana (excessive meatsoup of aquatic animals), Aanupa Mamsa Atisevana (excessive meat-soup of marshy animals), PayansiSevana (excessive use of milk), Navanna Sevana (new cereals), Navannapana Sevana (new drinks), Guda Vikara Atisevana (products of Jaggery), Kaphavardhaka Ahara Sevana (Kapha promoting regimens), Sheeta-Dravya Sevana (cold foods), Madhura-Dravya Sevana (sweet foods), Dravannapana (excessive liquids and fatty foods), Medavardhaka Dravya (excessive fatty diets), Mutravardhaka Dravya (materials that increase urine), Amla Lavanarasa Sevana , Tikta-Kashayarasa Sevana, Ushna-Katu Rasa Sevana (hot spicy food consumption), Ikshu Vikara Sevana , Snigdha Dravya Sevana (oily food consumption), Guru Ahara Sevana , Picchila Ahara.

Viharaja Nidana -

Asya-Sukham (idle sitting), Swapna-Sukham (Excessive sleep), Kaphavardhaka Vihara Sevana (Kapha promoting regimens), Avyayam (abstains from physical exercise), Achinta (lack of tensions) , Krodha (anger), Ratri Jagaran Awakening during night), Shoka (sorrow), Alasya (lassitude), Diwaswapna (Sleep At Day Time). Due to Nidana Sevana there arises Dosha Vaishamya further causing Shaithilyata of Dhatu such as Meda, Rakta, Shukra, Ambu, Vasa, Lasika, Majja, Rasa, Ojas and Mamsa in Mutravaha Strotasa leads to manifestation of 20 types of Prameha with Purvarupa like Malin Danta (Excess accumulation of waste over teeth), Hastapad Daha (burning sensation in hands and feet), Mukhamadhurya (sweetishness in oral cavity), Sweda (excessive sweating), Shithilangata (flaccidity of body), Excessive growth of hair, nails etc, Matting of hair, Trishna (thirst), Fleshy smell from body, Adherence of excreta in body orifices, Accumulation of bees and ants over the body and urine. These Purvaroope left unnoticed manifest Pratyatma Lakshana such as Prabhuta Avila Mutrata along with Lakshana pertaining to specific Doshapredominance thereby the specifically Vataja Pittaja or Kaphaja Prameha respectively. Knowledge of Samprapthi itself is the key to treatment. Prameha is a Yappa Vyadhi and there is no complete cure as such explained, therefore Avasthika Chikitsa (Lakshanika Chikitsa) along with Pathya Sevana and avoiding Apathya Ahara and Vihara is the most acceptable Chikitsa that can be further classified into various sub-domains.

आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि ।

नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम् ॥

मेदश्च मांसं च शरीरजं च क्लेदं कफो वस्तिगतं प्रदूष्य ।

करोति मेहान् समुदीर्णमुष्णैः- स्तानेव पित्तपरिदूष्य चापि ॥

Clinical Symptoms:

The clinical presentation of Prameha is described in both Ayurvedic texts and modern medicine.

Ayurvedic Clinical Symptoms

स्वेदोऽङ्गगन्धः शिथिलाङ्गता च शय्यासनस्वप्नसुखे रतिश्च ।

हृन्नेत्रजिह्वाश्रवणोपदेहो घनाङ्गता केशनखातिवृद्धिः ।।

शीतप्रियत्वं गलतालुशोषो माधुर्यमास्ये करपाददाहः ।

भविष्यतो मेहगदस्य रूपं मूत्रेऽभिधावन्ति पिपीलिकाश्च ।।

According to **Charaka and Sushruta**, the common symptoms include:

- Prabhuta Mutrata – Excessive quantity of urine.
- Avila Mutrata – Turbid or cloudy urine.
- Atipipasa – Excessive thirst.
- Atikshudha – Excessive hunger.
- Karapada Daha – Burning sensation in palms and soles.
- Sweda Adhikya – Excessive sweating.
- Daurbalya – Generalized weakness.
- Alasya – Lethargy and fatigue.
- Tandra – Drowsiness.
- Kandu – Generalized itching.
- Mukhatalu Shosha – Dryness of mouth and palate.
- Madhura Asyata – Sweet taste in the mouth.
- Sthoulya – Obesity (commonly seen in Kaphaja Prameha).
- Pipilika Agamana – Attraction of ants towards urine due to glycosuria (classically described in Madhumeha).

Modern Clinical Symptoms

- Polyuria (frequent urination)
- Polydipsia (excessive thirst)
- Polyphagia (increased appetite)
- Unexplained weight loss
- Fatigue and weakness
- Blurred vision
- Delayed wound healing
- Recurrent skin and urinary tract infections
- Dry mouth
- Nocturia
- Peripheral neuropathy (tingling or numbness in hands and feet)
- Recurrent fungal infections

Discussion:

Ayurveda considers Pathya Ahara as an essential component of Prameha management. Kapittha Phala fulfills most characteristics of an ideal Pathya because it possesses Kashaya Rasa and Laghu-Ruksha Gunas, which counteract Kapha, Meda, and Kleda—the principal pathological factors in Prameha.

Its Grahi property helps reduce excessive urination, while Deepana and Pachana improve Agni and prevent Ama formation. From a modern perspective, its high fiber content delays glucose absorption, leading to improved postprandial glycemic control. Polyphenols and flavonoids reduce oxidative stress, which is an important contributor to diabetic complications.

Experimental studies have demonstrated significant reductions in fasting blood glucose and improvements in lipid profiles following administration of Limonia acidissima extracts. Antioxidant activity further protects pancreatic β -cells from oxidative injury. Thus, both Ayurvedic principles and modern pharmacological evidence support the use of Kapittha as a functional dietary component in Prameha.

Conclusion :

Kapittha (*Limonia acidissima* Linn.) is an important Ayurvedic Pathya fruit for the management of Prameha. Its Kashaya Rasa, Laghu-Ruksha Guna, Grahi, Deepana, and Medohara actions directly address the Ayurvedic pathogenesis of the disease. Modern evidence further supports its antihyperglycemic, antioxidant, hypolipidemic, and anti-inflammatory effects. Incorporation of Kapittha into dietary regimens, along with lifestyle modification and appropriate medication, may contribute significantly to the prevention and management of Prameha. Future multicentric clinical studies are warranted to validate these findings.

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