

An analytical review on the concept of *Dhatukshaya* and *Avarana* in the pathogenesis of *Madhumeha*

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Madhumeha, a subtype of *Vataja prameha*, is described in Ayurveda as a chronic and progressive metabolic disorder that parallels Type 2 Diabetes Mellitus (T2DM). According to the World Health Organization, over 422 million people globally are affected by T2DM, with nearly one in five adults in Sri Lanka being diabetic or pre-diabetic. Ayurvedic pathogenesis of *Madhumeha* is primarily attributed to two mechanisms: *Dhatukshaya* (depletion of body tissues such as *medas*-fat, *Mamsa*-muscle, and *Ojas*-vital essence) and *Avarana* (obstruction of *srotas*—bodily channels—by *Kapha*, *Medas* or *Mamsa*). Classical texts such as the *Caraka Samhita*, *Susruta Samhita*, and *Ashtanga Hridaya* describe these concepts, though their individual and interactive contributions to clinical practice remain under-analyzed. This review examines both Ayurvedic interpretations and biomedical parallels: *Avarana* is comparable to insulin resistance and lipid-induced metabolic dysfunction, while *Dhatukshaya* aligns with cellular degeneration and energy depletion observed in uncontrolled diabetes. The paper also discusses *Prameha* (a pre-diabetic condition) and its progression to *Madhumeha*, emphasizing factors such as diminished *ojas*, disturbed *doṣas*, and impaired *agni* (digestive/metabolic fire). The study highlights inconsistencies between classical and modern interpretations to support integrative diagnostics and therapeutic approaches. A model is proposed recognizing *Dhatukshaya* and *Avarana* as complementary pathological factors, guiding Ayurvedic treatment methods like *Apatarpana* (depleting therapies), *Brimhana* (nourishing therapies), and *Shodhana* (purificatory procedures). This integrated approach enhances understanding of *Madhumeha* and supports the development of personalized, collaborative management strategies between Ayurveda and biomedicine.

Keywords: *Madhumeha*, *Dhatukshaya*, *Avarana*, *Diabetes Mellitus*