



Ayurvedic management of prameha-pidaka-A case study

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ABSTRACT

Diabetes mellitus is a common chronic metabolic disorder prevalent all over the world. Upadravaswarup prameha pidka occurs . In prameha pidaka shodhan and shaman therapy play important role . Virechana is the Shodhana procedure that is specific for the elimination of vitiated Pitta and Kapha doshas. Shaman treatment is overcome the symptoms .In this case study, a male patient 64 years with having diabetes mellitus since 15 yrs on anti diabetic therapy .He having a c/o pramehapidaka[boils] all over body, burning sensation at that boils ,pain ,irritation . In today's stressful modern living, incidence of Diabetes is definitely increasing therefore shodhn and shaman threpy useful Advised shodhan chikitsa and shaman chikitsa

KEYWORDS : pramehapidka ,shodhan chikitsa ,shaman chikitsa

Introduction:

Ayurveda is ancient science of medicine .*Samprapti* and *Lakshana* (Pathogenesis and signs-symptom): *Madhumeha* is incurable and caused by aggravation of vata. Naturally, ojas is of sweet taste. Due to the roughness, vata converts it into that of astringent taste and takes it into the urinary bladder; this causes *madhumeha* (Diabetes mellitus)¹. Patients pass urine sweet (Su.Ni-6 /5) and astringent taste, pale in color and uncontrol BSL *Madhumeha roga* is arising by two ways:

1. Aggravation of *vata*, due to *dhatukshya* (body constitution)
2. Obstruction to the *srotas* (channels)

Etiological factors aggravate, *kapha dosha* and *medo dhatu*, which leads to obstruct the channels and increases the *vata*, finally manifest the *Madhumeha*. On the other hand, mental stress and stain, food, drinks and activities that increases the *vata* and *dhatu kshya* causes aggravation of *vata* and leads to *Madhumeha*. These types of patients are generally emaciated and *updrav* of *prameha* is *prameha pramehapidka*. In *pramehapidk*(boil) all over body, burning sensation, pain are symptoms

Case report:

A 64 years old patient from Mumbai complains with *pramehapidaka* all over body, pain, burning sensation with k/c/o DM since 15 yrs .

Following treatment was **started for 7 day for pachan**

1. *shunthi dhanyak sidha kwath* 30ml BD
2. *arogyawardhini vati* 1BD
3. *panchavalkal kashaya dhavanarth*
4. *gandharva harithaki* 5gm at night

After 7 day panchtikth gruth for snehapan in increasing matra up to shehasidhi lakshana. After 2 days rest patien Purvakarma - shehan swedhan done

Pradhan karma- virechan yog

Indravaruni kwath 30ml

Yeranda tail-20ml

Ichhabhedi vati-1

Virechan shudhi madham

Pashath karma-sansarjan karma for 5 day

After 5 day shaman chikitsa

1. *kokilaksh kashaya+paripatadi kwatha* 30 ml bd

2. lodharasav 30ml BD**3. nisha amlki yog 5gm BD before meal****4. shathdauth gruth for local application****5. panchavalkal kashaya dhavanarth**

Above medication were continued for 1mth

Symptoms of pramehapidakama overcome and BSL in normal leval

Discussion :

The Procedure based (*Shodhan*) therpy ideal to make *Shodhan* effects on *kapha* and *vata* is *Virechan*. In Ayurvedic classics, *Shodhan* is indicated for *Balvan Pramehi* As *prameha pidaka* is *vata pradhan vyadhi* and *kapha* is predominant in all *pramehas*, *Tikshna Virechan* karma has been selected for the present well indicated for the *virechan* purpose in *prameha* by *Acharya Sharangdhara*, is study. *Ichhabhedi* , *indravaruni kwatha* , *yeranda tail* very selected as *Virechan* drug in this study on hypothetical basis.

Virechan Karmukatawa:

Acharya Charaka and *Vagbhata* have given brief description about *Virechan Karmuktwa* as follows:

The drugs which are *Ushna* , *Tikshna*, *Sukshma*, *Vyavayi* and *Vikashi* reach to the heart (*hridaya*) by virtue of their *virya* and *prabhava*, circulate through the micro & macro channels due to its *sukshma* and *vyavayi* properties and pervade the entire body. Then they liquify (*Vishyandana*) the *dosha samghata* by virtue of their *Ushna guna* and flaccid it and break it up (*Chhedana*) by their *tikshna* and *vikashi guna*. Thus *doshas* being broken up and floating in the body like kept in a pot smeared with honey and ghee. Then they flow towards the *pakwashaya* getting propelled down because of *Prithvi* and *Jala Mahabhuta pradhanya* and *adhobhagahara prabhava* of the drugs.

Sushruta added *sara guna* as a property of *Virechan* drugs .

According to *ayurveda* *prameha* is *santarpanjanya vyadhivyadhi* i.e *bahu drava shleshma*. *pramehapidka* is *updravaswarup vyadhi* in *prameha*.

In *Virechana* *toxicines* expelled out through anus and purification of body and shaman *chikista* help in overcome the disease.

conclusion:In *prameha pidhaka virechana karama* help in

elimination of vitiated **dosha** after that *shaman chikitsa* they may be helpful in overcome sing and symptoms of *prameha pidka* and complication.

Shodhan therapy (*Virechana karma*) is well known procedure for its Excellency to cure disease from the root cause and *shaman chikitsa* benifits in *prameha*

Before treatment: like this boils all over the body



AFTER TREATMENT:



References:

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