



AYURVEDIC MANAGEMENT IN MADHUMEHA (W.S.R) TO HBA1C- A CASE REPORT.

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ABSTRACT

India leads the world with maximum number of diabetes patients being termed as the "diabetes capital of the world". The prevalence of DM will be 5.4% by the year 2025, with the global diabetic population reaching to 300 million. In India, the prevalence rate of (DM) is 8.7%. Diabetes mellitus (DM) is one of the metabolic disorders in which hyperglycemia is present over a prolonged period in Type 2 diabetes. On the other hand, Ayurveda, a science of living has ability to treat diabetes in various ways like *Shaman chikitsa*, *Shodhan chikitsa*, *Pathya- Apathya*, yoga along with *Rasayana chikitsa* will always remain effective in the management of diabetes.

Background: A 49-year-old woman with normotensive having history of diabetes type 2 since 1 year. She came to our OPD with a FBS and PPBS moderately increase in level and poor control of HbA1c.

Methodology: when patient visited to our hospital she was already on metformin HCl (1000 mg) twice a day since 1 year. On the basis of pathological reports, the physician has advised to continue with same medication.

Results: With the above medication patient not got the satisfactory result in the symptomatology so, patient turned in to our system of medicine to control her symptomatology of diabetes. So with above complains and by assessing the *Prakruti, desha, kala* etc. we started with *Triphaladi kwath* 40ml bd before meal along with *Pathya Ahar* and *Yoga*. The patient started to recover her symptom gradually and within 1 month, she achieved normal blood sugar level.

Conclusion: The Ayurvedic treatment can be considered as most effective because of its ability to control level of sugar and also to overcome from symptomatology.

KEYWORDS : Pathya Ahar, Shaman Chikitsa, Madhumeha, Yoga.

INTRODUCTION

In Ayurvedic literature 20 types of Prameha¹ are described which are in general characterized by production of excess amount of urine Prabhootmutrata² and increased frequency of micturation Baram-baram mehati. Any of the twenty Prameha when left untreated is converted into Madhumeha (diabetes Mellitus)³ and patient passes large amount of sweet urine as madhu⁴ (glycosuria). Type II Diabetes Mellitus is a chronic metabolic disorder characterized by persistent hyperglycemia due to less production of insulin and increased resistance of insulin receptors (due to avaran of insulin receptors by meda dhatu) due to which glucose do not enter the cell effectively and remain in blood in high concentration. Diabetic patients present initially with polyurea (glycosuria), polydipsia and polyphagia. Due to above features DM is correlated with Madhumeha in Ayurveda in which patient passes large amount of sweet urine as madhu (glycosuria) and craves for excess food due to highly illuminated jatharagni by medavrita vata dosha. Mentioning about the causative factors of Madumeha,⁵ Acharya Charak says it occurs due to- inactivity or lack of exercise, excessive sleep, excess use of milk, milk products s/a- curd, use of gramya, audaka and anoop mansa, use of newly harvested cereals, use of jagger, sugar and their derivatives, use of other kapha promoting things. Similarly modern science says that in DM, hyperglycemia occurs by eating too much sugary food, drinking alcohol, not complying with body insulin or exercise. In present case study patient was took all guru Aahar and lake of exercise, and also having family history of (DM). she was started *Triphaladi kwath* 40 ml Bd *Pragbhakta*. she was informed that how to prepare *kwath*. *Triphaladi kwath* contain all *klednashak* and *meda nashak dravyas*, and having *vata kapha shamak properties*.

AIMS AND OBJECTIVE

- To study of effectiveness of *Triphaladi kwath* in management of *madhumeha*.
- To detail study about *madhumeha*.

MATERIALS AND METHODOLOGY

CHIEF COMPLAINTS: A 49 yr old female Patient having OPD no.06583 visited at 27/2/19 came in our SSNJ Ayurveda hospital Kayachikitsa OPD with complaint of Prabhut mutrata, pipasa, karapada suptata, kusdha, karapada daha (burning sensation in both the palms & soles) dhourbalya (general weakness) since 6 months and having history of diabetes since 1 years.

VARTAMAN VYADHI VRUTANT:

Patient was apparently normal before 1 yrs. She had only 1 complain that is *Dorbalyanubhuti* (general weakness). After that she go for routine checkup and she had diagnosed as (D.M). After that she had started the oral hypoglycemic medicine. She had also family history of (D.M). She want to stopped their all medication. And also strongly welling for Ayurvedic treatment. So, Patient came in OPD for stop their medication and take ayurvedic medication. Patient came with the complain of *Dorbalyanubhuti*, *karapada daha*, So patient was enrolled in our hospital, and treatment was started on OPD base.

VYAKTIGAT ITIHAS:

- Ahar- Heavy and gramyahaar seven (impropar diet), dadhi, payas (milk product), fatty diet- fish, eggs, chicken, matan, eggs, sweet items, Oily, spicy, fast-food,
- Vihar- her routine like Asayasukham (continuous setting position), diwaswap (day sleeping), less exercise.
- Vyasana: no any addiction
- Agni: Manda
- Kostha: Mrudu
- Nidra: Atinidra
- Occupational History: House wife
- Nature of life style: Sedentary life Style

GENERAL EXAMINATION

- Pallor – absent Tongue – clear Face redish swelling –absent

- Ahara –vegetarianand non- vegetarian. Rasa pradana-madhura rasa Nidra – atinindra Mutra-6-8 times/day 1-2 times/night Mala -1 time/ day, no constipation Sharira akrihi-madhyama wt-65kgs HT-5.1 inches Menstrual history- menarchea -12yrs, mc- regular, menopause – attained 6yr back

SYSTEM EXAMINATION All systemic examinations were normal.

DASHA VIDHA PARIKSHA

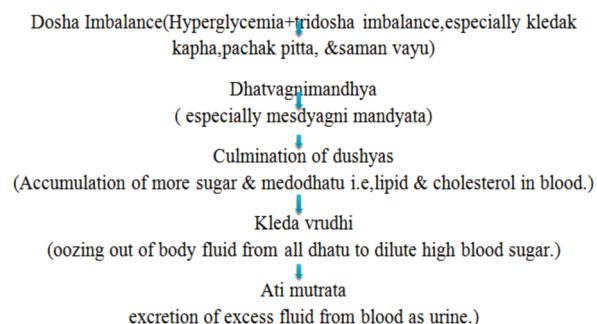
Prakriti –Kapha , Vata Vikriti - Kapha Sara -Madhyama Samhanana –Avara Satmya -Madhyama Satwa –Madhyama Pramana -Pravara Ahara Shakthi -Madhyama Vyayama Shakthi -Madhyama Vaya –Madhyama

Vikrut strotash parikshan

- Rasavaha strotash: Daurbalya, Alashya
- Raktavaha strotash: karapad daha , karapada suptata
- Annavaha strotash: kusdha
- Udakvaha strotash -Pipasa
- Medovaha strotash: Prabhut mutrata
- Majjavaha strotash: Atinindra

Samprapti:

Nidan Sevan(Hyperglycemic diet +lack of exercise)



Diagnosis: madhumeha (diabetes mellitus)

Treatment plan: Chikitsa Sutra:⁶

त्रिफलारग्ध्रपाठांससपर्णसवत्सकम् |
मुस्तंसमदनंत्रनम्बंजलेनोत्कृत्रितंत्रपवेत् || १० ||
तेनमेहादयोयान्तिनाशमभ्यस्यतो ध्रुवम् |
मािकालप्रयुक्तेनसिपपर्णसमुत्तितः || ११ ||

ch.su.23/10,11

- Aushadhi yoga :Triphaladi kwath
- Dose:20 ml Bd
- Anupan:koshana jala
- Aushadhi sevan kala: Praghbakta(before meal)
- Route of Administration :oral.
- Regimen :for 90 days.

Diet Pathya (Do's) Fruits (Guava, Lime, Pomegranate, Jujube, Indian goose beery); Vegetables (Fenugreek, Coriander leaves, Cabbage, Carrot, Cauliflower, Curry leaves, Drum stick leaves, Bitter gourd, Bottle gourd). Nuts (Coconut, Pistachio); Oils (Safflower oil, Sunflower oil, Castor oil); Pulses (Bengal gram, Green gram, Horse gram, Lentil, Red gram).⁷

Apathya (Don'ts) Fruits (Custard apple, Dates, Mango, Cherry, Grape, Orange, Strawberry, Pear); vegetables (Tomato, Spinach, Pumpkin, Ladies finger, Brinjal, Mustard leaves). Nuts (Cashew nut, Almond, Walnut); Oils (Ground nut oil); Pulses (Black gram).⁸

RESULT:Improvement in subjective symptoms and signs as following.

Table no.1 Criteria of Assessment.

No.	Observation	Before treatment 0 th day	After treatment 90 th day
1	Prabhuta Mutrata a) frequency	6-8 times/day 1-3 times /night	1-3 times/day 1 times
2	Pipasa	+++	-
3	Karapadadaha	+++	-
4	Karapadasuptata	++++	-
5	Kusdha	++	-
6	Atinindra	++	-
7	Daurbalyata	++++	-
8	Alasya	+++	-
9	Avila mutrata	+++	-

Table.no.2 Invesigation

Investigations	Before treatment	After treatment
1. FBS	164 mg/dl	132 mg/dl
2. PPBS	265 mg/dl	159 mg/dl
3.HbA1c	11 %	7.2%

DISCUSSION

Madhumeha is consider as a one the life style disorder in this modern era. Consumption of incompatible foods , junk foods and having the sedentary life style and avyayan which leads to obesity and then this leads to the indirect cause for the metabolic disorder like diabetes mellitus. So, only life style should be modified with the help of diet, exercises and ayurvedic medicine. In this case study patient was modified her life with diet, exercise and ayurvedic medicine and she got relief from their symptoms and good control on BSL. And she improved her HbA1c level. Triphaladi kwath possess Tikta, Rasa, Laghu, Rooksha guna, Usna Virya and Katu Vipaka⁹. It has Usna Virya which is mainly acts as a vata hara. It is having opposite qualities to that of Kapha and Medas. Hence it acts Mehahara. Triphaladi kwath has showed significant improvement in the symptoms of Madhumeha and blood sugar levels.

CONCLUSION

Hence, Triphaladi kwath which is easily made at home can cure the diabetes mellitus and proved that it works effectively in madhumeha.

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