



Role of Mustadi Yapan Basti in the Management of Diabetes Mellitus

KEYWORDS

mustadi yapan basti, prameha, diabetes mellitus.

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ABSTRACT *Diabetes Mellitus is a metabolic disorder of carbohydrate, fat & Protein metabolism caused because of absolute or relative deficiency of insulin secretion and insulin action or both.. In Ayurveda system of medicine, Prameha roga refers to a set of urinary disorders. Present article enlightens the theoretical review of efficacy of mustadi yapan basti in diabetes mellitus. Mustadi yapan basti due to its tikta rasa, katu vipak, ushna veerya and tridoshaghata may be helpful in reducing the sign and symptoms of the Diabetes mellitus and its complications by improving the functions of liver, kidney, by correcting the the avarodha formed by meda and kleda. Mustadi yapan basti is kaphashamak and also balya for mootravaha strotas can give symptomatic relief in Diabetic mellitus.*

INTRODUCTION

Diabetic Mellitus is silent killer, which is spreading as an epidemic all over the world. It is a metabolic disorder of carbohydrate, fat & Protein metabolism caused because of absolute or relative deficiency of insulin secretion and insulin action or both. Diabetes is fast gaining the status of a potential epidemic in India with more than 6 million diabetic individual currently diagnosed with the disease. Major concern for this huge increase is modernization of society, altered habits of life style and immense stress caused because of dreadful competitions

There are 2 main types of diabetes mellitus:

Type 1 DM results from the pancreas' failure to produce enough insulin. This form was previously referred to as "insulin-dependent diabetes mellitus" (IDDM).

Type 2 DM begins with insulin resistance, a condition in which cells fail to respond to insulin properly. As the disease progresses a lack of insulin may also develop. This form was previously referred to as "non insulin-dependent diabetes mellitus" (NIDDM)

Signs and symptoms

The classic symptoms of untreated diabetes are weight loss, polyuria (increased urination), polydipsia (increased thirst), and polyphagia (increased hunger). Symptoms may develop rapidly (weeks or months) in type 1 DM, while they usually develop much more slowly and may be subtle or absent in type 2 DM.

Several other signs and symptoms can mark the onset of diabetes, although they are not specific to the disease. In addition to the known ones above, they include blurry vision, headache, fatigue, slow healing of cuts, and itchy skin. Prolonged high blood glucose can cause glucose absorption in the lens of the eye, which leads to changes in its shape, resulting in vision changes. A number of skin rashes that can occur in diabetes are collectively known as diabetic dermadromes.

PRAMEHA

In Ayurveda system of medicine, Prameha roga refers

to a set of urinary disorders. Even though urinary system is directly involved in this disease, it is also closely related to other systems like Gastro intestinal, Lymphatic, Endocrinal, Circulatory systems etc.

Acharya Sushruta considered it under one among the eight grave diseases.

Word derivation of Prameha:

The word, Prameha is derived from the root 'mih sechane' meaning 'watering'. In reference to disease of human beings, it may have a meaning of passing urine, qualified by prefix 'Pra' meaning excess in both frequency and quantity.

Prameha is derived from Pra+Miha. A condition characterized by excessive outflow of urine (shabda kalpadruma)

Characteristic feature:

Frequent urge to pass urine (which may be excessive or scanty) is the cardinal feature of Prameha.

Types of Prameha –

Two main types of Prameha are described – sahaja and doshaja.

Sahaja refers to natural, which are originated due to the precipitating factors from the inherited or congenital factors.

Doshaja are the results of dosha vitiation.

Based on the clinical importance, two types are specified as –

Sthoola prameha (urinary disorders of stouts)

Krisha prameha (urinary disorders of lean)

General causes for urinary disorders:

Asyasukha (excessive food intake)

Swapnasukha (excessive sleep)

Dadhi (curd)

Gramya mamsa (meat of domestic animals)

Oudaka mamsa (aquatic animals)

Anupa mamsa (marshy animals)
 Payamsi (milk and milk products)
 Navanna (new grains)
 Gudavikriti (jaggery and its products)
 Kaphakara ahara (food and beverages increasing kapha dosha)
 Avyayama (sedentary life)
 Alasya (laziness)
 Sheeta-snigdha-madhura ahara (old, unctuous and sweet substances)
 Dravanna (excess liquid diet) etc

Origin of the disease:

Due to the above said factors, Kapha dosha is dominantly aggravated (in association with other doshas) and they affect medas (fat), mamsa (flesh), udaka (lymphatic channel/ endocrinal secretions) etc. Due to the abnormal digestion, the afflicted dhatu (tissues and their derivatives) are driven towards urinary system and the disease prameha is resulted. Based upon the dosha involvement their degree of affliction and gradation of the illness, various signs and symptoms are resulted.

Similarities of symptoms as per Modern & Ayurvedic Medicines

Polyuria - Prabhoothamootrata
 Polydipsia - Pipaasaadhika
 Weakness & fatigue - Daurbalyam
 Polyphagia - Kshudhaadhika
 Glycosuria - Mootramaadhurya
 Lassitude - Aalasya
 Increased turbidity & specific gravity of urine - Aavilamootrata

Classified as Maharoga because – it has tri-humoral vitiation (Sannipaataadoshadushti). Affects one of the most important vital organs – the urinary bladder (pradhaanamarma-vasti). Troubles for a long time (cirakaala). Causes numerous complications or secondaries like carbuncles (upadravarogas like pidaka).

MUSTADI YAPANA BASTI

The drugs in the Mustadi yapan basti might be able to break the pathophysiology of diabetic mellitus. All Ayurvedic principles were kept in mind while preparing Basti.

Contents and preparation of mustadi yapan basti:

Drugs used in Mustadi yapan basti as kwatha dravya are : Ushira(Vetiveria zizanioidis), Bala (Sida cordifolia), Aragvadha (Cassia fistula), Rasana(Pluchea lanceolata), Bibhitaka(Terminalia bellirica), Katurohini (Picrorhiza kurroa), Trayamana (Jentiana kuroo), Punarnava (Boerhavia diffusa), Manjistha(Rubia cordifolia), Gudhuchi (Tinosphora cordifolia), Shaliparni(Desmodium Gangenticum), Prushnaparni (Uraria picta), Gokshur (Tribulus terrestris), Kantakari (Solanum xanthocarpum), Bruhati(Solanum indicum) and Madanphala.(Randia spinosa). Kalk drugs used are : Shatpushapa (Foeniculum vulgare), Madhuyasti (Glycyrrhiza glabra linn.), Kutaja (Holarrhena antidysentrica linn), Rasanjana (Berberis aristata), Saindhava and Priyangu (Prunus mahaleb) with milk, Mudhu (Honey), Ghee and Mansarasa. Kwatha drugs used are Musta (Cyperus rotundus).

Preparation of Basti:

Bharad churana of all kwatha dravya mention above are taken with crushed powder of madan phala and then water added to it. By giving heat to the above liquid decoction is prepared adding the milk the de-

coction is further heated till the watery contains was evaporated and still milk is left alone. The above medicated milk taken and mix with the maansarasa, madhu, ghrita along with all prakshep dravyas. Mix all the contains and lukewarm the decoction and used for Basti

DISCUSSION

ROLE OF MUSTADI YAPAN BASTI IN PRAMEHA

As a whole the rasa, virya, vipaka, guna and doshaghata of mustadi yapan basti are as follows

Rasa: tikta, madhura

Vipaka: katu

Virya: ushna

Guna: laghu, snigdha

Doshaghata: tridoshaghna

Mustadi yapan basti is an emulsion of oil in water base prepared from mixture of honeny rock salt, lipid, medicinal powder decoction prepared with milk and meat soup given through rectal rout which is neither pass through upper gastrointestinal canal nor undergoing gastrointestinal enzyme transformation of digestion but directly absorbs through microvilli of rectum and sigmoid colon in the blood stream reach liver through mesenteric vessels, portal circulation and hepatic vessels. So transformation directly takes place in the liver, circulates systemic for cellular metabolism. In Ayurveda liver i.e, Yakruta is called as shonitprabhav which means it is basically formed by blood during embryology and the drugs used in the mustadi yapan basti are mainly tikta dravyas which are Raktaprasadak (purifies blood). Therefore these drugs helps in improving the functions of liver which is important organ in maintaining blood sugar level.

Prameha is the mainly disorder of kapha dosha (Bahudrava shleshma) and in the samhita it is stated that santarpan treatment is the first line of treatment in patients of prameha, mustadi yapan basti is mainly santarpaniya basti and the tikta rasa of the basti is Kaphahara although the milk and meat soup used in the basti helps in maintaining Bala of the patients

Meanwhile lipid soluble drugs in the basti absorbs lipid soluble toxic substances from lower intestinal colon along with water soluble waste materials expels out through rectum and anus. Basti having the properties of its best in Vata shodaka expels Vata dosha from pakwashaya and palliates Vata from whole body As mustadi yapan basti is prepared from the milk which is having the properties like sigdha, balya, rasayana, sheet veerya reduces vata properties and nourishes the pancreas which helps the organ to function well.

According to Ayurveda principal Kidneyis Rakta meda prasadaka i.e. its structure and function maintain by Rakta dhatu and meda dhatu. Diabetic mellitus is cause due to Kapha dosha vridhi with the dushya as the meda and mansa and vitiation of abaddha (Abnormal) meda dhatu and cause obstruction in mootravaha strotas which cause apan vayu karma vikruti and Vruksya (Kidney) rachanatamak (Anatomical) and kriyatamaka (Functional) vikruti (Abnormalities). Now mustadi yapan basti can remove the avarodha formed by meda and kleda, which is kaphashamak and also balya for mootravaha strotas can give symptomatic relief in Diabetic mellitus. Mustadi yapan basti with its Laghu, Ruksha guna and ushna virya might able to

break the avarodha of meda kleda, as it is given in form of Basti it will normalised the vyana vaayu . The above properties of Basti are suited for the condition of dosha dushya of the disease. The drugs in the Mustadi yapan basti might be able to break the pathophysiology of Diabetic mellitus

CONCLUSION

Mustadi yapan basti due to its tikta rasa, katu vipak , ushna veerya and tridoshaghata may be helpful in reducing the sign and symptoms of the Diabetes mellitus and its complications by improving the functions of liver , kidney, urinary bladder and by correcting the the avarodha formed by meda and kleda , which is kaphashamak and also balya for mootravaha strotas can give symptomatic relief in Diabetic mellitus

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