



ORIGINAL RESEARCH PAPER

Ayurveda

AYURVEDIC MANAGEMENT OF TYPE 2 DIABETES MELLITUS- A CASE STUDY

KEY WORDS: Gram negative, Multi-drug resistant, Colistin, Meropenem

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ABSTRACT

Diabetes mellitus (DM) commonly referred as diabetes, is a group of metabolic disorder in which there is high blood sugar levels over a prolonged period. Type 2 diabetes mellitus 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. There is growing evidence that the underlying determinants of diabetes are a reflection of the major forces driving social, economic, and culture change, globalization, urbanization, population aging and the general health policy environment. Since diabetes mellitus is a chronic disease for which there is no known cure except in very specific situations. Management of this disease mainly concentrates on keeping blood sugar levels as close to normal. Here Ayurveda being the science of life if followed properly encourages in proper management of diabetes mellitus with proper medical procedures and medicines. Hereby presenting a case of newly diagnosed type 2 diabetes mellitus patient treated completely using Ayurvedic principles.

Case:

Patient name-XYZ
Age- 54yrs
Occupation- Bank job
Sex- Male
Reg No-12123

C/O- Pain in lumbar region
-tingling sensation over left leg
-difficulty in walking

N/H/O- DM/HTN/PTB/BA/EPILEPSY
N/H/O-Malaria/Typhoid/Dengue/Jaundice/Chikengungunia
S/H/O-Laminectomy lumbar vertebrae operative
N/H/O-BT/Drug allergy
H/O- Tobacco since 40yrs
O/E-GC- Fair and afebrile

P-72/min
BP-140/90mmof hg

Investigations: BSL-F=128; PP=171
HbA1C-7.16

Treatment given:

- 1)Panchakarma-** Panchatikta panchprasrutik basti for 16 days (2 Niruha followed by 1 Anuvasan basti)
- 2)Orally-** Trayodashang guggul 2BD
Tab Calcium 1 OD
Cap Vitamin d3 once a week

Discussion:

Patient when came to the hospital was not having any signs and symptoms of diabetes mellitus instead he was admitted for the treatment of lumbar spondylosis. But as per the hospital protocol after doing all routine investigations, he was accidentally diagnosed with type 2 diabetes mellitus. A confirmatory test with HbA1C report was done to start the treatment of the newly diagnosed patient.

For treating this patient a panchakarma procedure called basti was selected as per the reference of charak sanhita called as panchatikta panchprasrutik basti. This basti was given for 16 continuous days and patient was asked to follow proper diet.

Mode of action of basti- Vata is the very active principle in pathogenesis, if we can control vata through the use of basti we can cure half the disease as diabetes mellitus type 2 can be associated with Madhumeha of sanhita which is type of Vtaj Prameha since Vata is the main etiological factors in the

manifestation of disease. The mucus membrane of the colon (where the drugs are pushed in the basti procedure) is related to the outer covering of peritoneum and hence medication given rectally goes into the deeper tissues and corrects the pathogenesis and nourishes them.

The basti procedure restores the balance of the vitiated Doshas and helps in treating disease. The drugs used in this procedure are Nimba, Bhunimba, Patol, Rasna, Saptaparna, kwatha for niruha and kalka of sarshap and ghee. All the above drugs have the properties to work against kapha which is one of the predominant factor or dosha for causing the disease and helps attaining the normal objective value.

Investigation after treatment BSL-F=99
PP=121

Conclusion : Hereby we can conclude that Ayurvedic principle when used wisely and with proper reference can definitely give good hand in the treatment of today's complicated disease. The treatment used here was purely ayurvedic without any interference of any other pathydrugs so as to bring out proper conclusion on the usage and efficiency of ayurvedic treatment.

NO	Name of book	Author	Publication	Edition
1.	Sushrut sanhita	Priyavat Sharma	Chaukhamba surbharti	
2.	Sarth Vaghbhat	Dr Ganesh Krishna Garde	Anmol prakashan	
3.	Charaksanhita Agnivesh Elaborated by Charak and redacted Drudh Бала	Acharya Vidyadhar Shukla And Prof Ravidat tripathi	Chaukhambha Sanskrit pratishthana	2007
4.	Ashtang Sangraha	Vridhha Vaghbhatacharya with the commentary Sashilekha by Indu	Chaukhambha surbharti pratishthan	2012
5.	API Textbook of medicine	Y.P.Munjal	Jaypee brothers medical publication	9 th edition