

CLINICAL EVALUATION OF PANCHTIKTA PANCHPRASRITIKI BASTI IN MADHUMEH

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ABSTRACT

Madhumeha is one of the four types of *Vatika Prameha* characterised by the passage of excessive quantity of urine having quality similar to *Madhu* (Polyurea & Glycosuria) along with the sweetness of the whole body (Hyperglycaemia). It is of two distinct types, one due to the aggravation of *Vata* on account of the *Dhatukshya* and the other due to *Kapha -Medaavarna* along with *Vata Prakopa*. Due to the similarity in etiological factors, signs and symptoms, treatment, and complications, *Madhumeha* is often compared with diabetes mellitus. Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin. *Acharya Charaka* stated *Panchtikta Panchprasritiki Vasti* in *Chikitsa of Madhumeha*. So, keeping this *Chikitsa* in mind, the topic "Clinical evaluation of the effect of *Panchtikta Panchprasritiki Vasti* in *Madhumeha* (Diabetes Mellitus type 2)" had been chosen for the present research work. For this present clinical study, 40 patients fulfilling the diagnostic criteria of *Madhumeha* were selected randomly from the O.P.D & I.P.D of Gurukul Campus, U.A.U, Haridwar. *Panchtikta Vasti* was administered for two consecutive sittings of 16 days along with an interval of 16 days in between each sitting. The therapeutic effect of the treatment was assessed which is based on both signs & symptoms and laboratory investigations. 12 patients showed moderate improvement (32.43%), 11 patients showed mild relief (29.72%), 10 patients showed marked relief (27.02%) 10 patients showed complete relief (5.4%) and 2 patients showed no relief (5.4%) *Panchtikta Panchprasritiki Vasti* re-

veals encouraging results by providing relief in symptoms of *Madhumeha*, and by reducing the Blood sugar level significantly.

Key words: *Madhumeha, Panchtikta Panchprasritiki Vasti, Diabetes Mellitus, Prameha.*

INTRODUCTION

Neglecting the basic principles of *Dincharya* and *Ritucharya* and adaptation to a sedentary lifestyle cause a number of diseases like *Madhumeha*, *Sthoulya*, *Vatrakta*, etc. *Madhumeha* is described as a type of *Prameha* further explained under the *Vataj* type of *Prameha*. *Acharya Sushruta* has stated that most of the *Prameha* get converted into *Madhumeha*, if not treated timely. The word *Madhumeha* is a combination of two terms *Madhu* (means honey) and *Meha* (means excessive flow respectively) i.e. excessive urination which is turbid in color. There is an involvement of *kapha* and *Pitta Dosha* in producing *Prameha* initially but over time as the *Samprapti* progresses mainly *Vata dosha* appears as the main culprit.³ Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin. It is estimated that 1.6 million deaths were directly caused by diabetes and its complications. On the basis of the latest data in 2018, W.H.O affirmed that about 422 million adults are living with diabetes all over the world⁵. According to the IDF, there will be 640 million patients by 2040⁶. It has turned out to be the biggest "silent killer" today in the world. Some data indicate that rates are roughly equal in women and men, but male excess in diabetes has been found in many populations with higher type 2 diabetes incidence. As per the high rate of increase in the diabetic population, it is clear that exact ways or remedies are still to be found. Diet control, lifestyle changes, and exercise is the measure that is accepted by scientists to control diabetes. With these measures' insulin administration and hypoglycemic agents are used, which control or subside the symptoms, but don't work on the root cause of the disease. Lots of research in *Ayurveda* have been done for the management of *Madhumeha* but very little work has been carried out on the *Panchkarma* aspect, especially on the effect of *Vasti*. Keeping this view in mind this

study was planned as a "Clinical evaluation of the effect of *Panchtikta Panchprasritiki Vasti* (*Ch. Si 8/8*)⁷ in *Madhumeha* (diabetes mellitus)." The principle of treatment of *Prameha* is a justified combination of *Aptarpana* and *Santarpanachikitsa*. *Samsodhana* is a very fast and effective *Aptarpana Chikitsa* and helps to break the *Samprapti* of *Srotosanga*. The condition of insulin resistance may be considered as *Sanga* type of *Srotodusti*, and this may be corrected by *Sodhana chikitsa* like *Virechana* and *Vasti*. *Vasti* is considered the best treatment for *Vata Vyadhi*⁸, hence this was decided to work on *Vasti karma* in *Madhumeha*.

MATERIAL & METHOD

AIMS & OBJECTIVES: Evaluation of the efficacy of "**PANCHTIKTA PANCHPRASITIKI VASTI**"⁹ in the management of **MADHUMEHA** (Diabetes Mellitus type 2).

PLAN OF STUDY

A) SELECTION OF PATIENT - Patients with classical features of *Madhumeha* were selected from O.P.D. and I.P.D. of the department of *Panchakarma* and *Kayachikitsa* Gurukul Campus, Uttarakhand Ayurveda University, Haridwar, irrespective of sex, religion, occupation, etc. A detail Performa was prepared on the basis of the Ayurvedic text and allied science. The patient fulfilling the inclusion and exclusion criteria were registered.

B) SELECTION OF DRUG: *Panchtikta Panchprasritiki Niruha Vasti* and *Panchtikta Ghrita* with *Murchita Tila Taila* siddha with *Panchtikta Dravya*

C) TYPE OF STUDY Single-blind study

D) DURATION OF STUDY 48 days

E) DRUG TRIAL SCHEDULE

Therapy – *Panchtikta Panchprasritiki Niruha Vasti* and *Panchtikta Ghrita* with *Murchita Tila Taila Siddha* with *Panchtikta Dravya*.

Quantity of Vasti Dravya –Panchtikta Niruha Vasti in a dose of 550 ml in the morning empty stomach.

Panchtikta Ghrita 60 ml with *Murchita Tila Taila* 60 ml in a dose of 120 ml, after a light meal in the morning.

Duration – Two courses of 16 days are scheduled with an interval of 16 days.

Drug review:

PHARMACO THERAPEUTICS OF DRUGS USED FOR VASTI:

Drug	Rasa	Guna	Virya	Vipaka	Doshagnata
<i>Saindhav lavana</i> ¹⁰	<i>Lavan, Madhura</i>	<i>Laghu, Snigdha, Tikta, Sukshma</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
<i>Tila</i> ¹¹	<i>Madhura, katu, tikta, kasaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatashamak, Kapha-Pittashamaka</i>
<i>Go-ghrita</i>	<i>Madhura</i>	<i>Guru, snigdha, mridu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-pittahara & tridosahara</i>
<i>Sarsapa</i> ¹²	<i>Katu, tikta</i>	<i>Snigdha, Tikshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamak</i>
<i>Rasna</i> ¹³	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-shamak vata</i>
<i>Nimba</i> ¹⁴	<i>Tikta, kasaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pita Shamak</i>
<i>Patol</i> ¹⁵	<i>Tikta</i>	<i>laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshashamak</i>
<i>Saptaparn</i> ¹⁶	<i>tikta, kasaya</i>	<i>laghu, snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pittashamak</i>
<i>Chirayata</i> ¹⁷	<i>Tikta</i>	<i>laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshashamaka</i>

PANCHTIKTA GHRITA

DRUG	RASA	GUNA	VIRYA	VIPAKA	DOSHAGHNATA
<i>Vasa</i> ¹⁸	<i>Tikta, Kasaya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta Shamak</i>
<i>Nimba</i>	<i>Tikta, Kasaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta Shamak</i>
<i>Patol</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha Shamak</i>
<i>Giloy</i> ¹⁹	<i>Tikta, Kasaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha Shamak</i>
<i>Kantakari</i> ²⁰	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata Shamak</i>

INCLUSION CRITERIA

1. Recently diagnosed cases
2. Patient with hyperglycemia taking irregular medication, no medication.
3. Patients between the age group of 30-70 year
4. If yes in any of three--

- Fasting blood glucose level >126mg/dl and < 250 mg/dl
- Post Prandial blood sugar level >200mg/dl and < 450 mg/dl.
- Glycated Hb >7% and <10%.

EXCLUSION CRITERIA

1. Patients of DM type 1.

2. Patient of DM type 2 on insulin.
3. Patient with complications i.e., renal failure, CAD, hemiplegia, critical neuropathy.

CRITERIA FOR WITHDRAWAL

1. Personal matters
2. Any serious complication develops which requires urgent treatment with any other drug therapy.
3. Fasting blood sugar rises to >200 mg/dl or post prandial blood sugar level increase to >350 mg/dl and are not controllable within fifteen days.

CRITERIA FOR ASSESMENT

Assessment of the effect of treatment was done on the basis of following objective & subjective criteria before & after the treatment schedule.

Sign & Symptoms -

1. Prabhutamutrata
2. Avila mutrata
3. Pipasaadhikyama
4. Atishudha
5. Karpaddaha
6. Shrama

Laboratory investigation -

Biochemical tests-

1. Blood sugar fasting, pp
2. HbA1c
3. Urine routine & microscopic

These investigations were done in all the patients before starting and after the completion of treatment.

OBSERVATION

In the present trial, a total of 40 patients were enrolled at the beginning in a group and 3 of the patients dropped out from this Group.

Registered	L.A.M.A.	Completed
37	03	40

Effect Of Vasti on Sign And Symptoms Ofmadhumeha (Wilcoxon Matched-Pairs Signed Rank Test)

Sign and Symptoms	N	Mean		Mean Diff.	% Relief	SD	SE	P Value	S
		BT	AT						
<i>Prabhuta Mutrata</i>	36	2.05	0.72	1.333	65.02	0.5345	0.08909	<0.0001	ES
<i>Avila mutrata</i>	29	1.448	0.7241	0.7241	50.00	0.6490	0.1205	<0.0001	ES
<i>Atishudha</i>	31	1.806	0.6129	1.194	66.11	0.7033	0.1263	<0.0001	ES
<i>Pipasadhikya</i>	32	1.531	0.6563	0.8750	57.15	0.6091	0.1077	<0.0001	ES
<i>Kar- pada daha</i>	33	1.909	0.4545	1.455	76.21	0.6170	0.1074	<0.0001	ES
<i>Shrama</i>	37	2.054	0.7568	1.297	63.14	0.7769	0.1277	<0.0001	ES

Effect of Panchtikta Panchprasritiki vasti was extremely significant in symptoms like *prabhuta mūtrata*, *Avila-mutrata*, *Ati shudha*, *pipasadhikya*, *shrama*(P<0.0001).

EFFECT OF VASTI ON BLOOD SUGAR FASTING AND POST PRANDIAL {Student t test (Paired)}

	Mean		Mean Diff.	% Relief	SD	SE	't' Value	P Value	S
	BT	AT							
BLOOD SUGAR FASTING	192.29	144.82	47.470	24.68	34.144	5.613	8.457	<0.0001	ES
BLOOD SUGAR PP	277.19	198.77	78.414	28.28	51.064	8.395	9.341	<0.0001	ES
HbA1C	9.172	7.111	1.461	15.92	1.196	0.1966	7.430	<0.0001	ES
GLYCOSURIA	1.852	0.5785	1.333	77.41	0.554	0.1068	12.490	<0.0001	ES

Panchtikta Panchprasritiki Vasti revealed extremely significant changes in terms of betterment found in Blood Sugar fasting, Blood Sugar pp, HBA1C, glycosuria, and HB% ($P < 0.0001$).

PERCENT RELIEF IN SIGN & SYMPTOMS (TOTAL BT- TOTAL AT) $\times 100$ / TOTAL BT

Sr. No	Symptoms of Madhumeha	(% Relief)
1	Prabhuta Mutrata	65.02%
2	Avila mutrata	50.00%
3	Atishudha	66.11%
4	Pipasadhikya	57.15%
5	Kar- pada daha	76.21%
6	Shrama	63.14%

This table shows the result in signs and symptoms after the treatment. In this there was maximum relief in symptom *Kar- pada daha* (76.21%), In this 66.11% of relief was seen in *Atishudha*, 65.02% relief in *Prabhutamutrata*, 63.14% relief in *Shrama*, 50.00% relief in *Avila mutrata*.

ROLE OF VASTI IN MADHUMEHA

As *Vasti karma* is the only procedure that does *Santarpan* and *Aptarpan* both according to the ingredients. It may be an identical treatment method for *Madhumeha* where *Santarpan* & *Aptarpan* are both required for the treatment according to the condition i.e., *Sihula pramehi* and *krishapramehi*. *Vasti* with properties of ingredients like *Laghu*, *Ruksha*, *Ushna*, *Vishada*, etc. acts on *kapha dosha* and *dushya* similar to the properties of *kapha*. In this way, *Vasti* performs *samana* of *kapha dosha* & *Prasadan* of *dushya*, and thus acts for *Samprapti Vighatana*. *Vasti karma* although considered the best treatment of *Vata dosha* indirectly is also effective on *Pitta* and *kapha dosha*. So, as a single procedure for the treatment of *Tridosha*, *Vasti karma* plays an effective role in a complex disease like *Madhumeha*. *Vasti* with its properties of *Shodhana* acts on *dhatu* specially on *Mamsa* & *Meda dhatu* in the context of *Madhumeha*. *Vasti* improves the *Agni* of all *dhatu* and specifically formulated *Vasti* for *Madhumeha* improves the *Agni* of *Mamsa* & *Meda dhatu* and in this way contribute to the breakdown of *Samprapti* of *Madhumeha*. Chakrapani explained “*Gudamulam Sareerasya*” i.e., *Guda* and the associated part of the colon has a complex of capillaries thus the absorption of the drug is fast to get into the systemic circulation.

PROBABLE MODE OF ACTION OF PANCHTIKTA PANCHPRASRITIKI VASTI

Sarshapa acts as *Kaphavata nashaka* due to its *Ushna* properties. All the *Panchtikta Dravya* are *Tikta Rasa Pradhana* with *Ushna Virya* which pacifies the *Vata* and *kapha*. These also act as *Deepana*, *Pachana*, and *Vedanasthapana*. So, help in the improvement of *Agni* and in turn *Samprapti Vighatana* of *Madhumeha*.

In *Madhumeha Bahudrava Shleshma* is present. These *Tiktarasa* and *Kashaya Rasa* drugs possess the *Kapha*, *Meda*, and *Kleda Upashoshana* properties. By the absorption of excessive fluid *bahudravatva* of *kapha* gets reduced in the body in turn *Prabhuta Mutrata decreases* and *Pipasa* also subsides. As *Madhumeha* is a result of the dysfunction of *Agni* specially *Dhatvagnimandya* is there. When the *agni* is disturbed, *dhatu*s are not produced properly. In this yoga, almost all the drugs have *Deepan* & *Pachanagunas* and *Katu rasa*, *Ushnavirya* that potentiates the *Agni* and helps in *Ama -Pachana*. Thus, helps to form the *dhatu*s in proper proportion with good quality.

Result- This study reveals that the effect of *Panchtikta Panchprasritiki Vasti* as extremely significant in symptoms like *Prabhuta Mutrata*, *Avila Mutrata*, *Atikshudha*, *Pipasadhikya*, and *Shrama* statistically and shows the extremely significant result on blood sugar level. There was a maximum improvement in

symptoms kar- pada daha (76.21%) and, Atikshudha (66.11%). There was a 65.02% improvement in Prabhuta Mutrata, followed by a 63.14% improvement in Shrama, and a 50.00% improvement in Avila Mutrata.

CONCLUSION

Madhumeha is a metabolic disorder and one of the four types of Vatika Prameha. Due to similarity in etiological factors, signs and symptoms, treatment, and complications, Madhumeha is often compared with Diabetes mellitus. Acharya Charaka has mentioned the role of Panchatikta Panchprasritiki Vasti in chikitsa of Madhumeha, so a clinical study was conducted on- "Clinical evaluation of the effect of Panchtikta Panchprasritiki Vasti in Madhumeha (Diabetes Mellitus type-2)". This Vasti contains Patola, Chirayata, and Neem having hypoglycemic properties and Rasna and Saptaparna have Vata Shamak properties so it has a special effect on Madhumeha. This Vasti works on the Dhatwagni level and helps in the production of Prashasta Dhatu. Panchtikta Panchprasritiki Vasti is effective and safe management of Madhumeha as it reduces elevated blood sugar efficiently. After the study it was concluded that the effect of Panchtikta Panchprasritiki vasti was extremely significant in symptoms like Prabhutamutrata, Avilamutrata, Atikshudha, pipasadhikya, shrama(P<0.0001).

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