

## TO STUDY THE CHARAKOKTA CONCEPT OF SANTARPANA KARMA IN MADHUMEHA AND ITS TREATMENT BY AMALAKI CHOORNA

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### ABSTRACT

Acharya Charaka indicated santarpana treatment in madhumeha patients. So, studying the necessity of santarpana in a particular stage of madhumeha is essential. Amalaki powder, potentiated 21 times by Amalaki swaras, is used as santarpana in Madhumeha management. **Aim & objective:** evaluate the role of Amalaki choorna based on Charakokta principals of Santarpana Karma in Madhumeha Methodology Prospective open randomised uncontrolled study. In this study, 30 madhumeha patients were treated with amalaka churna potentiated 21 times by Amalaki swaras for 6 weeks. **Analysis and Discussion:** The paper will discuss Statistical analysis and results in detail. **Result:** The results are encouraging. The theory shows relieving signs & symptoms of Madhumeha. Conclusion Improvement in symptoms and haematological parameters of Madhumeha.

### INTRODUCTION

Madhumeha is one of the diseases given prime importance in our literature as it is included in Mahagadhas, i.e. diseases challenging to treat. Madhumeha is a Santarpanjanya disease, but Acharya Charaka indicated Santarpan treatment in these patients. If apatar-

pan is given continuously, it causes complications of gulma, kshaya, mehan-basti shoola and mutragraha. So, studying the necessity of santarpana in a particular stage of madhumeha is essential. Amalaki powder was potentiated 21 times by Amalaki swaras as san-

tarpana in Madhumeha management. Amalaki is a very good rasayan and vrishya drug. According to Arundatta, Vaishnava indicates Santarpan karya. The signs and symptoms of madhumeha closely resemble Diabetes mellitus described in modern medicine, and Amalaki works on controlling blood sugar, reducing oxidative stress, and protecting against diabetic complications.

#### AIMS AND OBJECTIVES

1. To Study the Charakokta Basic Principle Santarpana Karma in Madhumeha
2. To evaluate the role of Amalaki choorna, which is 21 times potentiated by Amalaki swaras in Madhumeha
3. To assess the BSL lowering & anti-diabetic effect of Amalaki choorna.

#### Method and Material

**Type of Study:** Prospective open randomised uncontrolled study

Source of data: O.P.D and I.P.D. of M.A. Poddar Hospital Worli Mumbai 18

Drug Name: Amalaki choorna potentiated 21 times by Amalaki swaras

#### DOSE of drug - 5gm BD

Anupam: Luke, warm water

Time of administration: after a meal

**Duration of treatment** - 6 weeks.

**DIET** - Pathyakar Ahar, as mentioned in Madhumeha.

**FOLLOW-UP** - (1) Symptomatic improvement after every week.

(2) Lab Investigations will be done before and after treatment.

#### INCLUSION CRITERIA

1. Random selection of patients
2. Confirmed case of NIDDM.
3. Both sexes
4. A patient with clinical signs and symptoms of Madhumeha.
5. Age between 25 years to 65 years old.

#### EXCLUSION CRITERIA

1. B.S.L. (Post prandial) > 400mg/dl.
2. Pregnancy and lactating mothers

3. HIV Positive patients
4. All patients have acute or chronic complications like hyperglycemic coma, ketoacidosis, and infections like gangrene and cellulitis.
5. Age below 25 years and above 65 years old.
6. All patients have chronic complications of Diabetes mellitus like nephropathy, neuropathy, retinopathy, etc., with life-threatening symptoms

#### Investigation

1. **BSL**-Fasting and post prandial
2. **Urine**-Routine and microscopic
3. CBC and ESR LFT and RFT Lipid profile
4. **B.M.I**- Before and after treatment, the patient's BMI will be Calculated.

#### Criteria of Assessment

Assessment of patients was done on the following basis

*Prabhut mootrata, Daurbalya, Kshudhavruddhi, Pipasavruddhi, Naktamootrata, Svedatipravrutti, Hastapadtaldaha, Pipilika Sancharvat Prachiti* and on Haematological parameters

#### Mechanism of action of Amalaki choorna:

Amalaki choorna is responsible for the Shoshana of Kleda, Meda, Lasika, Sveda, Mootra, Pitta & Kapha, which are fundamental players in samprapti. It produces Laghuta in the body by Laghu guna. Deepen & Pachana are two facets of its properties that present it as an answer to the Agnidushti in the disease. The effect mentioned above helps reduce Angnimandya. Improved Jatharagni helps control the vitiation of Kapha while improved Dhatvagni ensures adequate nutrition of Dhatus and causes prakrit santarpana of all dhatus and dhatu-utpatti. Cardinal features like Trishnadhikya are relieved due to the madhur vipaka of Amalaki. Kleda & Meda are absorbed due to kashaya rasa. It also has sangrahi action that controls Bahumutrata. It is a shreshtha Vayasthapak dravya. Laghu and Raksha are two properties that go hand in hand with rasa and vipaka. They help reduce Kapha, Kleda, and Meda and also reduce body heaviness. Dhatu shraithilya is reduced with the Kledashoshaka and sandhanakara properties of Kashaya rasa. Tikta rasa also stabilises mansa dhatu, making it firm and compact. Rasayan is the other effect of the Amalaki

that can be understood. The altered nature of dhatus and derangement in metabolism can be corrected only by stimulating and supporting the formation of good quality dhatus. Eliminating vitiated Kapha and controlling other factors involved in the pathology is

one side of the treatment, but it will never be completed until good quality dhatus are formed. Amalaki is extensively used as an anti-diabetic, and extensive research has been done on its properties. Thus, it can be said that amalaki choorna is beneficial in Madhumeha chikitsa.

**Table 1: Effect of therapy on symptoms of 30 Patient**

S N	Symptom	Mean	S.D	S.E	Sum of all sign e d ranks	No. of Pairs	Z value	P
1	<b>Daurbalya</b>							
	B.T	1.367	1.066	0.1947	210	20	3.920	<0.0001
	A.T	0.566	0.5683	0.6644				
	Diff.	0.8	0.1038	0.1213				
2	<b>Kshudha-vruddhi</b>							
	B.T	1.367	0.9279	0.1694	256	23	3.918	<0.0001
	A.T	0.533	0.5713	0.1043				
	Diff.	0.833	0.6989	0.1276				
3	<b>Pipasa-Vruddhi</b>							
	B.T	1.067	0.8277	0.1511	190	19	4.568	<0.0001
	A.T	0.366	0.4901	0.0894				
	Diff.	0.700	0.5960	0.1088				
4	<b>Prabhut-mootrata</b>							
	B.T	1.867	0.7303	0.1333	253	22	4.107	<0.0001
	A.T	1.033	0.6149	0.1123				
	Diff.	0.833	0.5921	0.1081				
5	<b>Nakta-mootrata</b>							
	B.T	1.600	0.4938	0.0909	325	25	4.372	<0.0001
	A.T	0.733	0.5208	0.0950				
	Diff.	0.866	0.4342	0.0792				
6	<b>Svedatipravrutti</b>							
	B.T	1.367	0.8503	0.1552	276	23	4.197	<0.0001
	A.T	0.566	0.5683	0.1038				
	Diff.	0.800	0.4842	0.0884				
7	<b>Hastapadtaldaha</b>							
	B.T	1.167	0.8339	0.1523	231	21	4.014	<0.0001
	A.T	0.433	0.5683	0.1038				
	Diff.	0.733	0.5208	0.0950				
8	<b>Pipilika-sancharv at-prachiti</b>						3.128	
	B.T	0.933	0.8277	0.1511	121	16	3.128	<0.0001
	A.T	0.400	0.5632	0.1028				
	Diff.	0.533	0.6814	0.1244				

**Table 2: Showing Effect on Haematological parameters of 30.**

SN	Parameter	Mean	S.D	S.E	T- value	P-Value
1	B.S.L- Fasting	18.267	9.748	1.780	10.263	<0.0001
2	B.S.L-P.P	22.20	12.027	2.196	10.110	<0.0001
3	U.S-Fasting	0.70	0.4661	0.08510	8.226	<0.0001
4	U.S-P.P	0.7333	0.5208	0.09509	7.712	<0.0001
5	Total-Sr. Cholesterol	2.943	3.086	0.5635	5.223	<0.0001
6	Hb%	0.2433	0.5197	0.09489	2.564	0.0158
7	E.S.R	0.1	1.954	0.3567	0.2803	>0.05
8	Total R.B.C	0.1167	0.2379	0.04344	2.686	<0.05
4	Total W.B.C	10	238.31	43.510	0.2298	>0.05
5	S.G.O.T	0.3667	2.470	0.4510	0.8130	>0.05
6	S.G.P.T	0.06667	3.162	0.5772	0.1155	>0.05
7	Sr. Bilirubin	0.03333	0.1124	0.02053	1.624	>0.05
8	Sr. Albumin	0.02	0.0924	0.01688	1.185	> 0.05
9	Sr. Protein	0.04	0.1133	0.02068	1.934	>0.05
10	Sr. Creatinine	0.1	0.1447	0.02641	0.3786	>0.05
11	Blood urea	0.06667	2.377	0.4340	0.1536	>0.05
12	B.U.N.	0.08333	0.1984	0.03623	2.300	<0.05

**Table 3: Showing Total Effect of Therapy in 30 Patients**

Sr. No	Total Effect of Therapy Symptom	No. of Patients	%
1	Cured	00	00%
2	Markedly Improved	02	6.67%
3	Improved	28	93.33%
4	Unchanged	00	00%

## DISCUSSION

Madhumeha has two etiological factors, one **Santarpankar** and the second **Apatarpankar**. Excess of deranged Shleshma, Meda, Kleda, Vasa, Lasika, etc. aggravated vata produces various pathophysiological changes in the body, producing symptoms like Prabhatamutrata, Avilamutra, Pipasa, Daurbalya, Alasaya etc. leads to structural as well as functional abnormalities in the body. In the pathogenesis, more or less, every element is involved, concluding the disease of vast systemic considerations. Madhumeha vyadhi mainly occurs after the 4th decade of life.

The effect of Amalaki choorna on Daurablya 58.54%, Kshudhavruddhi 60.97%, Pipasavruddhi 65.63%, Prabhutmootrata 44.64%, Nakta-mootrata 54.17%,

Svedatipravrutti 58.54%, Hastapadtaldaha 62.85% and Pipilika sancharavat prachiti 57.14%. also highly show statistically very highly significant. This study's **effect of therapy on haematological parameters** means differences in B.S.L fasting and post-prandial were 18.267 and 22.20, respectively, which were found statistically substantial by paired “to test ( $p < 0.0001$ ). Mean differences in urine sugar fasting and post-prandial were 0.70 and 0.7333, respectively, which are also statistically significant. The mean difference in Sr. cholesterol was 2.943, which was statistically substantial. In this study, mean differences in E.S.R, Total WBC, SGOT, SGPT, Sr. Bilirubin, Sr. Albumin, Blood Urea, Sr. total protein, Sr. creatinine Blood urea and blood urea nitrogen were 0.1, 10.3667, 0.06667, 0.03333, 0.02, 0.04, 0.1 and 0.06667 respectively Found statistically insignificant by paired test ( $p > 0.05$ ). The mean differences

in Hemoglobin, Total R.B.C. count and Blood urea nitrogen were 0.2433, 0.1167, and 0.08333, respectively. This increment in Hb with total R.B.C. count and reduction in blood urea nitrogen was statistically significant when tested by paired  $t$  test. ( $p < 0.05$ ). Thus, we can say that Amalaki choorna is effective only on Hb, Total R.B.C. count and B.U.N out of all the above haematological parameters. In the present study, out of 30 patients of Madhumeha, 2 (6.67%) patients were markedly improved, while 28 (93.33%) patients were improved. No one patient was cured completely or remains unchanged.

## CONCLUSION

This shows that Amalaki choorna is effective in relieving signs & symptoms of both Madhumeha and Diabetes Mellitus type 2. But it is not the perfect master treatment to cure either Madhumeha or Diabetes Mellitus in 6 weeks. More extended duration assessment is required for that. But these effects give us hope for a cure for Madhumeha or Diabetes Mellitus.

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