

**ROLE OF VIRECHANA IN THE EFFECTIVE MANAGEMENT OF DIABETES MELLITUS W.S.R. TO PRAMEHA - A CASE STUDY****[Vaishnavi Joshi](#)<sup>1</sup>, [Rajendra Huparikar](#)<sup>2</sup>**<sup>1</sup>3<sup>rd</sup> Year PG Scholar, <sup>2</sup>Guide

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**Article Received:** 30/05/2021 - **Peer Reviewed:** 10/06/2021 - **Accepted for Publication:** 11/06/2021**ABSTRACT**

Diabetes Mellitus refers to a group of common metabolic disorders that share the phenotype of hyperglycemias. Depending upon factors contributing to hyperglycemia include reduced insulin secretion, glucose utilization and increased glucose production. Diabetes mellitus is now become most common among all diseases in the present era. In India, this is increasing rapidly and seems that India is going to be capital of Diabetes Mellitus in next coming years. According to *Ayurvedic* texts, *Acharya Charaka* has explained about *Prameha* which can be compared with Diabetes Mellitus. The main symptom of *Prameha* is '*Prabhuta Avila Mutrata. Tridosha dushti* in *Prameha* progressively leads to affect *Rasa, Meda, Shukra, Ambu, Lasika, Majja* and *Oja*. All these affected *Dosha* and *Dushya* influence *Basti* and manifest the symptom like '*Prabhuta Avila Mutrata*'. *Virechana* was given in this case because *Acharya Charak* has mentioned *dushti* of *Kapha, Pitta* and *Vata* is present in *Prameha*. *Phalashruti* of *Virechana* says that there is elimination of *Dosha* in the sequence of *Vit (mala), Pitta, Kapha, Anil*. Hence role of *Virechana* is important in the *Chikitsa* of *Prameha*.

**Keywords:** Diabetes Mellitus, *Prameha*, *Samshodhan*, *Virechan*.

## INTRODUCTION

Diabetes mellitus can be produced by decreased insulin secretion decreased glucose utilization. Diabetes mellitus literally means to insufficiency of insulin. It is produced by beta cells of pancreatic islets of pancreas. Glucose is the key regulator of insulin secretion by pancreatic beta cells although amino acids, ketones, various nutrients, gastrointestinal peptides and transmitters also influence insulin secretion. Pancreas situated at the junction of *Amashaya* and *Pakvashaya* i.e. *Pittadhara kala*.

*Pittadhara kala* is nothing but the *Grahani*. Hence in the *Samprapti* of *Prameha* mainly affected organ is *Grahani*. *Virechana* is the purifactory procedure especially for *Paittika* diseases. It is also useful in disorders in which *Pitta* is affected with *Vata* and *Kapha dosha*. (*Cha.su.25/40*, *AH.su1/25*). To evacuate morbid *Doshas* by targeting the *Mulasthanas* of *Pitta* and *Ashay* of *Pitta* is quite effective. Hence, administration of *Virechana karma* in management of *Prameha* is thoughtful because of its simplicity, eliminating the *Dosha* in more quantity and less stress.

### CHIEF COMPLAINTS

Weight gain, frequency and urgency urination (10-12 times/day), tingling sensation over both feet, feeling of heaviness in whole body, fatigue, joint pain, morning stiffness of all joints, excessive sweating, all above symptoms since 6 months.

### H/O OF PRESENT ILLNESS

A male patient aged about 30 yr. C/o weight gain, frequency and urgency urination (10-12 times/day), tingling sensation over both feet, heaviness in whole body, fatigue, all joints pain, morning stiffness of all joints, excessive sweating all symptoms about since 6 months. Hence for further management he came to hospital.

### CRONOLOGY OF SYMPTOMS

- He was working as a surgeon, having habits vizly alcohol, non-vegetarian food, untimely food.
- There was no history of Diabetes Mellitus on the maternal and paternal side.
- When he suffered above symptoms, his RBS was found to be 214 mg/dl. His fasting blood sugar level was 146.9 mg/dl and post prandial blood sugar level was 200 mg/dl.
- His HbA1c was found to be 8.0
- The range of RBS was found to be in between 140 mg/dl to 300 mg/dl till the date before starting treatment.
- He followed diabetic diet, however no depletion in symptoms were observed even after six months.

### ETIOLOGY AND AYURVEDIC PARALANCE

Spicy food, junk food (*ch.chi.29/5*)

Irregular food habits, having street food, stale food.

Irregular bowel habits, (*Ch.Chi.15/4*)

Day time sleep, excessive sleep, excessive curd consumption,

Consumption of excessive milk products. (*Ch.Chi.6/4*)

### SYMPTAMATOLOGY AND AYURVEDIC PARLANCE

Patient was in the state of *Bahudoshavastha*. He had developed complaints like *Avipaka*, *Aruchi*, *Sthaulya*, *Panduta*, *Gaurava*, *Klama*, *Kandu*, *Aalasya*, *Shram*, *Dourbalya*, *Daurgandhya*, *Shleshmapittotklesha*, *Atinidrata*.

(*Ch.Su.16/13-16*)

Excessive sweating, fatigue, lethargy.

Slumber time in day.

Tingling sensation on both feet.

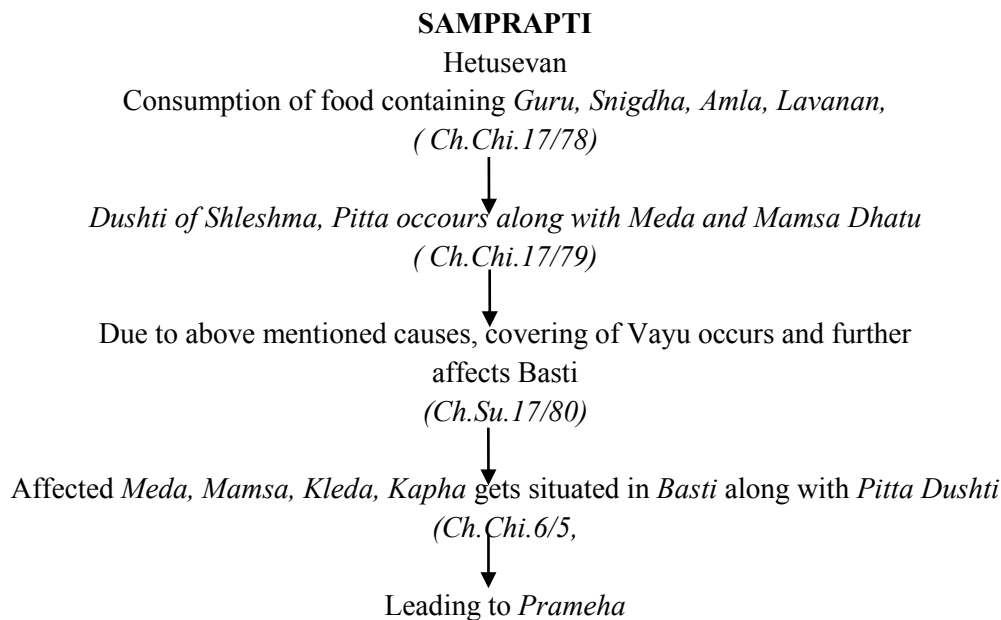
Weight gain.

Frequency and urgency of urination (10-12 times/day)

Heaviness in whole body. (*Ch.Chi.6/13,14*)

## VARIOUS CAUSES OF PITTA AND KAPHA PRAKOPA IN THIS PATIENT

Bakery products, fruit juices, irregular time of food consumption, sleeping habitat daytime, stress, unhygiene.



## TREATMENT

1. *Samshodhan and Langhan in Kapha Pradhan Prameha*  
*Virechan in Pitta Pradhan Prameha. (Ch.Chi.6/25)*
2. Elimination of *Dosha* from the nearest route. (*Ch.Su.16/13-16*)

**Table 1:** *Virechana* was planned on these lines with the following mode of treatment.

MODE OF TREATMENT	USED DRUGS
<i>Rukshana, Deepana, Pachana</i>	<i>Mustadi kwatha ( cha.u.23/12,13)</i>
<i>Abhyanga</i>	<i>Dhanwantara taila</i>
<i>Shashtik shali pinda sweda</i>	<i>Bala pottali</i>
<i>Sneha pana</i>	<i>Dhanwantara Gruta (A.H.chi.12/20-24)</i>
<i>Virechana, Virechanopag</i>	<i>Trivritta avaleha 50 grms, Aargvadh, Mrudvika phant</i>
<i>Peyadi sansarjan krama</i>	<i>Madhyam suddhi sansarjana karma</i>

## MODE OF ACTION OF VIRECHANA

There is predominance of *Prithvi* and *Jala Mahabhuta* in *Virehana Dravya*. Both of above have natural tendency to move downwards and hence they can assist in induction of *Virechana*. Drugs capable of inducing *Virechana* possesses *Ushna, Tikshna, Sukshma, Vyavayi, Vikasi* properties. The *Ushna* property may assist in increasing the quantum of *Agni*. It can cause *Vishyandana* i.e. oozing of the *Dosha* in the *Koshtha* from where they can be readily expelled out. Due to *Tikshna* property, drug is able to disintegrate the *Sanghata* of *dosha*. Due to *Vyavayi* property, such a

medicine is able to spread in the whole body prior to its elimination.

*Virechan* drug possessing above properties reaches the *Hridaya* by virtue of its *Veerya* and then following the *Dhamani* it pervades the whole body through *Sthoola* and *Sukshma Strotas*. As *Snehana* and *Swedana* are performed prior to *Virechana*, in a *Snigdha* body *Dosha* smear easily without any obstacle and comes easily to *Pakvashya* from where *Virechana* evacuates them. In the above process the association of *Hridaya* can be understood in two ways. *Hridaya* can be taken as centre of local nerve plexus upon which the drug

may act. The meaning of word *Hridaya* in sense of some centre of brain or nerve plexus of abdomen can be well understood in the context of mode of action of *Ghreya yoga* of *Virechana*. *Virechana* is the best treatment of *Pitta vikara* and also *Kapha* situated in *Pitta sthana*. Here *Mulasthana* of *Pitta* is *Grahani* hence to purify *Grahani*, *Virechana* is the best choice. According to *Charakacharya poorvaroopo* of *Prameha* occurs due to *Meda*, *Majja*, *Rasa*, *Rakta dushti*. *Acharya kashyapa* mentioned that *Shuddhi* of *Sapta Dhatu* takes place by *Virechana karma*. It removes *Avaran* (cover) of *Kapha* and *Vata* and improves

*Meda Dhatwagni*. Ultimately *Kleda* and *Meda vrudhi* decreases. *Mutravaha*, *Medovaha*, *Udakvaha strotoshuddhi* is possible due to *Virechana*. The most important thing is *Prameha* occurs as *Santarpan janya vyadhi*. Any kind of *Shodhan* is required for these *Santarpan janya Vyadhis*. *Virechana* is mentioned in the *chikitsa* of *santarpan janya Vyadhi*. It flushes out all unwanted *Ambu*, *Sweda*, *Kleda*, *Meda* from body. And hence according to *Charakacharya Virechana* is most effective treatment in the *Prameha Vyadhi* (Diabetes mellitus).

**Table 2: RESULTS**

Before treatment	After treatment
Weight – 82 kg	Weight -72 kg
Range of GRBS 140-300mg/dl	Range of GRBS 110-170mg/dl
HbA1c – 8.0 %	HbA1c – 6.8%
FBGS -146mg/dl	FBGS-110mg/dl
Post prandial – 200mg/dl	Post prandial- 124 .1mg/dl
Frequency urination -10to 12 times /day	Frequency of urination -6to 7 times /day
Fatigue, joint pain, heaviness,tingling sensation over both feet	Reduction in all symptoms is markeble.

## DISCUSSION

*Virechana karma* removes *Bahudrava Shleshma*, excessive *Ambu*, *Kleda* which all leads to *Prameha* .one can achieve *Dosha –Dhatu* equilibrium in *Prameha* with the help of *Virechana*. In *Prameha* there is mainly *Dhatwagnimandya*, to conquer this *Agnimandya* treatment of *Pitta* is very important. Due its *Ushan*, *Tiksha*, *Vyavayi*, *Vikasi*, *Sukshma*, *Laghu* properties the evacuation of all morbid *Doshas* from *Shukshma Strotas* and *Agnivruddhi* can be achieved. Properties of *Kleda*, *Meda*, *Rasa*, *Ambu*, *Majja* which mainly get affected in *Prameha* are exactly opposite to properties of *Virechana dravya*. Hence one can achieve the goal of treating the *Prameha* successfully.

## CONCLUSION

In this case, here are three key points that are to be studied. The treatment principle that is used in this case, role of drugs which has used in this treatment protocol. While going through principle of treatment *Acharya Charak* has mentioned that when there is

*Vruddhi* of *Kapha*, *Kleda*, *Meda*, *Vaidya* has to focus on *Kpha Pitta Dosha*. Due to *Ushan*, *Tiksha*, *Vyavayi*, *Vikasi guna* of *Virechak dravya* morbid doshas like *Kleda*, *Meda*, *Kapha* can be eliminated. By applying principle of *Samanya Vishesh Siddhant*. *Trivutta* is *Kashay rasatmaka*, *Katu Vipaki* and having properties like *Ruksha*, *Kaphapitta Prashamani*, *Sarvarogahra*. Hence again by applying principle of *Rhasa* of morbid *Dosha* can be achieved by using *Vishesh* (opposite properties) *Gunatmak Dravya*. Hence *Trivrutta Avleha* is used in this patient.

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