

**MADHUTAILIKA BASTI: A BOON IN MADHUMEHA MANAGEMENT W.S.R TO DIABETES MELLITUS - A SINGLE CASE STUDY**Deepak Rathee<sup>1</sup>, Shaila Borannavar<sup>2</sup>, Ananta S Desai<sup>3</sup>

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**ABSTRACT**

Madhumeha is called 'Richman's Disease' in which Mutra (urine) of the patient attains similar property like those of Madhu (Honey). In modern science, it has been compared with Diabetes Mellitus. Diabetes Mellitus is a metabolic disorder of carbohydrate, fat & protein metabolism caused because of an absolute or relative deficiency of insulin secretion and insulin action or both. A 56-year-old patient was admitted to the male panchakarma ward with complaints of Prabhūta mūtrata (polyurea), Kshudha vrudhi (polyphagia), pipasa vrudhi (polydipsia), Dourbalya (general weakness), Paridaha (burning sensation), kandu (itching) and was diagnosed with diabetes mellitus based upon the symptoms. Basti karma has been explained as one of the effective panchakarmas in the management of various diseases. Madhutailikavasti Basti has been indicated in the management of prameha. So, in the present study, the patient was treated with Madhutailikavasti basti and it showed effective results in the management of Madhumeha.

**Keywords:** Prameha, Diabetes mellitus, Madhumeha, Madhutalika Basti.

## INTRODUCTION

Diabetic Mellitus is a metabolic disorder of carbohydrate, fat and protein metabolism caused because of an absolute or relative deficiency of insulin secretion and insulin action or both. Acharya Charaka explains it as a lifestyle disorder, which occurs due to living a sedentary lifestyle like overindulgence in heavy and richly nutritious food, daytime sleep, lack of exercise, and not doing seasonal purifications.[1] Long-term complications of diabetes mellitus include retinopathy, nephropathy and neuropathy. The risk of cardiovascular disease is increased.[2]. In Madhumeha the mutra of the patient attains consistency like that of madhu hence referred to as Madhumeha also when the other prameha is left untreated it leads to a complication called Madhumēha.[3]. In today's era Madhumēha has become a problem of concern that leads to severe health effects. Various drugs and panchakarma have been explained in the Samhita's among which basti gives promising results. Hence, in the present study role of Madhutailikavasti basti has been studied in the management of a patient diagnosed with Madhumeha. Diabetes is fast gaining the status of a potential epidemic in India with more than 6 million diabetic individuals currently diagnosed with the disease. Even though both type 1, and type 2 DM are common, the prevalence of type 2 DM is rising much more rapidly. There are 2 main types of diabetes mellitus [4]: Type 1 DM results from the pancreas's 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)

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 – Aavilam mootrata

### AIM AND OBJECTIVES:

1. To study the effectiveness of Madhutailikavasti basti in Madhumēha when administered in kala basti pattern.
2. To study the etiopathogenesis of Madhumēha.

### CASE REPORT:

A male patient aged 56 years was normal before one year then got infected with the covid virus and later was diagnosed with diabetes mellitus. He had complaints of frequent urination, frequent thirst, burning sensation insole, a generalized weakness for 2 months. Blood investigations were done and his FBS was 156mg/dl and PPBS was 265 mg/dl, HbA1C 8.4% and urine routine and microscopic showed traced sugar. He was on hypoglycaemic drugs and along with basti was planned for him in kala basti pattern. The patient showed good glycaemic control and a significant reduction in symptoms after 1 month.

### MATERIALS AND METHODS

Place of study: SJIM Hospital, Government Ayurveda Medical College, Bangalore.

Name of patient: xxx, Reg no: OPD .no – 000142, Age: 56 years

Gender: male weight - 65kg and Height – 162cm

Chief Complaints: complaints of frequent urination, frequent thirst, burning sensation in soles, generalized weakness since 2 months.

Personal History: mentioned in Table 1

**Table 1:** Personal History

Wakes up at 6:30 AM	Sleeps at 12:30 AM
Appetite	Increased
Sleep	Disturbed
Micturition	Day time – 7-8 times, night – 3-4 times
Bowel	Twice a day
Habits	Coffee: twice a day

### General Examination

Consciousness – Conscious, General appearance – Normal, Built – Moderate, Pallor – Absent, Icterus – Absent, Cyanosis- Absent, Clubbing – Absent, Oedema – Absent, Lymphadenopathy – Absent, Gait – Normal

### Dashavidha pareeksha

Prakriti – Vata kapha, Vikriti- Dosha: Vata pradhana tridosha; Dushya: medha, raktha, sukra, ambu, vasa,

lasika, majja, rasa, ojas and mamsa, Sara- Madhyama, Samhanana- Madhyama, Satmya- Madhyama, Satva- Madhyama, Pramana – Madhyama, Ahara Shakthi- Madhyama, Vyayama Shakthi- Madhyama, Vaya- Madhyama

**Investigations:** FBS, PPBS, HbA1C

**Diagnosis:** Madhumeha (Diabetes Mellitus)

**SUBJECTIVE PARAMETERS:**

**Table 2:**

Symptom	Normal (0)	Mild (2)	Moderate (4)	Severe (6)	Findings
Weakness	Perform Normal Activities	Feels Weak on Long Walking	Feels On Performing General Activities	Unable To Perform General Activities	4
Burning Sensation	No B.S.	Occasional	Regular B.S.	Persistent	2
Vertigo	No	Occasional	Unable To Work Properly	Persistent	0
Insomnia	6hr	6-4hr	4-2hrs	Less Than 2hrs	2
Tingling Numbness	No	Occasional	At Palm and Feet	Persistent	2
Itching	No	Itching With Skin Rashes Over Limbs	Itching With Skin Rashes on Body	Persistent Itching	0
Polyurea	Frequent 3-4 Times	5-8 Times	9-12 Times	>12 Times	2
Polyphagia	2 Times Per Day	3-4	5-6 T	>7 T	2
Polydipsia	3-4 T	5-8 T	9-12 T	>12 T	2
Total	0	18	36	54	16

**Assessment:** if score 0-18: Mild, if score 18-36: Moderate, if score 36 and above: severe

### Objective Parameters

**Table 3:**

	Impaired Fasting Glucose	Impaired Glucose Tolerance	Diabetes Mellitus	Result
Fasting Plasma Glucose	110-125 mg/dl	<126mg/dl	>126 mg/dl	156mg/dl
2 hr ppbs	140mg/dl	140-199mg/dl	>200mg/dl	265mg/dl

HbA1C > 6.5: RESULT: 8.4%

**Treatment Planned:** Madhutailikavasti Basti

**Table 4:**

Madhu	60ml
Saindhava	12gms
Murchita Tila Taila	60ml
Shatapushpa kalka	15gms
Erandamooladi Kashaya	350ml
Total	470 ml

**Anuvasana Basti:** Murchita Tila Taila: 60 ml

**Basti Schedule:**

	N	N	N	N	N	N		
A	A	A	A	A	A	A	A	A

Follow up: after 18 days

**INVESTIGATIONS**

Date: 05/08/2021, FBS: 156mg/dl, PPBS: 265mg/dl,

HbA1C: 8.4%

Diet Pathya:

- Fruits- Guava, Lime, Apple
- Vegetables: Coriander, Cauliflower, Curry leaves, Drumstick leaves, Bitter Gourd
- Oils: Sunflower oil, Castor oil
- Pulses: Green gram, Bengal Gram, Horse gram, Lentil, Red gram

Apathya:

- Fruits: Mango, Cherry, Grape, Orange, Strawberry, Pear

- Vegetables: Potato, Spinach, Pumpkin, Ladies finger, Brinjal.
- Oils: Groundnut oil
- Pulses: Black gram

**RESULTS:** Madhutailikavasti basti is specifically indicated for the management of prameha. Here Madhutailikavasti basti was given to the patient along with some diet control and it showed significant results after the basti completion and during follow up. There was a reduction in the blood glucose levels along with complete relief in symptoms like pada daha (burning sensation), Anidra (insomnia), karapada suptata (numbness of both palms and feet). (Table 5 & 6)

**Physical Parameters:**

**Table 5**

Symptoms	Findings Before Treatment	Findings After Basti Karma	Findings After Follow Up
Weakness	4	2	1
Burning Sensation	2	1	0
Vertigo	0	0	
Insomnia	2	1	0
Tingling Numbness	2	0	0
Itching	0	0	0
Polyurea	2	1	1
Polyphagia	2	1	1
Polydipsia	2	1	1
Total	16	7	4

**Table 6: Objective Parameters**

	Before Treatment	After Basti Karma	After Follow Up
RBS	160mg/dl	125mg/dl	120mg/dl
FBS	156mg/dl	120mg/dl	102mg/dl
PPBS	265mg/dl	158mg/dl	165mg/dl
HbA1C	8.4%	7.8%	6.4%

Patient No. [REDACTED]	Bill No. : GFB12119606
Age / Sex [REDACTED]	Sample Collected Date Time : Aug 6 2021 10:31AM
Reg.No/URID : CD325792/LH/HD25702	Sample Received Date Time : Aug 6 2021 10:47AM
Lab No. : LA21009092	Report On : Aug 6 2021 12:58PM
Referred By [REDACTED]	Bill Creation Date : Aug 6 2021 12:58PM
	Barcode [REDACTED]

  

Test Name	Results	Units	Biological Reference
<b>BIOCHEMISTRY</b>			
Type Of Sample : EDTA			
HbA1c(Turbidimetric immunoinhibition)	8.4 %		HbA1c (Turbidimetric immunoinhibition) % <5.7%:Normal 5.7-6.4:Pre diabetic

**Before Treatment**

<b>BIOCHEMISTRY</b>			
<b>FBS, PPBS, (SUGAR PROFILE)</b>			
Blood Glucose Fasting	102	mg/dl	70 - 110 mg/dl
Blood Glucose (PP)	165	mg/dl	80- 150 mg/dl
<b>HbA1c [ Glycosylated Haemoglobin ]</b>			
Glycosylated Haemoglobin(HbA1C)	6.4	%	Less than 6.2 : Non-Diabetic 6.2 - 7.0 : Good control 7.0 - 8.0 : Fair control More than : Poor control
Mean Blood Glucose ( Calculated )	137	mg/dl	70-130 mg/dl

**After Follow up**

Patient Name [REDACTED]	Age	Sex	Lab Number	Date
[REDACTED]	56	M	06/215	[REDACTED]

  

Sl. No	Test Name	Result	Tech	Ref. Value	Units
1	Total Triiodothyronine (T3)	—	FIA	0.50 - 1.8	ng/ml
2	Total Thyroxine (T4)	—	FIA	M - 4.4 - 10.8 F - 4.8 - 11.6	u/dl
3	Thyroid Stimulating Hormone (TSH)	—	FIA	0.5 - 5.5	uIU/ml
4	HbA1c	7.8 %		4.5 - 6.5	%

**After Basti**

## CONCLUSION

The treatment used in the above study i.e., Madhutailikavasti basti was found highly effective in the management of Madhumēha. It helped in reducing blood sugar levels and HbA1C levels to a marked extent. It also helped in getting marked improvement in the subjective parameters. Madhutailikavasti basti helps in doing Samprapti vighatana by acting over kapha, vata and ama. In the present study, only a single case study has been done to know the results of Madhutailikavasti basti. Further studies are required on larger samples to know more about the results of Madhutailikavasti basti.

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