

EFFECT OF DHATRI-NISHA IN MANAGEMENT OF MADHUMEHA WITH SPECIAL REFERENCE TO DIABETES MELLITUS – A SINGLE CASE STUDY

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ABSTRACT

AIM & BACKGROUND: Diabetes Mellitus is a chronic metabolic disorder in which prevalence has been increasing steadily all over the world. It is estimated that 366 million people had DM in 2011; by 2030 this world have risen to 552 million. Diabetes mellitus is characterised by hyperglycemia, insulin resistance and relative insulin deficiency. Type 2 DM is due primarily to lifestyle and genetics. Type 2 DM is characterised by insulin insensitivity as a result of insulin resistance, declining insulin production, and eventual pancreatic beta-cell failure. This leads to a decrease in glucose transport into the liver, muscle cells, and fat cells. There is an increase in the breakdown of fat with hyperglycemia.¹ Diabetes mellitus can be correlate with *madhumeha*. In *Ayurveda* it is described in *vatajaprameha*. **CASE DESCRIPTION:** A 57 years old female newly diagnosed with DM presenting with increased frequency of micturition, nocturia, blackish discolouration of skin over lumbar region, itching over the patches, belching, burning sensation in chest. Her diabetic profile was deranged with HbA1C 8.1.

OUTCOME: Patient showed significant results in symptoms as well as on reports.

CONCLUSION: Significant relief can be achieved in patient of diabetes mellitus by applying classical *ayurvedic* principles. It's a single case study and can lead down road for further research.

Keywords: Diabetes Mellitus, Hyperglycaemia, Insulin, *Madhumeha*

INTRODUCTION

Diabetes mellitus, commonly known as diabetes, is a group of metabolic disorders characterised by high blood sugar levels over a prolonged period². Symptoms of marked high blood sugar include polyuria, polydipsia, sometimes polyphagia and blurred vision. Untreated diabetes can cause many complications. Acute complications include diabetic ketoacidosis and nonketotic hyperosmolar coma. Serious long- term complications include heart disease, stroke, diabetic neuropathy- kidney failure, diabetic

nephropathy- foot ulcer and diabetic retinopathy- cataract, glaucoma etc.³ Diabetes mellitus can be correlate with *madhumeha*. In *Ayurveda* it is described in *vatajaprameha*. *Prabhootamutrata*, *Avilamutrata* and *Medodushti* are the cardinal symptoms mention in classical text.⁴

CASE DESCRIPTION

A female patient of age 54 years presented in out patient department of Y. M. T. Trust Ayurvedic Hospi-

tal, on 10th oct 2015 with complaints of increased frequency of micturition, nocturia, blackish discolouration of skin over lumbar region, itching over the patches, belching, burning sensation in chest for 2 weeks.

DIAGNOSIS- In view of modern science, after blood reports BSL= F- 132, PP- 198 and HbA1C- 8.1, it was a clearly case of diabetes mellitus. According to Ayurveda the patient was clearly showing the symptoms of *madhumeha* such as *Prabhootamutrata*, *Avilamutrata* and *Medodushti*.

TREATMENTGIVEN- Patient received orally- *Chandraprabhavati*- 500 mg twice a day before food, *Gudmarghanavati*- 500 mg twice a day before food and *DhatriNishavati*- 500 mg twice a day before food. Patient did not take any allopathy medication for diabetes.

TREATMENTOUTCOME- After starting the treatment of *ayurvedic* oral medicine her symptom-like micturition, nocturia, blackish discolouration of skin over lumbar region, itching over the patches, belching, burning sensation in chest reduced over a course of time. After the treatment blood reports showed significant result BSL= F- 100, PP- 108 and HbA1C- 5.8.

DISCUSSION

The complication of diabetes mellitus is far less common and less severe in people who have well-controlled blood sugar levels.

To facilitate the assessment of DM level according to ADA:⁵

Result	Fasting Plasma Glucose
Normal	Less than 100 mg/dl
Prediabetes	100 mg/dl to 125 mg/dl
Diabetes	126 mg/dl or higher

Result	Oral Glucose Tolerance Test
Normal	Less than 140 mg/dl
Prediabetes	140 mg/dl to 199 mg/dl
Diabetes	200 mg/dl or higher

Result	HbA1C
Normal	Less than 5.7%

Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

Diagnostic criteria by ADA include the above level in a patient with classic symptoms of hyperglycaemia or hyperglycaemic crisis. Untreated diabetes can cause many complications.

In *AyurvedaMadhumeha* has been discussed as one of the types of the *VatajPrameha*. According to all the *ayurvedic samhitas*, *Prameha* when left untreated, converges to *Madhumeha*. *Sushrut* described two types of *Prameha* as *Sahaj&Apathyanimitaj*. *AcharyaVagbhat* also described types of pathogenesis of *Madhumeha* as *Madhumeha* due to vitiation of *vata* caused by *dhatukshaya*& another one due to vitiated *dosha* causing *vataprakop*. *Charakacharya* has mentioned specific causes & *samprapti* of *Madhumeha* in *Sutrasthan*. It is clear that the most of the *Hetu* are *Santarpanothajanya&Kapha*, *Meda*, *MamsaPitta* increase excessively, which cause *margavarodh* of *vayu*. The vitiated *vata* withdraw the *dhatu*, *oja*, from the body into *basti* or *mootravahasrotas*. The main aim of the treatment is to break the *samprapti*.⁶

Patient received *Chandraprabhavati* which reduces *kapha*, *pitta*, *dhatushaithilya*, *kleda*, it acts as *rasayana* for *mutravahastrotasa* and have *pramehaghna* property. She also received *GudmarGhanavati*, certain compound found in the herb, called gymnemic acids, which have been shown to decrease the absorption of sugar from the intestine. These compounds may also increase insulin level in the body.⁷ *DhatriNishavati* contains *amalaki*, *haridra*, *patol*, *sariva*, *musta*, *patha*, *kutakiandshuddha guggul*.

Amalakibeingruksha and *Kashaya* absorbs *kleda*, however it acts as *dosha-dushyashamakinprameha*. *Amalaki* is *rasayan* drug. *Haridra* due to its *tikta-katurasa*, *ushnaveerya*, *katuvipaka* and *laghu*, *rukshagunas* removes blockages in the blood vessels hence making the circulation of blood and nutrients easy. *Haridra* comes under *kushthaghna* group. The circulating glucose is broken down by *haridra* and it further facilitates the absorption of free glucose by cells due to its *srotoshodhanakarma* and reduces *dushitpitta* and *kapha* facilitating

free movement of *vata* and hence helping in recovery of *dhatus* having *kaphapradhanata* like *mamsa*, *lasika*, *ambu*, *majja*, *vasa* and *shukra*.⁸

According to *bhavprakashasamhitapatol* also plays major role in *srotoshodhana* being *sukhakarvirechana*.

Musta is widely used in *Ayurveda*, it has *katu*, *tikta* and *Kashaya rasa*. *Sitavirya*, *katuvipaka* and *laghu*, *rukshagunas*. *Itiskapha-pittaharadipana*, *pachana*. *Musta* is categorized as *lekhaneeya*, *trishnanigrahana* and *kandughna*.

Patha due to its *tiktarasa*, *katuvipaka*, *laghu* and *tikshnaguna*

Kuatki is *Pradhanadravya* in *bhedana*, with this property *kutaki* plays major role in *srotoshodhana*. It helps to expel vitiated *kapha*, *kleda*, and accumulated fluid in body through *purisha*.

CONCLUSION

As the number of diabetic patient is growing worldwide, it is high time to improvise our treatment plans and help to answer complicated situation such as diabetes mellitus. It is an observation in a single case and more studies in this direction would help in establishing *ayurvedic* treatment in this condition. Significant relief can be achieved in patient of diabetes mellitus by applying principles of diagnosis and treatment of *prameha*. It's a single case study and can lay down road ahead for further research.

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