

AN EFFECTIVE MANAGEMENT OF MADHUMEHA W.S.R. TO DIABETES MELLITUS THROUGH AYURVEDIC MEDICATION – A CASE STUDY

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ABSTRACT

Nowadays Diabetes mellitus is most common worldwide problem. Diabetes mellitus is a group of metabolic disorder characterised by an increase in plasma blood glucose. Hyperglycaemia causes both acute and long-term problems. The diagnostic criteria for diabetes are fasting plasma glucose level of 126 mg/dl or higher and glucose 2 hours after an oral glucose challenge of 200 mg/dl or higher. Diabetes mellitus is correlated with *madhumeha* in Ayurveda. *Madhumeha* is one type of *vataja prameha*. It is characterized by excretion of urine in excess which resemble like honey. It happens for two main reasons; aggravation of *vata* by *dhatuksaya* and obstruction of its path by vitiated *doshas*. A lot of side effect of allopathic medicines have been seen which are used in diabetes mellitus. In this study diabetes mellitus was cured by *ayurvedic* medication.

Keywords: *Madhumeha*, Diabetes mellitus, *Ayurvedic* medication.

INTRODUCTION

Diabetes is the most common endocrine disorder¹. Diabetes mellitus is a clinical syndrome characterized by hyperglycemia due to absolute or relative deficiency of insulin². Lack of insulin effect the metabolism of carbohydrate, protein or fat and causes a significant disturbance³. Today Type1 diabetes mellitus and Type2 diabetes mellitus are rising rapidly. Insulin deficiency caused by autoimmune destruction of insulin secreting pancreatic cells in type1 diabetes mellitus which is called insulin dependent diabetes mellitus. Abnormal

insulin secretion caused by peripheral resistance in type 2 diabetes mellitus which is called non-insulin dependent diabetes mellitus. Insulin is responsible for regulation of glucose uptake from blood into the cell of the body. Due to insufficient amount of insulin, cell respond poorly to the insulin, the glucose cannot be absorbed properly through the body cells. Therefore, glucose concentration is increased in the blood and body excretes glucose in urine due to osmotic pressure and causing increased urine production and thirst⁴. In long

term, it affects the eye, the kidney, and the nervous system⁵. In *ayurveda* diabetes mellitus is correlated with *madhumeha*. Due to *nidana sevana* there is an excessive increase in *kapha*, *pitta*, *medas* and *mamsa*. The path of *vata* is obstructed then *vata* together with the *ojas* comes down to reach the *basti* and causing *madhumaeha*⁶. Patient of *madhumeha* passes urine, which is astringent, sweet, pale and unctuous⁷. *Acharya vagabhatta* has told *samana lakshan* of *madhumeha* is 'Prabhoota avil mootata'⁸.

Aim and Objective: To describe the efficacy of *ayurvedic* medication in the management of *madhumeha*.

Materials and Methods – Place of Study - Govt. *dhanvantari ayurveda* hospital Ujjain, M.P.

Case Report

A 50 years old female patient came at OPD of *kayachikitsa* department of *dhanvantari ayurveda* hospital Ujjain on 18/7/2018 with complaints of polyuria, excessive sweating, burning sensation in hands and feet, and weakness. Routine investigation was being done and she diagnosed with *madhumeha* (type2 diabetes mellitus).

History of Present Illness – Patient was suffering from polyuria, sweating, burning sensation in hands and feet last 2 years. For this she had taken treatment from allopathic doctor but not found satisfactory result, thus she came to *Dhanavantari Ayurveda* Hospital, Ujjain.

History – Not significant

Family History – Maternal history – no history of diabetes mellitus

Paternal history – no history of diabetes mellitus

Personal History – Name - XYZ, Age/sex - 50/female, Marital Status – married, Occupation - house wife, *Bala* – *madhyama*, Sleep – normal, Addiction – none, Appetite - more

Examination on Admission –

Pulse: 72/min, Blood pressure: 130/90 mm of hg

Systemic examination-

CVS: S₁, S₂ heard, no abnormality detected.

Respiratory system: chest- clear. No abnormality detected.

Liver- kidney- spleen: Not palpable

Digestive system: Appetite more, Bowel – clear

Astavidh Pariksa -

Nadi - 72/min

Mala - 1 time/day

Mootra - 10 - 12 times/day

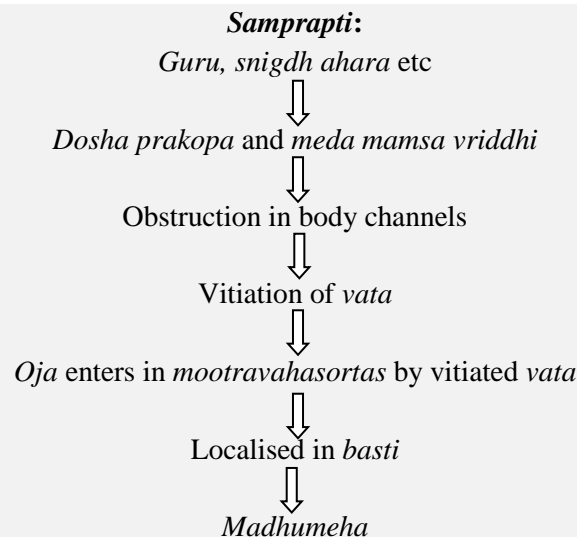
Jihwa - *anavritta*

Drik - *samana*

Shabda - *spashta*

Akriti - *madhyam*

Sparsh - *samashitoshna*



Samprapti Ghatak⁹-

Dosha – *kapha pradhana tridosha*

Dushya – *meda, mamsa, kleda* mainly

Srotas - *mootravaha, medavaha*

Srotodushti – *sang, atipravitti*

Adhithana – *basti*

Swabhava - chirakari

Chikitsa Siddhanta- Prameha can be classified into two categories based on morphology namely 1) *Sthula prameha* and strong 2) *Krishha prameha*¹⁰. Patient belonging to the *krishha prameha* should be given nourishing therapy. Patient of *sthula prameha* category who

are strong and who have *mora doshasa* in the body should be administered elimination therapy¹¹.

Alleviation therapy – If the patient of the *prameha* who needs *samshodhana* (elimination) therapy is not suitable then *samsamana* (alleviation) therapies should be given¹².

Investigation – blood test – FBS, PPBS

Table 1: Treatment Protocol

Drug	Dose	Anupana
Castor oil	15 ml	With 100ml milk, after 3 hr of meal, at night / 15 days
<i>pramehantak rasa</i> ¹³	05 gm	Mix of three <i>Rasa aushadhi</i> , divide in 20 parts after then take one-part BD with lukewarm water, empty stomach
<i>Trivanga bhasma</i> ¹⁴	05 gm	
<i>Vasantkusumakar rasa</i> ¹⁵	01 gm	
<i>Gudmar kwath</i>	20 ml	BD after meal
<i>Diabraj churna</i>	05 gm	BD after meal with lukewarm water
<i>Cap glucodus</i>	1 cap	BD after meal with lukewarm water

Pathya Apathya –

Pathya – old *Sali*, *shashtik*, *yava*, *godhoom*, *mudga*, vegetable of bitter, *manth*, *amalaka*

Apathya – use of *sauvirak*, *tushodak*, *sukta*, *sura*, milk, curd, heavy diet, *divaswapna*, oil, product of sugar cane juice, grapes, chikoo, banana, papaya

Result – Patient blood sugar level was effectively controlled after using ayurvedic medication for 1 month.

After that medicines continued for 2 months then sugar level was controlled, and medicines were stopped. Patient was suggested to *pathya apathya palana* and walking for half or one km daily. After 3 months she came to hospital for routine investigation and blood sugar level was normal before and after meal without taking medicines.

Table 2: Showing blood sugar level before and after treatment-

	13/7/18 (B.T.)	08/08/18(A.T.)	10/10/18(follow up)	28/01/19(without taking any medicine)
FBS	298	90	101	108
PPBS	326	137	129	134

DISCUSSION

Castor oil has *shukshma* and *srotoshodhan* properties. Due to *guna* of *shukshma* and *srotoshodhan* it can easily remove obstruction of *path* of *vata*. Ayurvedic preparations like *Pramehantak rasa* which has properties of *deepana*, *pachana*, *kledahara*, and remove the *ava-rana*. *Trivanga bhasma* helps to strengthen the nerves in pelvic region which indicates in frequent micturition. *Basantkusumakar rasa* is provides energy to the body cells which helps in the treatment of weakness caused by *madhumeha*. *Gudmar* initiates regeneration of islets cell of pancreas and increase in insulin release by stimulation of pancreas. Capsule *glucodus* neutralises

excess glucose present in blood and urine and provide rapid symptomatic relief form polyuria. *Karela*, *methi*, *jamun*, *giloy*, *haridra* etc. are contains of *Diabraj churna* which have hypoglycemic properties and reduced blood sugar level.

CONCLUSION

Madhumeha is increasing rapidly due to sedentary life-style. The main cause of *madhumeha* is aggravation of *vata* due to obstruction of its path by *doshas*. Therefore, *srotoshodhana* was first done to clean the channels and remove the obstruction of *vata*. Hypoglycemic and antidiuretic drugs given to cure the symptoms of

madhumeha. In this way madhumeha will be cured the by ayurvedic medication.

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