

**AYURVEDIC MANAGEMENT IN PREDIABETES - A CASE REPORT**Keertan M S<sup>1</sup>, Basavaraj Tubaki<sup>2</sup>

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Prediabetes is a condition where there is an increase in glycemic variables in the blood that are higher than usual, and when not controlled, may end up in Diabetes. Presently, 5-10% of people are entering into diabetes from prediabetes, and the same proportion of people are converting into normoglycemia. The prevalence of prediabetes is increasing in the present era throughout the world and is going to reach about 470 million by the year-end of 2030. Prediabetes, when not able to control, may lead to diabetes along with different neuropathy, chronic kidney disease and cardiovascular diseases. According to Ayurvedic principles, all the vata and kapha dosha are involved in this condition. Various Ayurvedic medicines are mentioned in Ayurvedic classics regarding regularly maintaining glucose levels. Madumehāri Kashaya is the medicine that shows the possibility of alleviating these diseases. The patient was given Madhumehāri Kashaya, about 60 ml, for 90 days in this condition.

**Key words:** Prediabetes, Diabetes, Neuropathy, Madhumehāri Kashaya

## INTRODUCTION

### Brief History of the Patient:

A 45-year-old male consulted KLEU's Shri BMK Ayurveda Hospital, Belagavi O.P .D, complaining about a burning sensation in the lower extremities and mouth dryness for 15 days. He was advised some physical activity like walking every day but couldn't get relief from the symptoms.

### PAST HISTORY: Nil

**FAMILY HISTORY:** Strong presence of Diabetes Mellitus for two generations.

### Asthavidha Parikshana:

1. *Nadi: vatakapha*
2. *Mutra: prakrta*
3. *Mala: malabaddhata, sama*
4. *Jivha: nirama*
5. *Sabda: prakrta*
6. *Sparsa: Samasheetoshna*

7. *Druka: prakrta*

8. *Aakruti: Madhya*

### Dasavidha Parikshana:

Prakrti: vatakapha

Vikrti involves - Dosa: vata, Dusya: rasa, medo.

Sara: madhyama Samhanana: madhyama

Pramana: madhyama

Satva: madhyam

Satmya: madhyama

Aharasakti: pravara

Vyayamashakti: madhyama

Srotodusti: Sanga

Vayah: madhyama

**METHOD:** Madhumehāri Kashaya was prepared and administered 30ml B.D. Every day for three months.

**Table 1: Ingredients of Madhumehahari Kashaya**

Sl. No	Drug	Latin name	Part
1.	Vijaya sara	<i>Pterocarpus marsupium</i>	Heart wood
2.	Jambu	<i>Syzygium cumini</i>	Seeds
3.	Amalaki	<i>Embllica Officiale</i>	Fruit
4.	Hareetaki	<i>Terminalia Chebula</i>	Fruit
5.	Vibheetaki	<i>Terminalia Bellirica</i>	Fruit
6.	Haridra	<i>Curcuma longa</i>	Rhizome
7.	Guduchi	<i>Tinospora cardifolia</i>	Stem
8.	Tamala Patra	<i>Cinnamom tamala</i>	Leave
9.	Daruharidra	<i>Berberis aristata</i>	Rhizome
10.	Madhunashini	<i>Gymnema sylvestre</i>	Leave

## RESULTS:

The table below shows the data of before (BT) and after (AT) treatment results in FBS, PPBS and Hb A1C, followed by laboratory results.

**Table NO 2**

Patient 1	HbA1c		FBS		PPBS		Hb	
	BT	AT	BT	AT	BT	AT	BT	AT
	6.4%	5.8%	101mg/dl	92mg/dl	120mg/dl	105mg/dl	14%	14.8%

## DISCUSSION

*Madhumehāri Kashaya* has been selected in this management as it is a typical *Vichitrapratyarahadhravya* where it has properties like *tikta rasa*, *Madhuravipaka*, *Snigdha* and *ushnavirya*. Ayurveda herbal drugs like Jambu, Madhunashini, Triphala, vijayasara, Tamala Patra, daruharidra,

Haridra, and Guduchi have properties of increasing insulin sensitivity, Antihyperglycaemic, anti-hyperlipidaemic, antioxidant properties, etc. have a beneficial effect in T2DM.

## CONCLUSION

It can be stated from the result that Ayurvedic drugs used in the present study are effective in reverting the diminished symptoms seen in this patient, which reduced the meda in his body and increased the insulin production inside the body to lower the glucose levels in this patient. There is a high reduction of symptoms

like a burning sensation and dryness of the mouth. Madhumeahari Kashaya is a safe drug to use for prediabetes and diabetes conditions without any adverse features.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

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