



Case Study

A CASE STUDY ON MANAGEMENT OF VATAJA PRAMEHA (MADHUMEHA) W.S.R. TO DIABETES MELLITUS TYPE II

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ABSTRACT

There has been a sharp rise in diseases that are life-threatening. The World Health Organization highlighted a number of illnesses, including metabolic and cardiovascular conditions, as contributing factors to India's high mortality rate. *Madhumeha* was listed among the eight major illnesses by *Acharya Vagbhata*. The metabolic syndrome includes diabetes. An imbalance between insulin sensitivity and insulin secretion causes Type II DM, also known as non-insulin-dependent diabetic mellitus (NIDDM). Increased predominance during the past three decades has put a financial strain on many emerging nations. **Aim:** to evaluate the contribution of *Samshamana Karma* to the management of *Vataja Prameha w.s.r.* to Diabetes Mellitus. **Material and Method:** A 41 years old male patient came to OPD No 7 of National Institute of Ayurveda, Jaipur, Rajasthan, on 23 May 2022 with a complain of Generalised weakness, Increase frequency of urination for one month. **Intervention:** We prescribed *Patolkaturohinyadi Kashayam, Triphala Guggulu* and *Madhumehari Churna* orally. Significant relief was found in sign and symptoms and blood sugar level after treatment. **Conclusion:** In the current case study, Ayurvedic oral medication was used to treat a Type II DM patient. The parameters under study were *Prabhuta Mutrata, Daurbalya*, Fasting Blood Sugar (FBS), Post prandial Blood Sugar (PP2BS), and Glycosylated Hb (HbA1C). After 3 months of treatment, we saw significant relief.

INTRODUCTION

From prehistoric past Ayurveda profiting as the oldest medical science ever since in the world. The main intent of Ayurveda is re-imposition, promotion and maintenance of positive health. The inappropriate imbalanced diet and desk-bound lifestyle are showing upward trend in India. This has led to debut of several health problems, among that diabetes mellitus is a monstrous disease considered as one of the arch enemies of human race. In Ayurvedic texts the given characteristic features of *Madhumeha* shows marked similarity with the syndrome of Type 2 Diabetes. It is *Tridoshaj* in origin with predominance of *Kapha*. According to *Charak* major causative factor (*Nidana*) of

Madhumeha are *Madhura, Amla, Lavana Rasa* dominant diet mentioned as '*Gramya Udaka Aanupa Rasa Payansi Dadhini*'^[1] and lifestyle such as '*Aasya Sukham Swapna Sukham*'^[2] are similar to the causes quoted as over eating, eating of large amount of carbohydrates mainly sugar rich substances, dairy products, practicing sedentary lifestyle, overweight in modern medical literature. All these factors described in different texts of Ayurveda imply that lifestyle plays important role in progression of *Madhumeha*. Diabetes mellitus is a clinical syndrome characterised by hyperglycaemia caused by absolute or relative deficiency of insulin. Lack of insulin affects the metabolism of carbohydrate, protein and fat and can cause significant disturbance of water and electrolyte homeostasis, death may result from acute metabolic decompensation. Long standing metabolism derangement is associated with functional and structural changes in many organs particularly those of vascular system which lead to clinical complications of diabetes. Recent surveys indicate that diabetes now

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affects a staggering 10-16% of urban population^[3] and 5-8% of rural population^[4] in India. Diabetes is likely to continue to be a leading cause of morbidity and mortality in the near future.

Case Report

Case History

A 41 years old male patient came to OPD No 7 of National Institute of Ayurveda, Jaipur, Rajasthan, on 23 May 2022 with a complain of generalised weakness, increase frequency of urination for one month. There is no history of dryness of mouth, bowel disturbances, chest pain, joint pain, unhealed ulcer etc. He was diagnosed as type 2 DM two months back and he had taken some herbal medicine without consult to doctor before coming to our hospital but not get satisfactory result. Apart from this he didn't suffer from other medical problems like HTN, PTB, asthma, thyroid disorder etc. Routine blood investigation was carried out. FBS was 140.8 mg/dl, PPBS was 241.4mg/dl and HbA1c score was 7.3%.

Past History

- No major illness

General Examination

- **Pulse:** 78/min
- **BP:** 130/80 mm of Hg
- **Weight:** 76kg
- **Prakruti:** Vata kaphaja
- **Agni:** Vishama
- **Koshta:** Krura

Samprapti Ghatak

- **Dosha:** Kapha
- **Dushya:** Meda, Mutra
- **Strots:** Medovaha, Mutravaha, Annavaha
- **Udbhavasthan:** Pakvashaya samutthaja
- **Adhishthan:** Mutravaha strotas
- **Upadrava:** Nil
- **Vyadhimarga:** Abhyantar

Diagnosis

- Vataj Prameha (Madhumeha), Navina avastha (Type 2 DM)

Subjective criteria

1) Prabhootamutrata

- Grade 0 – Upto 5 times in day hours 0-1 time at night
- Grade 1- 6-7 times in day hours and 2-3 times at night
- Grade 2- 8-9 times in day hours and 4-5 times at night
- Grade 3- More than or equal to 10 times in day and more than 5 times at night

2) Daurbalyanubhuti

- Grade 0 – Ability to perform routine activity with no feeling of exhaustion
- Grade 1 – Unable to perform routine activity without feeling of exhaustion
- Grade 2– Feeling of exhaustion even on accustomed work
- Grade 3 – Exhaustion even at rest

Objective Criteria

1. FBS
2. PPBS
3. HbA1c

Treatment Plan

- **Drug:** Patolkaturohinyadi Kashayam
- **Dose:** 20ml two times a day
- **Mode of administration:** Orally
- **Duration of treatment:** 30 days (23/05/22 to 23/06/22)
- **Anupana:** Koshna jala (Lukewarm water)
- **Drug:** Triphala Guggulu
- **Dose:** 1000mg two times a day (4 tablet BD)
- **Mode of administration:** orally
- **Duration of treatment:** 30 days (23/05/22 to 23/06/22)
- **Anupana:** Koshna jala (Lukewarm water)
- **Drug:** Madhumehari Churna
- **Dose:** 6gm two times a day
- **Mode of administration:** orally
- **Duration of treatment:** 60 days (23/06/22 to 23/08/22)
- **Anupana:** Koshna jala (Lukewarm water)

Table 1: Effect on Subjective Parameters

S. No.	Symptoms	Before Treatment (23/05/22)	F1-30 Days (03/07/22)	F2-90 Days (20/08/22) After Treatment
1.	Prabhootmutrata	3	1	1
2.	Daurbalyanubhuti	2	1	1

Table 2: Effect on objective parameters (Blood Sugar)

S. No.	Investigation	Before Treatment (23/05/22)	F1- 30 Days (03/07/22)	F2 - 90 Days (20/08/22) After Treatment
1.	Fasting blood sugar	140.8 mg/dl	90.2 mg/dl	84.60 mg/dl
2.	Post prandial blood sugar	241.4 mg/dl	76 mg/dl	135.90 mg/dl
3.	HbA1c	7.3%	NA	5.60%

This observation shows that Ayurvedic treatment shows significant result in management of *Madhumeha*.

DISCUSSION

Ayurveda the science of life is having the great heritage of healing diseases. According to Ayurveda, *Samprapti* of *Madhumeha* occurs due to *Strotodusthi* mainly *Mutravaha Strotas* caused by vitiation of all *doshas* mainly *Bahudrava Shleshma* and it shows *Prabhut Avil Mutrata*^[5]. *Patola Katurohinyadi Kashayam* is a combination of 6 herbal ingredients^[6] viz. *Patola (Trichosanthes dioica)*, *Katurohini (Picrorhiza kurroa)*, *Raktachanda (Pterocarpus santalinus)*, *Murva (Marsdenia tenacissima)*, *Guduchi (Tinospora cordifolia)*, *Patha (Cissampelos pareira)*. *Patola Katurohinyadi Kashayam* is a very potent polyherbal formulation that effectively reduces the symptoms of *Prabhootmutrata* and *Daurbalyanubhuti* observed in patients suffering from *Madhumeha*. The trial drug, *Triphala guggulu* contains *Triphala* (an equal quantity combination of *Haritaki (Terminalia chebula)*, *Vibhitaki (Terminalia bellirica)*, *Amalaki (Embllica officinalis)*, *Pippali (Piper longum)* and *Guggulu (Commiphora wightii)*). Among many herbs, *Triphala*- the three myrobalans (*Terminalia chebula*, *Terminalia bellirica*, *Embllica officinalis*) is a suggestive combination that possesses hypoglycaemic qualities.^[7] *Madhumehari Churna* contains *Jambu*, *Amra*, *Karvellaka*, *Mesarsngi*, *Methika*, *Bilva*, *Nimba*, *Sunthi*, *Satapushpa*, *Sonamukh*, *Bala* and *Babbula*. Most of the ingredients of *Madhumehari churna* have *kashaya* and *tikta rasa* property. Due to *Kashaya* and *Tikta rasa*, it helps to reduce the blood sugar level. *Churna* pacifies the symptoms of *Kapha* due to *Kashaya* and *Tikta rasa* and also pacifies the symptoms of *Pitta*.^[8] As the number of diabetic patients is growing in India as well as worldwide, numbers of patients suffering from complications will also rise. Hence it is high time to improvise our treatment plans and help to answer complicated situation. It is an observation in single case and more studies in this direction would help in establishing Ayurvedic treatment in this condition. After 3 months of treatment, patient showed significant relief in symptoms and drop down was seen in blood sugar levels.

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CONCLUSION

From the results of the current study, it can be inferred that *Shamana Aushadhi*, together with the right dietary patterns and lifestyle choices, is the best way to control *Madhumeha* according to Ayurveda. The comprehensive strategy of Ayurveda, which makes use of the aforementioned notion, will unquestionably pay off in terms of not only controlling blood sugar levels but also avoiding difficulties brought on by *Madhumeha*.

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