

CLINICAL EFFECT OF RAS AUSHADHI (VASANT KUSUMAKAR RAS) ON DIABETIC FOOT (CASE PRESENTATION)

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ABSTRACT :

PRINCIPLE OF PHARMACOLOGICAL SCIENCE:

The *Rasa aushdhi* work on the smallest body channels (*srotas*) and penetrate into the deepest tissues carrying its highly potent charge. If regular herbal remedies are considered an attack force targeting a specific disease, *Rasa* medicine is the equivalent of a nuclear strike. The main advantages of *Rasa* medicine is its Potency, Effectiveness and Longevity. *Rasa* medicine is usually Tasteless, Odourless and requires only a miniscule dose to deliver a strong lasting effect. Also, it is not needed over a long period of time. The *rasa aushdhi* contains Gold preparations have been used for therapeutic benefit by our *Acharyas*. the context of traditional Indian Ayurvedic medicine, *Swarna bhasma* has been used as a therapeutic agent for several clinical disorders including bronchial asthma, rheumatoid arthritis, diabetes mellitus, nervous diseases ,hyper acidity et. *Swarna bhasma* preparation is given orally to patients, usually mixed with honey or cow ghee. The antioxidant/restorative effects of *Swarna bhasma*. In today's world, the treatment of many a diseases is easily available however, there are many diseases which are associated with today's life style. From amongst this the most important and dreaded disease is “*Madhumeha*” which is also considered as Diabetes as per modern science.

Key words: *Rasa aushdhi, Madhumeha, Swarna bhasma.*

INTRODUCTION: In 21 Century, over 194 million people are estimated to be suffering from Diabetes across the globe. Of this more than 40% of adult population between age group 40 to 74 currently have diabetes. More than 22 million children of age 5 years and above are also been suffering from diabetes. If this is not prohibited, the number may increase by 333 million up to 2025 A.D¹. Out of which, a huge number of patients suffering of diabetes will be from India. In developed countries, 'Diabetes' is the fourth important cause of death². It is also known as 'Silent Disease'³, as there are many serious complications, which prove

fatal get exhibited without any obvious symptoms. *Ayurved* clearly states that *Madhumeha* which is one of the 20 types of *Prameha* is considered to be incurable⁴. Hence to fight against this dread disease, is very important for both patients as well as Physician. *Madhumeha* (Diabetes) is a disorder related to pancreas, in which the body's capacity of transferring carbohydrate and glucose into energy which is fuel for body has been prohibited.

MATERIAL AND METHOD:

DISEASE REVIEW:

*Prameha-Samprapti*⁵

Aggravation of *Kledak Kapha* Vitiation of *Pachak Pitta* and *Samana Vayu*



Symptoms: Excessive and turbid urination (Polyuria) change in touch, odor and color of urine, Excess formation of wastes or exudates on teeth, palate, tongue, Burning sensation of palms and soles, Excessive thirst (Polydipsia), *Agnimandya*, Sweet taste in mouth

As per modern Science: Polyphagia – Increased appetite, Polydipsia – Increased thirst, Polyuria – excessive urination, Fatigue and lethargy, Unexpected Loss of weight, Dry itching in body, Delayed healing in cuts or wounds.

Prameha Upadrava⁶:

1. *Prameha Peedaka*
2. *Hastapadataladaha* – (Diabetic Neuritis)
3. *Bhrama*
4. *Madhumehajanya Hrudroga* and related other complications
5. *Shwasa*
6. *Alasya*

CASE PRESENTATION:

PATIENT'S NAME: Mr.D.N.Pathak

7. *Atinidra*

8. *Moorchha*

9. *Sanyasa*

Prameha Peedaka⁷

This complication of *Prameha* is seen in all types of *Prameha* not treated properly or neglected it develops *Prameha Peedaka*. These *Peedaka* developed in *Mansa*, *Marma* and *Sandhi Sthana*. If these *Peedaka* were not treated properly they turned into *Dushta Vrana* (Diabetic wound) which requires Surgery and if it turns into gangrene amputation may be necessary.

Treatment:

1. *Raktamokshan*: In *Prameha* other than *Doshaj Upadrava* many other
2. *Virechan*
3. *Vranakarma* - Dressing of Wound - *Vranadhavan*
4. *Abhyantar Chikitsa*

AGE: 70 Year / male

COMPLAINTS: Patient has wet gangrene and deep wound in the fingers of right leg.
Pain (1 Month) swelling (2 month)
Tenderness (2 month) Puss formation with smell (45 days)
Etching (2 month) Hyperpigmentation of sole (1 month)
Unable to walk (1 month)

BIOCHEMICAL EXAMINATION:

Fasting blood sugar: 138 mg/dl

Postpartum blood sugar: 234 mg/dl

PATIENT'S HISTORY: Patient suffering from Diabetes from last 15 years, the patient was taking oral medication for diabetes (glycomet GP 1).

Before treatment:



DRUG REVIEW: *Vasant Kusumakar Ras* is well known herbo-mineral preparation marketed worldwide for diabetes and associated symptoms like general weakness, nervous weakness, peripheral neuritis, cataract and repeated infections. The word 'Vasant', which is an indicative of autumn and the term, signifies inflorescence that is it

represents the positive effect of autumn, which is responsible for creating inflorescence in a plant. The preparation is traditionally described in *yogratnaka*. The metals in the *bhasmas* are proposed to be available as nanoparticles and are taken along with milk, butter, honey or ghee; thus making the metals easily Assailable, elimi-

nating their harmful effects and enhancing their biocompatibility.

Properties of Vasant Kusumakar Ras: According to Ayurveda Vasant Kusumakar Ras has been described to be able to cure:- The drug is specially indicated in the diseases, which results in gross *Dhatu Kshaya* such as *Kshaya*, *Kasa*, *Trishna* and *Prameha* and also helps in rejuvenation at cellular level (*pustida* and *rasayana*). The drug possess potent anti-diabetic (*Pramehagna* and *Ojovardhak*) property and is known for its potentiating property when co-administered with other drugs (*Yogvahi*), because of this property it may prove effective in lowering the blood sugar values if combined with other *pramehagna* drugs. Vasant Kusumakar Ras is described as a *Rasayan* which has ability to cure almost all diseases. It rejuvenates body.

Dosage of Vasant Kusumakar Ras: Dosage of 125 mg bid with milk Before food for 2 month.

PHARMACOLOGICAL ACTION OF VASANT KUSUMAKAR RAS:

- 1. Gold:-**Anti-inflammatory properties, reduce the pain and swelling
- 2. Rajat:-***Lekhan, balaprada, vayasthapana,*
- 3. Kanta loha:-**Potent Rejuvenate, *shola, prameha, pandu*
- 4. Naga:-***Lekhana, deepana, vataroghara, prameha*
- 5. Vang:-***Deepan, paachana,* heals wounds *,kshaya*
- 6. Abhrak:-***Deepan, balya, jwara*
- 7. Mauktik:-***Agnideepak,* detoxification, aphrodisiac
- 8. Praval:-***Pachan, kshaya,* antitoxic properties, diuretic

WOUND HEALING PROSESS:

Hemostasis----Inflammation-----Proliferation-----Remodeling

As per all main contain of *vasant kusumakar ras* this medicine shows mainly

- As Antioxidant properties, which provide proper oxygen wound to heal up.
- Wound healing properties
- Anti-inflammatory properties
- It Rejuvenate to tissue and cell
- It increase the blood circulation level on wound area
- It also shows the antibacterial properties

So we can Diabetes prove that the Drug *vasant kusumakar ras* has efficacy to control sugar level in Diabetes patients and also can cure the complication of Diabetes.

DISCUSSION: Rapid changes in globalizing world associated with urbanization in the new millennium have resulted in newer type of life stressors. Negative lifestyle factors reduce the ability to cope with these adverse lifestyle disorders. The effect of such diseases can be taken care by variety of *Rasaushadhis* and *swarna yog* useful at both psychosomatic levels. Continuous uses of conventional medicines for various diseases may produces adverse actions and are an object of medical attention and thus the cause of concern.

Rasaushadhis preparations are safe in therapeutic doses and absorbs easily in the body. *Swarna yoga* are the unique *Ayurvedic* preparation for curing diseases, can easily enter into the blood stream and become more biocompatible as compare to conventional medicines.

They have developed a new era in Nanomedicine system due to its Nano particles size and holistic approach towards disease. With the advance technology, 21st Century

gave man many health disturbances due to changed life style and fast food habit. The longevity of life as compared to ancient time decreased significantly.

CONCLUSION: *Vasant kusumakar rasa* well marketed herbo-mineral preparation for diabetes and other complications of diabetic like diabetic retinopathy, diabetic foot etc. has undoubtedly proved to be a good therapeutic option. However, at a fundamental level, the use of *bhasmas* as a medicine, needs a detailed scientific scrutiny. *Bhasmas* may defy the modern definition of a medicine but the incomplete availability of its clinical data can lead the researchers to examine their use in therapy, owing to the accumulation of heavy metals by the human body, their associated toxicities and ways to flush them out. Different methods of preparations with different compounds of a metal, resulting into same *bhasmas* and addressing the same ailments have been found, thereby leading to the formation of unstable end product. This needs to be resolved so that there is one specific process to a metal and the resulting *bhasma* is a duly identified substance. Extensive clinical trials targeting common indications as documented, is required for compound specific *bhasmas*, and hence evaluation for their pharmacological efficacy. Experiments in crystal engineering with the *bhasmas* to produce the desired polymorph form can open up a rich field of research in the traditional Indian medicine. The practitioner needs to be explained to and provided with clear information on a manufactured medicinal product, the laboratory and clinical test results, proper dosages, presence of other elements and compounds and their pharmacological implica-

tions, toxicity studies, clinical management of exposure of toxic substances beyond the levels seen in the general population and drug interactions, etc. However, there has been a great awareness among the public regarding the use of herbo-mineral preparations and are keen to try it out. But, instances of doubtful processes, adverse drug reactions and aggressively advertised suspect formulations have also come to light.

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