

## A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF THE DIABETES MELLITUS

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### ABSTRACT

In the rapidly growing world many disorders are becoming life style conditions. Diabetes Mellitus is one among them. India has the high prevalence of Diabetes Mellitus and the numbers are increasing at an alarming rate. Condition can be considered as *Prameha* in *Ayurveda*. Due to the altered life style and the stressed professional life patients forgets to care about themselves which leads to the advanced condition called *Madhumeha*. So a recently diagnosed case of the type 2 DM was treated using Ayurvedic *Shamanaushadhi* without any other system of medicine involvement for about 4 months. Also there is marked improvement in condition of the patient.

**Key words:** *Diabetes Mellitus, Prameha, Madhumeha, Shamanaushadhi*

**INTRODUCTION:** Diabetes Mellitus is fast gaining the status of the potential epidemic in India with more than 62 million diabetic individuals currently diagnosed with the disease<sup>1</sup>. Diabetes is a chronic, metabolic disease characterized by elevated levels of Blood glucose (or Blood sugar), which leads over time to serious damage to the Heart, Blood vessels, Eyes, Kidneys and Nerves<sup>2</sup>. Diabetes Mellitus is a group of metabolic diseases characterized by chronic Hyperglycemia resulting from abnormalities in Insulin secretion, Insulin action or both. This Hyperglycemia (High blood sugar) produces the symptoms of frequent Urination (Polyuria), increased thirst (Polydipsia), and increased hunger (Polyphagia). If left untreated, Diabetes mellitus can lead to many complications like Diabetic Ketoacidosis, Non-Ketotic Hyperosmolar coma, Heart disease, Stroke, Kidney failure (nephropathy), Foot ulcers, Retinopathy, Cataracts and Glaucoma<sup>3</sup>. In Ayurveda it is one of the

types of the 20 *Prameha* that can be considered as the *Madhumeha*. *Prameha* basically is a group of diseases of any cause, which manifests excessive passing of urine with or without turbidity of urine<sup>4</sup>. The *Prameha* can be hereditary and acquired which includes causes due to improper food and lifestyle. Where inherent *Prameha* is due to defect in the *Beeja Beejavayava Beejabhaga*. The non genetic factor is based on the nutrition level food habit that is high frequency intake of the food which is rich in carbohydrate, protein or nitrosamine compounds. Unhealthy behavioral pattern like excessive sleeping sedentary life style etc other than this obesity, stress, and urinary conditions can cause the *Prameha*<sup>4</sup>. Due to all the *Nidana* incompletely digested food. *Ayurveda Ama* refers to toxic digestion and metabolism intermediates<sup>5</sup>. Also there will be increase in the *Shleshma, Pitta, Mamsa, Meda* which are not formed properly which will cause the disease due to indulging in more

*Nidana*. Treatment for the same will be based on the *Roga* and *Rogibala* either *Shodhana* or *Shamana* management.

### CASE REPORT

A 41 years old male patient was visited the OPD of the Karnataka Ayurveda Medical Hospital with the abnormal report of the blood sugar level on may 22<sup>nd</sup> 2020.

Patient was diagnosed with the type 2 DM recently along with that patient was suffering from generalized weakness since To overcome all these complaints patient visited OPD for management.

OPD No: 21004279

Personal history revealed that the patient is a vegetarian who had the good appetite and the Micturition and Defecation was normal with the disturbed sleep.

**Table no:1 General condition**

General condition	Weak
Height	160cm
Weight	75 kg
BP	140/80 mmHg
Respiratory rate	18/min
Pulse rate	72/min
Temperature	98.6 <sup>0</sup> F
Tongue	Not coated
Pallor/Icterus/Cyanosis/ Clubbing/ Lymphadenopathy/ Edema	Absent

**Table 2: systemic examination**

CNS	Conscious, well oriented to time, place, person. Cranial nerves intact Sensory and Motor system intact
CVS	S1,S2 heard No Added Sound
RS	B/L symmetrical, Normal Vesicular breathing sound heard, No added sound
GIT	Soft, no organomegaly
Loco motor system	Both right and left upper and lower limbs intact

**Table no: 3 Ashtasthana Pareeksha**

<i>Nadi</i>	72/ min
<i>Mutra</i>	5- 6 times / day 1-2 times/ night
<i>Mala</i>	One time per day
<i>Jihwa</i>	Not coated
<i>Shabda</i>	Normal
<i>Sparsha</i>	Normal
<i>Dhrik</i>	Normal
<i>Akriti</i>	<i>Madhyama</i>

Investigation done on the 27<sup>th</sup> march 2021



- Fasting blood glucose – 333mg/dl
- HbA1c (Glycosylated Hemoglobin)- 13.8
- Plasma glucose – 384mg/dl

Table : 4 Treatment plan

Date	Treatment plan	Duration
22-04-2021	<i>Asanadi gana kashaya</i> 15ml-15ml-15ml <i>Nisha amalaki</i> 1-1-1 Tab Diazen 1-1-1	10 days
5-05-2021	<i>Asanadi Gana Kashaya</i> 15ml-15ml-15ml <i>Nisha Amalaki</i> 1-1-1 Tab Diazen 1-1-1	10 days
17-05-2021	<i>Asanadi Gana Kashaya</i> 15ml-15ml-15ml <i>Nisha Amalaki</i> 1-1-1 Tab Diazen 1-1-1 <i>Avipattikara Churna</i> 0-0-1/4tsp with milk	10 days
26-05-2021	<i>Asanadi Gana Kashaya</i> 15ml-15ml-15ml <i>Nisha Amalaki</i> 1-1-1 Tab Diazen 1-1-1 <i>Avipattikara Churna</i> 0-0-1/4tsp with milk	10 days
7-06-2021	<i>Asanadi Gana Kashaya</i> 15ml-15ml-15ml <i>Nisha Amalaki</i> 1-1-1 <i>Avipattikara Churna</i> 0-0-1/4tsp with milk	10 days
24-06-2021	<i>Asanadi Gana Kashaya</i> 15ml-15ml-15ml <i>Nisha Amalaki</i> 1-1-1	30 days
27-07-2021	<i>Asanadi Gana Kashaya</i> 15ml-15ml-15ml <i>Nisha Amalaki</i> 1-1-1	30 days

Table : 5 Investigation reports

Followup	FBS (mg/dl)	PPBS( mg/dl)	HbA1c (%)
On the day of consultation	333	384	13.8
Follow- up 1	137	148	13.3
Follow -up 2	85		
Follow- up 3	76	91	
Follow- up 4		170	6.0
Follow- up 5	90.0	101	
Follow- up 6	97.0		5.7

**DISCUSSION:** Diabetes Mellitus is a metabolic disorder and which affects multi systems. Which has highest prevalence

rate in India as well as all over the world estimated to be 9.3% which is rising. The causes may be Genetic or Acquired due to

lifestyle. In *Ayurveda* this condition can be considered as the one among the 20 types of the *Prameha* that is *Madhumeha*.

In this study the patient was came with report of altered blood glucose level and the Ayurvedic management planned with *Shamanaushadhi* for about 4 months. They are *Asanadi Gana Kashaya* and tab *Nishamalaki*.

*Asanadi Gana Kashaya* where *Kashaya* is made up of using *Asanadi Gana* includes *Asana*, *Tinishaadi* drugs also alleviates *Prameha* with *Medodoshas*<sup>6</sup>. *Kashaya Matra* is 1 *Phala*<sup>7</sup> so it was divided in to 3 doses and prescribed

*Nishamalaki* tablets made using the *Churna* of the *Amalaki* fruit and *Haridra Churna* which are mentioned in the *Prameha Chikitsa*<sup>8</sup> the dose of the tablet is for about 1 *Karsha*<sup>9</sup> that is divided into 3 doses and prescribed for patient.

Tab *Diazen* is a patent Anti- Diabetic drug which includes herbal extracts of the drugs like Bitter guard, *Amrutha*, *Haridra* etc. trails showed that the medication is very effective in reducing blood glucose level and improves the function of the Pancreas.<sup>10</sup>

*Avipattikara Churna* contains *Trikatu*, *Triphala*, *Musta*, *Vidanga*, *Ela*, *Patra*, *Lavanga*, *Trivruth* which is also mentioned in all the *Prameha* and along with the milk which can be used as *Anulomaka* for achieving mild *Shodhana*<sup>11</sup>. Where it helps in removing toxins from the body and enhances the digestive power though helps in improving the function of pancreas.

The rise blood glucose level for which the patient has consulted that is 333mg/dl( FBS), 384mg/dl( PPBS), 13.8% Of HbA1c after treating with 2 above mentioned *Shamanaushadhi* for about 4 months was

reduced to 97 mg/dl(FBS), 5.7% Of Hb1Ac.

## CONCLUSION

To conclude, Due to Stressfull, Sedentary life style Diabetes Mellitus is a common health condition now a days world wide. *Ayurveda* mentions its symptoms under the *Prameha*. To encounter it *Shodhana* or *Shamana* will be the line of management. At OPD level patient was given with the *Shamanaushadhi* which are mentioned in *Prameha Chikitsa* and which acts as Anti Diabetic for about 4 months. Results were observed by the blood glucose levels reduced. So, *Ayurveda* can be the effective line of management for the Diabetes Mellitus which is a common lifestyle disorder in recent days.

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