

**A STUDY TO SEE THE EFFECT OF CHANDRAPRABHA VATI,
MADHUHAR YOG AND NIMBADI KASHAY ON BSL IN
MADHUMEHA W.S.R NIDDM**

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ABSTRACT :

Diabetes mellitus (DM) is a life style disorder associated with living of the people & burning issue in front of developing India. Although the prevalence of type I & II DM is increasing worldwide, the prevalence of type II DM is expected to rise more rapidly in future because of increase in obesity and reduced physical activity. However, insulin and other oral hypoglycemic drugs have characteristic profile of adverse effects. *Ayurveda* explained different herbo mineral preparation for successful management. This has initiated this study to see effect of selected combination on BSL in Madhumeha (NIDDM). In the present study, 30 patients of NIDDM are selected and administered selected medicines in order to see the effect on BSL. The results showed highly significant results on BSL and also on the complication like diabetic neuropathy, Nephropathy.

Key words: BSL, NIDDM, *Madhumeha*, *Nimbadi Kashay*

INTRODUCTION:

Madhumeha explained in *Ayurveda* under *Vimshati Pameha*¹ which closely relates to Diabetes mellitus (DM). *Madhumeha* is a disease in which whole body of the patient becomes sweet, patient excretes urine which is sweet like honey as well as as-tringent, pale and rough in quality and urine is quantitatively increased^{2,3}. DM is a life style disorder associated with living of the people & burning issue in front of developing India. According to Indian Diabetic Association India is the diabetes capital of the world because India has more diabetics than any other country in the world. The disease currently affects more than 62 million Indians and it will lead up to 109 million Indians by 2035.⁴ Although the prevalence of type I & II DM is increasing worldwide. In future the prevalence of type II DM is expected to rise more rapidly than Type I DM. The important causes will be obesity and reduced physical activity.⁵

DM refers to a group of common metabolic disorders that share the phenotype of hyperglycemia. Several distinct types of DM exist and are caused by a complex interaction of genetics and environmental factors. Depending on the etiology of the DM, factors contributing to hyperglycemia include reduced insulin secretion, decreased glucose utilization, and increased glucose production. The two broad categories of DM are designated type I and type II. Both types of diabetes are preceded by a phase of abnormal glucose homeostasis as the pathogenic processes progresses. Type I diabetes is the result of complete or near-total insulin deficiency. Type II DM is a heterogeneous group of disorders characterized by variable degrees of insulin resistance, impaired insulin secretion, and increased glucose production.⁶

Defective beta cell function occurs early and can be detected in individuals with impaired fasting and/or post-prandial

glucose levels (the so-called 'pre-diabetics'). Consequently, it has become increasingly important that physicians who treat such patients have a good knowledge and scientifically approved variety of antidiabetic drugs that are currently available or will come onto the market the current treatment for control of DM includes diet, exercise, oral hypoglycemic drugs, and insulin therapy. However, insulin and other oral hypoglycemic drugs have characteristic profile of adverse effects. *Ayurveda* has given brief description about this disease as *Prameha*, its various types, stages and its complications along with its successful management by various herbomineral preparations.

In the present study from various medicines explained in *Ayurveda*, a unique combination of medicines made and administered to 30 patients of NIDDM.

OBJECTIVES:

- a) To see the effect of selected combination of medicines on BSL in *Madhumeha* (NIDDM)..
- b) To see the effect of selected combination of medicines on Sign & symptoms of *Madhumeha* (NIDDM).

STUDY DESIGN: Present study is single group observational study with pre test and pro test design. 30 patients were randomly selected and administered selected combination of medicines for three months.

MEDICINE AND DOSAGE:

<i>ChandraprabhaVati</i>	: 1 BD
After meals with <i>Koshna Jala</i>	
Tab. <i>MadhuharYog</i>	: 1 BD
After meals with <i>Koshna Jala</i>	
<i>Nimbadi Kashay</i>	: 15 ml
BD After meals with <i>Koshna Jala</i>	

INCLUSION CRITERIA:

Patients of NIDDM of either sex with age 25 to 50 years.

Patients with PPBS less than 300 mg/dl

Patients with history of less than 1 year.

EXCLUSION CRITERIA:

Patients of IDDM

Patients who are on other oral hypoglycemic medication

ASSESSMENT CRITERIA:

Assessment is done every month for three months based on following criteria

1. Changes in BSL and
2. Changes in sign and symptoms like *Bahumutrata*, *Trushna*, *Alasya*, *Atinidra*, *Mukhamadhurata*, *Hastpad Daha*.

OBSERVATION:

Age: In this study, 65 % of patients were belonged to the age group of 35 - 40 years. The different surveys also say about the increased cases in this age groups, middle age group is more prone because in changes in food habits and sedentary life style.

Sex: This study shows 55 % of the subjects were males. Which shows prevalence rate is little higher side in Males

Educational Status: In this study 58.52 % patients were Graduates having different jobs leading a sedentary life.

RESULTS: There was significant drop in BSL in patients after 3 months with above medications. The results are highly significant in both FBS and PPBS (Table 1)

The medicines combination has also shown highly significant results in all the signs symptoms specially in *Bahumutrata* and *Hastpaddaha*. (Table 2)

Over all result shows good improvement in 8 patients and mild improvement in 17 patients, moderate improvement in 5 patients.

Table 1
Effect on BSL

BSL	Mean Before Treatment	Mean After Treatment	% of improvment	SD +/-	SE +/-	T value	P value
FBS	122.34	102.71	6.25	10.54	1.93	5.60	0.001
PPBS	182.45	151.57	9.88	15.25	2.78	3.85	0.001

Table 2
Effect on Signs & Symptoms

Signs and Symptoms	Mean Before Treatment	Mean After Treatment	% of improvment	SD +/-	SE +/-	T value	P value
<i>Bahumutrata</i>	1.56	0.67	57.14	.64	.12	7.21	0.001
<i>Trushna</i>	1.19	0.69	41.95	0.51	0.1	5	0.001
<i>Alasya</i>	1	0.69	47.37	.62	.12	5.38	0.001
<i>Atinidra</i>	1.43	1.17	18.60	.52	0.10	2.80	0.01
<i>Mukha madhurya</i>	1.27	0.7	44.74	0.57	.10	5.46	0.001
<i>Hastapad daha</i>	2	0.77	61.67	.43	.08	15.70	0.001

DISCUSSION: As *ChndraprabhaVati*⁷ contains *Shilajit* as key Ingredient along with other drugs it works specially on Nephrons which enhances kidney function by excretion of excessive glucose and metabolic wastes. It also minimizes effects by diabetes seen on kidney.

*Nimbadi Kashay*⁸ contains *Nimba*, *Shunthi*, *Vasa* etc which does *Kledanash* and *Rakta Doshanashak*, it also does *Amapachan* and *Dhatwagnivardhan*, which also improves glucose metabolism in liver.

MadhuharYog contains *Shilajith*, *VangaBhasma*, *Gudamar*, *Jambu*, *Guduchi* etc which acts specially on Pancreatic cells for improving insulin production and release also *Dhatupushtikar* specially in sexual debility seen in Diabetes.

CONCLUSION: This selected combination of medicines gives excellent results in cases of NIDDM which not only treat the disease but gives patients a healthy life with eliminating the complications. With this unique combination of medicines we can not only maintain BSL but also minimize long term complications of DM.

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