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## Over the counter Ayurveda: A Critical Review W.S.R. to Diabetes Case Study

**Dr. Dhananjay Bhagawandas Bairagi**

Professor & HOD,  
MD Kriya Sharir,  
RJS Ayurved Medical College and Research  
Center, Kopargaon,  
Dist. Ahmednagar (Maharashtra, India)

**Dr. Anand Ramu Sukenkar**

Professor & HOD,  
MD Rachana Sharir,  
RJS Ayurved Medical College and Research  
Center, Kopargaon,  
Dist. Ahmednagar (Maharashtra, India)

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### **Abstract:**

*Technology has added comfort to the lives of peoples. Paradigm shift in the ways of communication and transfer of information worldwide had led to access any information at finger tips. Moreover current pandemic scenario had been proved a booster for this shift. Every health issue encountered by people are googled and then starts the self-medication cycle. Same or rather more amplified practice is carried by masses in accordance to Ayurvedic drugs. In ever increasing health issues worldwide and advances in technology many unscientific and misleading information regarding medicines under the name of Ayurveda is been propagated blindly by the peoples. A brief sight of over the counter drug usage of Ayurvedic drug in diabetes in context with a case study had been conducted. Scientific application of Ayurvedic principles and judicious use of drugs can prevent the untoward effects caused by these socially circulating over the counter medications - OTC*

**Keywords:** *Ayurvedic drugs, Ayurvedic principles, OTC*

### **Introduction:**

Ayurveda aims towards maintaining the optimum health state and to cure the disease if any. This moto is fulfilled by undertaking various treatment modalities. Use of herbs and any possible thing – *Dravya* as medicine is mentioned in Ayurveda. Numerous single herb usage along with its combinations are been mentioned in reference of treating different physical as well as mental disorders. By referring to this, their use is based upon stipulated sets of rules which when followed can deliver the desired results by stated herbal drug remedies. The Ayurvedic principles evaluate the *Rasa panchaka* of every herbal drug and states its utility accordingly. Ayurvedic *Nidan*– diagnosis

also plays an important role in deciding the treatment protocol. By understanding the disease sequentially (*Samprapti*) i.e. from *Hetusevana* till fully manifestation of disease – *Vyadhiroop*, we get to know the exact management to be implemented in order to cure the underlying symptoms.

In present times metabolic disorder like diabetes is the major concern about health. It is rightly stated as silent disease, because one gets to know about the disease accidentally. Though it is silent in nature, it has very deteriorating effects on all organs of the body. Ayurveda had described it under *Prameha Vyadhi*. It is enlisted in one of the *Mahagada* (major diseases) by *Brihatrai* (*Charak Samhita*, *Sushruta Samhita* and *Ashtanga Samgraha*). *Doshik* types and *Dushya Samgraha* mentioned in *Prameha Vyadhi* gives insight to the management of the disease. The selection of herbs and other formulations based on principles of Ayurveda defines the right treatment protocol to be adopted. Random selection of over the counter drugs being marketed under anti diabetic label would land the patient in complications in long term. Ayurveda treatment for modern diagnosis leads to faulty treatment and can prove to be of no use. To address this issue a case study is presented to know its importance and need to increase the awareness regarding false self-medication practices.

**Case report -**

Name; xyz

Age; 53 Sex; M

Profession; college teacher

Complaints –

Burning sensation in both soles

Weight loss, fatigue

Increased frequency of micturition

Anorexia with bloating

Increased confusion and loss of memory

After experiencing these symptoms for more than 6 months, pt. got himself checked by local general practitioner. By his suggestion he opted for testing BSL and was found to be diabetic. Then pt. took the over the counter Ayurvedic medication of *Karela* juice, *Jambubeej* powder, *Nimba Ghana vati* and *Madhunashini Churna* as per the dose given in marketing pamphlets.

The underlying symptoms were increased as he started medication and stopped the use of it. Then he opted for proper Ayurvedic treatment by Vaidya and was relieved from the symptoms.

BSL report prior authentic Ayurvedic treatment –

BIOCHEMISTRY			
TESTS	RESULTS	UNITS	REFERENCE RANGE
<b>PLASMA GLUCOSE FASTING</b>			
RESULT	: 232	MG%	65 - 120
<b>PLASMA GLUCOSE, POST-PRANDIAL</b>			
RESULT	: 360	MG%	80 - 160

Ayurvedic treatment adopted –

- a) *NidanaParivarjan* – causative factors which were responsible for vitiation of *Vata Dosha* were avoided along with no sugar intake.
- b) *Vyayam*– minimum 30 minutes of brisk walking was advised
- c) *Aushadhi* – Medication like

Tab. *Dhatrinisha* 500mg after food two times

Tab. *Vasantkusumakar* 125mg after food two times

*Saravatarishta* 20 ml with water after food two times

*Amla* juice 10 ml + 1tsp honey with water empty stomach morning

Above mentioned treatment was given for 15 days and BSL was investigated.

BSL reports after 15 days of treatment –

BIOCHEMISTRY			
TESTS	RESULTS	UNITS	REFERENCE RANGE
<b>PLASMA GLUCOSE FASTING</b>			
RESULT	: 165	MG%	65 - 120
<b>PLASMA GLUCOSE, POST-PRANDIAL</b>			
RESULT	: 324	MG%	80 - 160
URINE SUGAR	: ++++/2.0%		

Patient felt better symptomatically as the symptoms like Burning sensation in both soles, Weight loss, fatigue, Increased frequency of micturition, Anorexia with bloating, Increased confusion and loss of memory were significantly reduced.

**Possible mode of action –**

Diagnosis was done as follows

***Hetu Sevana - Apatarpana – Vata vitiation***

Over the counter medication were vitiating *Vata Dosha* and there by responsible for presenting symptoms. Vitiation of *Vata Dosha* caused more *Apatarpan* thus treatment was worked out on above three factors and in accordance to Ayurvedic classis, *Santarpan Chikitsa* was given and was found to be effective.

**Inference:**

Improper line of treatment for any disease based on modern day investigation in Ayurveda will not fetch desired results. Above case study reflects the importance of Ayurvedic principles in management of diseases like diabetes. Mass education and strict rules should be imposed for the use of such over the counter Ayurvedic medications which will be beneficial for all.

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