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Ayurveda treatment modality in type 2 diabetes mellitus; a case Study

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Abstract:

Changing lifestyle and faulty food habits had given rise to many metabolic syndromes. Diabetes is one of the major metabolic syndrome which is increasing at alarming pace. Here comprehensive Ayurveda perspective for the underlying disorder – Prameha, by taking into consideration the Dosha – Dushya Samgraha and other factors are been studied. Here Ayurveda with special focus on Nidana (aetiology), Ahara and vihar (diet and lifestyle) can be seen beneficial in Diabetes mellitus (Prameha) management. Also the treatment protocol is designed accordingly with some single herbs such as Amalki rasa, Haridra Churna and herbo-mineral formulation of Chandraprabha Vati. A case is treated with mentioned view of management and results were satisfactory.

Keywords: Prameha, Amalki rasa, Chandraprabha Vati, Dosha – Dushya Samgraha

Introduction:

There has been progress in each aspect of life. But this progress is limited to the materialization and this of desire. In this rat race we had completely neglected the importance of right food habits and its health protective effects. The optimum functioning of digestive fire – Jatharagni is hampered due to faulty food habits and wrong food combinations. Uneven function of Jatharagni led to improper or incomplete digestion of ingested food and thus results in formation of Aam Visha. This in turn diminish the strength of digestion causing Mandagni and according to Ayurveda it is said to be root cause of all disorders. Diabetes is one such lifestyle disorder which is

increasing at a alarming pace. Here we can correlate it with *Prameha Vyadhi* which is one of the *Mahagada* mentioned by Ayurveda. Although with the ongoing modern medication, there are several other signs and symptoms with basic BSL which can be effectively managed with Ayurvedic treatment regime. Here a case is discussed with raised BSL and associated with other *Prameha* symptoms which was treated with Ayurveda line of management.

Case report

Name – abc

Age 50yrs

Sex – Male

Prakruti; Pitta – Vata

History – diagnosed as type 2 DM before 6months and under treatment with Metformin 500mg two times a day.

Presenting signs and symptoms;

General weakness – since 1 year

Burning sensation in soles of foot – since 4 months

Increased frequency of urination at night – since 2 months

On investigation

Random BSL before Ayurvedic treatment –

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Cell - 9423528537

Suvindh Mehta
(D.Pharm, M.L.T.)
Reg. No. MH/VOC/94/754

PATIENT NAME : [REDACTED]
REF. BY Dr. : [REDACTED]

AGE / SEX : M
REG. DATE : 03/02/2024

TEST	RESULT	UNIT	NORMAL RANGE
PLASMA GLUCOSE (PP)	365	mg/dl	Upto 140

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[Signature]

Treatment protocol

- Nidanparivarjan*
- Prakruti – Pitta – Vata*

On the basis of *Prakruti*, treatment included *Pitta* pacifying and *Vata* balancing procedures and drugs.

- c) Procedures – *Vihara*– brisk walking for 4 km in morning followed by *Sukshma Yoga* for one month
- d) Drug used –
 1. *Amalki Rasa* 20ml + *Haridra Churna* 3gm along with water in morning empty stomach for one month
 2. Tab. *Chandraprabha Vati* 500mg one tablet before food 2 times a day for one month
 3. *Triphalachurna* – 3 gm with lukewarm water at night for 1 months.

Probable mode of action –

In Ayurveda the treatment is designed on specific set of principles. It includes *Nidanparivarjan* – avoiding use of causative factors which are responsible for formation of disease. In present case no sugar diet was advised along with limiting the use of wheat and rice in regular diet. From *Hetusevana* to formation of a disease, the pathological sequence – *Samprapti* was observed and treatment accordingly was designed.

In *Vihara* – *Chankraman* – means brisk walking was advised as it improves the circulation and also the cellular resistance to insulin which is there in type 2 DM is pacified. It also aids the digestion and the root cause i.e. *Mandagni* is been tackled with it.

1. *Amalki Rasa* 20ml + *Haridra Churna* 3gm (*Ashtanga Hruday Chikitsa* 12/5) along with water in morning empty stomach. *Acharya Vagbhata* had mentioned this *Shamana Yoga* in its *Chikitsa Sthan*. If we see the *Dosha* and *Dushya Samgraha* of *Prameha* it is, *Dosha* – *Vata* – *Pitta* and *Kapha*, *Dushya*- *Rasa*, *rakta*, *mansa*, *meda*, *majja*, *shukra*, *oja*, *Ambu*, *vasa* and *lasika*, the drug used i.e. *Amalki* in *Rasa* form is *Roga Pratyantik Aushadhi* while *Haridra Churna* is *Dosha Pratyantik* and also it acts on total *Dushya Samgraha* of *Prameha*. The burning sensation in the extremities can be relieved by the *Vata* – *Pitta Dosha* pacification, and this can be achieved by above mentioned *Aushadhi Yoga*.
2. Tab. *Chandraprabha Vati* 500mg (*Sharangdhar Samhita*) it is the classical Ayurvedic medicine useful in all sorts of disorders with through *Dosha* or *Vyadhi Avastha* – stages. Here it is *Roga Pratyantik Aushadhi* and acts effectively on *Dosha* – *Dushya Samgraha* of *Prameha Vyadhi*. It reduces inflammation, strengthens urinary system and also acts on metabolic syndrome there by having impact on underlying symptoms of Diabetes. It also helps to reduce the frequency of micturition and clears the turbidity of urine which is seen in *Prameha*.
3. *Triphalachurna* 3gms. Equal quantity of each, *Amla*, *Bheda* and *Haritaki* is used in *Triphala*. This *Churna* is administered at night along with water for proper bowel functioning. It helps

to pacify vitiated *Vata Dosha* and helps to regain its normal *Gati*. Thus helps in ease and facilitate proper functioning of *Jathar Agni*.

Blood reports after treatment –

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Cell - 9423528537

Suvidh Mehta
(D.Pharm, M.L.T.)
Reg. No. MH/VOC/94/754

PATIENT NAME : [REDACTED]
REF. BY Dr. : [REDACTED] (AYURVED.)

AGE / SEX : YEARS / MALE
REG. DATE : 03/03/2024

TEST	RESULT	UNIT	NORMAL RANGE
PLASMA GLUCOSE (R)	289	mg/dl	Up to 150

AUTOMATED BIOCHEMISTRY ANALYZER
SENSITIVE ASSAY

Act
Go

Inference:

Ayurvedic principles plays an important role in management of diseases. When studied thoroughly the etiopathogenesis – *Samprapti* of disease on the basis of *Prakruti*, *Lakshan* and *Upashanupashaya* the treatment protocol can be decided. In present case, the use of *Amalki Rasa* along with *Haridra Churna* with water on empty stomach has helped to lower the BSL and the combination of *Chandraprabavati* has helped to relieve the mentioned symptoms like burning of soles, higher frequency of micturition and fatigue. The *Triphalachurna* regulated the bowel health and thereby kindled the digestive fire – *Jatharagni*. It resulted in metabolic correction and helped to improve the symptoms.

It opens a new path for further research and also to understand the applicability of *Ayurvedic* principles and herbal drugs in discussed conditions. We can offer a complete healthcare by considering all aspects of the disorder and thereby addressing the present issue.

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