

CLINICAL EFFICACY OF GURAMARADI KWATH IN PRAMEHA**C S Suryawanshi**Department of Ayurved Samhita & Siddhant, Y.A.C. P.G.T. & R.C. Kodoli,
Panhala, Kolhapur, Maharashtra, India**ABSTRACT**

Prameha (Diabetes Mellitus) is a chronic metabolic disorder in human being from *Ayurvedic Samhita* to present time. The prevalence of *Prameha* (Diabetes Mellitus) is increasing worldwide and is expected to rise more rapidly in future because of increasing obesity and reduced physical activity. *Prameha* (*Pra* means “excess” and *Meha* means “urination”). (*Prabhuta Aavila Mutra Pravritti...*) Maximum deterioration of *Dhatu* occurs in this type of disease and this is the reason why all vital organs are affected by Diabetes. *Prameha* is classified as a *Maha Gada* (Major Disease) because, if not treated in time, it can lead to several complications in the body. *Prameha* has been described under the heading *Prameha* and *Madhumeha* in *Ayurvedic Samhitas* like *Charaka Samhita*, *Sushruta Samhita*, *Astanga Sangraha & Hrudaya*, *Hareeta Samhita*. Gurmaradi Kwath having *Tikta*, *Katu*, *Kahaya Rasa*, *Laghu*, *Ruksha*, *Tikshana Guna*, *Ushna Virya*, *Katu Vipaka*, *Kaphavaathar* or *Kapha-pitta-har karma*. The study shows highly significant improvement in B.S.L. Fasting level, B.S.L. P.P., and HbA1c Glycosylated Hb ($p < 0.001$). In % B.S.L. Fasting (53.58 %), in B.S.L. P.P. (61.65 %). Statistical Paired T-Test is applied to test the significant result of this medicine. So these all acts on *Prameha* (Diabetes Mellitus) and results as decreased in Blood sugar level without any complications.

Keywords: Diabetes Mellitus, *Prameha*, *Gurmaradi Kwath*

INTRODUCTION

Prameha (Diabetes Mellitus) is a chronic metabolic disorder in human being from *Ayurvedic Samhita* to present time. It is most common in India due the culture and food habits of society. The prevalence of **Prameha** Diabetes Mellitus is increasing worldwide; and is expected to rise more rapidly in future because of increasing obesity and reduced physical activity due to excess use of electronic gadgets. **Prameha** (Diabetes Mellitus) also known as juvenile diabetes or insulin-dependent diabetes occurs due to the autoimmune destruction of the insulin producing cells of the pancreas resulting in

increased blood and urine glucose levels. The symptoms for this are frequent urination, increased thirst and hunger and weight loss. **Prameha** (Diabetes Mellitus) also known as adult-onset diabetes or non-insulin-dependent diabetes is characterized by insulin resistance and deficiency. However, the cause for this is primarily rooted in lifestyle issues like increasing stress, sedentary living and an unhealthy diet, as well as genetics. The symptoms for this include fatigue, vision changes, slow healing from cuts and wounds and skin changes. **Prameha** (Diabetes Mellitus) can be con-

trolled with proper diet and exercise and treatment. In today's stressful modern living, incidence of Diabetes is definitely increasing. It is a chronic metabolic disorder in which the body is unable to make proper use of glucose resulting in **Hyperglycemia** (high blood sugar) and **Glycosuria** (sugar in urine). This increases the urine output, which leads to dehydration and increased thirst. Glucose comes from the food we eat and is also made in liver and muscles. The blood carries glucose to all the cells in our body. Insulin, a chemical (or Hormone) produced in the pancreas, is responsible for the uptake of glucose into cells for energy. Decreased levels of insulin affects this mechanism leading to increased glucose in the blood stream. It is known as **Prameha** (**Prame** means 'Excess' and **Meha** means 'urination'). Deterioration of the body is a characteristic that indicates impairment of **Kapha-Vaata**. Maximum deterioration of **Dhatu** occurs in this type of disease and this is the reason why all vital organs are affected by Diabetes. The other cause of DM is impaired digestion which leads to accumulation of specific digestive impurities which accumulate in the pancreatic cells and impair the production of insulin. **Prameha** is classified as a **MahaGada** (Major Disease) because, if not treated in time, it can lead to several complications in the body. The **Ayurvedic** treatment for this disease is based on an entire change in the lifestyle of the person and herbal formulation of **GurmaradiKwath**. This **GurmaradiKwath** having **Tikta, Katu, Kahaya Rasa, Laghu, Ruksha, TikshanaGuna, UshnaVirya, KatuVipaak, Kapha-vaathar or Kapha-pitta-har karma**. So these all acts on **Prameha** (Diabetes Mellitus) and results as decreased in Blood sugar level without any complications.

"DIABETES MELLITUS (DM) comprise a group of common metabolic disorders that share the phenotype of hyper-glycemia. Several distinct types of DM exist and are caused by a complex interaction of genetics, environment factors and lifestyle choices, depending on the etiology of the DM, factors contributing to hyper-glycemia may include reduced insulin secretion, decreased glucose utilization, and increased glucose production. The metabolic deregulation associated with DM causes secondary pathological changes in multiple organ systems that impose a tremendous burden on the individual with diabetes and on the health care system. In the United States DM is the leading cause of end stage renal disease (ESRD), non-traumatic lower extremity amputations and adult blindness with an increasing incidence worldwide. DM will be a leading cause of morbidity and mortality for the foreseeable future".....**Chapter no. 323 on DM 13 y Dr. Alvin C. Powers. From Harrison's principles of Internal Medicine 16th Edition .**

In **CharakaSamhita** the causes of **Prameha** have been described as follows:

"Asyasukham-Svapnasukham-dadhini Gramyaudakanooparsahpayamsi Navannapanamgudavaikrutamchapramehahetuhkaphakruccharavam" ..(Cha.Chi.6/4).

DIABETES MELLITUS (**Prameha** has been described under the heading **Prameha** and **Madhumeha** in **Ayurvedic Samhitas** like **CharakaSamhita, Sushruta Samhita, Astanga Sangraha & Hridaya, Hareeta-Samhita**

MATERIAL AND METHOD: - DRUG REVIEW:-

"GURAMARADI KWATH":- Characteristics of **GurmaradiKwath:-**

- **Gudmar**:-L.Name:-Gymnemasylvestrae, **Rasa** :-Kashaya, **Tikta**, **Guna**:- Laghu, **Ruksha**, **Virya** :-Ushana, **Vipaak** :-Katu, **Karma** :- Kaphavata–har.
- **Asana**:-L.Name:- Pterocarpusmarsupium, **Rasa** :-Kashaya, **Tikta**, **Guna** :-Laghu, **Ruksha**, **Virya**:-Sheet, **Vipaak**:-Katu, **Karma**:-Kaphapittahar.
- **Triphala**:-L.Name:- (A). **Amla**EmbllicaOfficinalis,**Rasa** :-**Amla**: Panch Rasa (LavanRahit) AmlPradhan,**Guna** :-Guru, **Ruksha**, **Sheet**.**Virya** :-Sheet,**Vipaak** :-Madhur, **Karma** :-Tridosh-har.(B).**Haritaki**TerminaliaChebula, **Rasa** :-Panch Rasa (LavanRahit) KashayaPradhan, **Guna** :-Laghu, **Ruksha**,**Virya**:-Ushana, **Vipaak** :-Madhur,**Karma** :-**Haritaki**: Tridosh-har.(C).**Bibhitaki**BelericMyrobalan,**Rasa** :-Kashaya,**Guna**:-Ruksha, **Laghu**,**Virya**:-Ushana, **Vipaak**:-Madhur,**Karma**:- Kapha-har.
- **Devadaru**:-L.Name:- CedrusdeodaraPinaceae, **Rasa** :-Tikta, **Guna** :- Laghu, Snigdha, **Virya** :-Ushana, **Vipaak** :- Katu, **Karma** :- Kaphavata –har.
- **Musta** :-L.Name:-Cyperusrotendus,**Rasa** :- Tikta, **Katu**, **Kashaya**, **Guna** :- Laghu, **Ruksha**, **Virya** :- Sheet, **Vipaak** :- Katu, **Karma** :- Kaphapitta –har.
- **Bilva**:-L.Name:- Aeglemarmelos, **Rasa** :-Tikta, **Kashaya**, **Guna** :- Laghu, **Ruksha**, **Virya** :-Ushana, **Vipaak** :- Katu, **Karma** :- Kaphavata –har.
- **Chitrak** :-L.Name:-Plumbagozeylanica, **Rasa** :-Katu, **Guna** :- Laghu, **Ruksha**, **Tikshana****Virya** :-Ushana, **Vipaak** :-Katu, **Karma** :- Kaphavata –har.
- **Trikatu** :- (A). **Blackpepper**L.Name:-Pipernigrum,**Rasa** :-Katu, **Guna** :-Laghu, **Tikshana**,**Virya**:-Ushana, **Vipaak**:-Katu, **Karma** :-Kaphavaathar .(B). **Longpepper**L.Name:-Piperlongum, **Rasa**:-Katu, **Guna**:-Laghu, **Snigdha**, **Virya**:-Ushana, **Vipaka**:- Katu, **Karma** :-Kaphavaathar(C). **Ginger**L.Name:-Zingiberofficinalis, , **Rasa** : Katu ,**Guna** :Laghu, **Ruksha**,**Virya**: Anushna-Sheet, **Vipaka**: Madhur, **Karma**:Kaphavaathar.

Doses of **KwathDravya**:-

(1)**Gudmar**+ (2) **Asana** + (3) **Triphala** = Each 2gm.

(4) **Devadaru** + (5) **Musta**+ (6) **Bilva**= Each 1gm.

(7) **Chitraka** + (8) **Trikatu** = Each 500mg .

KwathDravaya 40ml had been given twice dailybeforefood. (Self-experienced medication according to the characteristics of the given medicine).

STUDY DESIGN: -A single blind controlled clinical Trail Study on 30 Patients of **Prameha**(Diabetes Mellitus).

INCLUSION CRITERIA: - (1).Age group: - 30-65 years in bothGender (2).Known case of **Prameha**.(3). Fasting Blood Sugar Range : > 126 up to 200 mg/dl. (4). P.P. Blood Sugar Range: - > 200 mg/dl up to 400 mg/dl.

EXCLUSION CRITERIA :-(1). IDDM Patients.(2). Pregnant & Lactating women. (3). Renal, Cardiac, Carcinoma, Hepatic Severe Diseases.

INVESTIGATIONS: -(1). Blood – F.B.S., PPB.S.(2) . Urine Analysis; - Routine, Microscopic, (3).HbA1c (Glycosylated Hb).

RESULTS :- The study shows highly significant improvement in B.S.L. Fasting level, B.S.L. P.P., and HbA1c Glycosylated Hb (p<0.001).In % B.S.L. Fasting (53.58

%), in B.S.L. P.P.(61.65%). Statistical Paired T-Test is applied to test the significant result of this medicine.

FOLLOW UP: 0, 15, 30 Days.

CONCLUSION:

The medicine used in *GurmaradiKwath* having *Tikta, Katu, Kahaya Rasa, Laghu, Ruksha, TikshanaGuna, UshnaVirya, KatuVipaak, Kaphavaathar or Kapha pitta har karma*. So these all acts on *Prameha* (Diabetes Mellitus) and results as decreased in Blood sugar level without any complications. This medicine is cost effective so this is a very good herbal combination for the treatment of *Prameha* (Diabetes Mellitus).

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