

## AN AYURVEDIC SINGLE DRUG APPROACH IN THE MANAGEMENT OF MADHUMEHA WSR TO DIABETES MELLITUS - A CASE STUDY

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### ABSTRACT

Diabetes mellitus is a group of metabolic disorders characterized by chronic hyperglycemia associated with disturbances of carbohydrates, fat, protein metabolism due to absolute or relative deficiency in insulin secretion, that metabolic disorder is considered as the *madhumeha* in Ayurveda based on their symptoms. It is one of the types of *vataja prameha*. It results from various etiological factors. Here objective was to evaluate the efficacy of *ayurveda* treatment in *Madhumeha*. A 55years old female came to SDM college of Ayurveda hospital *Kayachikitsa* special OPD with complaint of *prabhoothamutra*, *karapada daha*, *avila mutrata* & *kshudaathi pravrthi*. Examination, investigations and history leads to diabetes mellitus. So patient was treated with *Kalamegha vati*, *Pathya*, *Apathya* & *Yogasananas*. *Ayurveda* treatment has effective results in the management of *madhumeha* by single drug administration orally.

**Keywords:** Diabetes mellitus, Metabolic disorder, *Madhumeha*, *Kalameghavati*.

### INTRODUCTION

Diabetes mellitus is defined as a disturbance in of intermediary metabolism manifesting as chronic sustained hyperglycemia similarly due to either an absolute or relative lack of insulin. This may be accompanied by other biochemical disturbances and the presence of progressive diabetic tissue damage with micro vascular and macro vascular complication<sup>1</sup>. Hence that metabolic disorder is considered as the *Madhumeha* in Ayurveda based on their symptoms. It is one type of *Vataja Prameha*<sup>2</sup>. It results from various aetiological factors.

*Acharya Charaka* has quoted “as the birds are attracted towards the tree where their

nests lies, similarly *Madhumeha* affects people who are voracious eaters and have aversion to physical exercise. The disease *Madhumeha*, its definition, etiology, clinical features and principles of treatment appear to be similar with the disease “Diabetes Mellitus<sup>3</sup>”. The main symptom which was in the patient of diabetes which was mentioned by *acharyas* are *prabootha mootratha* (micturition during day time), *avila mootratha* (turbidity of urine), *kshudhaathi pravrithi* (increase of appetite), *dhourbhalya* (*debility*), *karapada daha* (*burning sensation in palms and soles*)<sup>4</sup>.

Many Synthetic drugs used for di-

abetes therapy are having side effects and do not restore normal glucose homeostasis. Therefore, many efforts have been made to identify new anti-diabetic agents from different sources, especially medicinal plants because of their effectiveness, fewer side effects and relatively low cost. Thus, it is necessary to look for new and, more efficacious drugs and make use of the vast reserves of phyto-therapy for medicinal purposes. Ethno-botanical information indicated that about 800 plants have been reported to possibly possess anti-diabetic potential<sup>5</sup>.

Even though many research works have been carried out for *Mehahara* activity of many herbal drugs, still efficacious drug is elusive and there are certain unexplored drugs like *Kalamegha* (*Androgrphis paniculata* (Burm.F).Wall.ex Nees) which may be an answer. *Kalamegha* (*Androgrphis paniculata* (Burm.F).Wall.ex Nees) is proven for its anti hyperglycemic effects experimentally, but it has to be established on clinical support. *Kalamegha* is having properties like *Tikta rasa, Usna Virya, Katu Vipaka*<sup>6,7,8</sup>.

## MATERIALS AND METHODS

### Selection of patient:-

A 55years old female came to SDM college of Ayurveda hospital Kaya chikitsa special OPD with following chief complaints of *Prabhutha mutra* day and night, *Karapada daha, Avilamutrata & Kshuda athipravrthi*. This was diagnosed as the case of diabetes mellitus.

### Symptoms

1. *Prabhuthamutrata*
2. *Kshudhaathipravrthi*
3. *Avila mutratha*

### Signs

#### Table I: Assessment criteria

Si.No	Criteria	Bt (Scoring)	Review After 2 Weeks	Review After	4
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1. Redness over the face
2. Giddiness

### Investigation

1. FBS
2. FUS
3. PPBS
4. PPUS

### MANAGEMENT

Single drug which is having *Madhu meha-hara* action

Dose and duration: *kalamegha vati*

Dose -2 tabs of each 500mg TID B/F

Mode of administration –orally

Duration- 30 days

### Diet:

#### Pathya (Do's)

Fruits (Guava, Lime, Pomegranate, Jujube, Indian goose beery); Vegetables (Fenugreek, Coriander leaves, Cabbage, Carrot, Cauliflower, Curry leaves, Drum stick leaves, Bitter gourd, Bottle gourd).

Nuts (Coconut, Pistachio); Oils (Safflower oil, Sunflower oil, Castor oil); Pulses (Bengal gram, Green gram, Horse gram, Lentil, Red gram)<sup>9</sup>.

#### Apathya (Don'ts)

Fruits (Custard apple, Dates, Mango, Cherry, Grape, Orange, Strawberry, Pear); vegetables (Tomato, Spinach, Pumpkin, Ladies finger, Brinjal, Mustard leaves).

Nuts (Cashew nut, Almond, Walnut); Oils (Ground nut oil); Pulses (Black gram)<sup>10</sup>.

### Results:

Improvement in subjective symptoms and signs as following –

Complete relief from *Karapadadaha*

Marked relief from *Avilamutrata & Prabhuthamutratha*

Puffiness in face got reduced

			(Scoring)	Weeks (Scoring)
1	Frequency of urine day time ( polyuria)	2	1	0
2	Frequency of urine night time (polyuria)	0	0	0
3	Turbidity of urine	0	0	0
4	Appetite	1	0	0
5	Burning sensation over limbs	2	1	0
6	Weakness	2	1	0

**Table II: Investigations chart**

Investigation	BT	REVIEW AFTER 2 WEEKS (SCORING)	REVIEW AFTER 4 WEEKS (SCORING)
FBS	173.5	163.5	159.9
PPBS	256.1	249.1	231.6
FUS	Trace	Trace	Trace
PPUS	1.0%	1.0%	1.0%

## DISCUSSION

Diabetes is a common ailment in this modern era. Consumption of heavy, unctuous food and lack of exercise are the prime causative factor for diabetes. Diabetes is a silent killer that which slowly kills the life span of the patient and improper medication or uncontrolled food can cause the death of the person. According to *ayurveda meda dhatu* is primarily affected in diabetes. So only the *medha dhatu* should be decrease that means obese patients it will be more so care to be taken for decrease in body weight. With that proper care only diabetes can be controlled. The main key for diabetes control is proper medicine with proper exercise and balanced diet. For better results weight should be reduced in obese patients primarily.

## CONCLUSION

*Kalamegha* possess *Tikta, Rasa, Laghu, Rooksha guna, Usna Virya and Katu Vipaka*.

It mainly acts as *Pitta-Kapha shamaka, lekhana, rookshana, Meda, Kleda Upashoshana*. It has *Usna Virya* which is mainly acts as a *vatahara*. It is having opposite qualities to that of *Kapha* and *Medas*. This *Tridosha shamaka* property of the drugs helps to correct the *Dhatu dushti* and *Sroto dushti* leading to their normal functioning. Hence it acts as *Mehahara*. *Kalamegha vati* has showed significant improvement in the symptoms of *Madhumeha* and blood sugar levels. Hence, Clinical study proves that *Kalamegha vati* is an efficient as well as an ideal drug for its potent *Madhumehahara (Antihyperglycemic)* effect.

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