

EK MOULIKA PRAYOGA IN DIABETIC NEUROPATHY- CASE REPORT**Keertan M S**

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ABSTRACT

Diabetic neuropathy is a descriptive term meaning a demonstrable disorder, either clinically evident or subclinical, that occurs in the setting of diabetes mellitus without other causes for peripheral neuropathy. The neuropathic disorder includes manifestations in the somatic and/or autonomic parts of the peripheral nervous system. Diabetic neuropathy is a relatively early and common complication affecting approximately 30% of diabetic patients. According to Ayurvedic principles there is involvement of *Vata* and *Pitta Dosa* in diabetic neuropathy. **VaGati Gandhanayo** – it means the nerve impulses where *gandhadravya* are exclusively indicated in *Vata* disorders, where *Ashwagandha* is one among them. *Ashwagandha* (*Withaniasomnifera*) is a plant which shows possibility to pacify these two *Dosas*. The patient was being given *Ashwagandha Ksheerapaka* 60ml twice a day for 30 days.

Key words: *Atibala, Ashwagandha, Diabetic neuropathy, Withaniasomnifera*

INTRODUCTION**BRIEF HISTORY OF THE PATIENT:**

A 70yrs old male, K/c/o of DM since 6months, Consulted KLEU's Shri BMK Ayurveda Hosipatl, Belagavi O.P.D complaining about numbness and tingling sensation occasionally burning sensation in both the lower extremities and feet. Pt took repeated multi vitamin therapy wherein he didn't found any relieve from the symptoms.

PAST HISTORY: K/c/o of DM since six months

FAMILY HISTORY:

Strong presence of Diabetes Mellitus since two generations

AsthavidhaParikshana:

1. *Nadi: vatakapaha*
2. *Mutra: bahumutrata*

3. *Mala: malabaddata,sama*

4. *Jivha: nirama*

5. *Sabda: prakrta*

6. *Sparsa: samaseetoshna*

7. *Druka: prakrta*

8. *Aakruti: Madhya*

DasavidhaParikshana:

1. *Prakrti:vatakapaha*

2. *Vikrti involves - Dosa: vata, Dusya: rasa, medo, ojas, Srotodusti :mutravahasrotas*

3. *Sara: madhyama*

4. *Samhanana: madhyama*

5. *Pramana: madhyama*

6. *Satva:madhyam*

7. *Satmya: madhyama*

8. *Aharasakti: pravara*

9. *Vyayamasakti: madhyama*

10. Vayah: madhyama

METHOD: Ashwagandhaksheerapaka was prepared and administered 60ml B.D. every day for 3months.

RESULTS:

Table NO 1

Patient 1	HbA1c		FBS		PPBS		Hb	
	BT	AT	BT	AT	BT	AT	BT	AT
	8.2 %	7.1%	153	105	179	126	12%	13.1%

The table format below shows the data of before (BT) and after (AT) treatment results in FBS, PPBS and HbA1C followed by laboratory results.

DISCUSSION

Ashwangandhas been selected in this management as it is a typical Vichitrapratyabhadhravya where it is having the properties like *tikta rasa, madhuravipaka, snigdhashaguna and ushnavirya*. Karmukata is *tridoshashamaka* with *kledashoshaka, rasayana and brahamana* effect. In this *vaydhi*, *avarana* is one of the *Samprapti* where *Kapha* is going to do the *Avarna* of *Vata* and *Pitta* respectively where symptoms like numbness (*Suptatha*), tingling sensation (*Ppilika Sancharavath*), pins and needles and burning sensation (*Daha*) are the episodic presentation of the patients.

CONCLUSION

It can be stated from the result that Ayurvedic drugs used in present study are effective to revert the diminished perception of sensations like vibration, cold and heat. There is highly significant reduction in other symptoms including numbness, tingling, burning sensation and pain in lower limbs in the patients of diabetic neuropathy. *Ashwagandha* is a safe as it did not produce any adverse features.

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