

## MANAGEMENT OF MADHUMEHA (DIABETES MELLITUS) WITH UNIQUE COMBINATION OF AYURVEDIC HERBS- A CASE STUDY

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### ABSTRACT

Diabetes mellitus (DM) is described in Ayurveda as *Madhumeha*. It is one of the types of *vataj prameha*, literally meaning of *Madhumeha*, is excessive urine with sweet taste like honey. The number of people suffering from diabetes all over the world is increasing progressively. Ayurvedic medicine is oriented toward prevention, health maintenance and treatment of diseases. There is large number of drugs of herbal and mineral origin mentioned in Ayurvedic texts, regarding the treatment of *Madhumeha*. The present case study is successful Ayurvedic management of a case of *Madhumeha* (Diabetic mellitus). A 53 year old male patient came to us with chief complaint of *Prabhuta mutrata* (Excessive Urination), *Dourbalya* (General weakness), *Daksin Manyate hastatal chimchiman* (tingling sensation), *Manyashool* (cervical pain), *Pad pradeshi pitikaotpatti, puyotpatti* (abscess formation), *kandu* (itching), *Padsuptata* (tingling numbness), *Malavstambha* (constipation), *Vam netra Drushtimandya* (left eye blindness) since 3 year, which get regression of symptoms within 6 days of Ayurveda treatment only.

**Keywords:** Diabetes mellitus, *Madhumeha*, Ayurvedic herbs, Effective therapy

### INTRODUCTION

Diabetes mellitus (DM) is described in Ayurveda as *Madhumeha*. The twenty types of *Pramehas* are described in Ayurveda. Out of that *Madhumeha* is a type of *vataj prameha*<sup>1</sup>. *Madhumeha* caused by vitiation of *vata dosha*<sup>2</sup> which means repeated (*Prakarsha*) excessive (*Prabhoota*) and turbid urination in terms of frequency, quantity etc.

*Madhumeha* included among the *Ashtamahagada* (eight major disorders) in *Charaka*<sup>3</sup> which indicates the graveness of the disease given by the *Acharyas*. According to the international diabetic federation atlas 2015, an estimated 69.2 million Indians are diabetic, which as per the WHO assessment, stood at 63 million in the year 2013 the estimates depict that diabetic prevalence has

alarmingly doubled and so far has grown by over in past 15 years<sup>4</sup>. The main causes of *prameha* are lack of exercise and improper food habits in excess food intake which falls in the category of *Gramya-Ahar*, *Ushna*, *Snigdha*, *Navanna*, *payas* and *guru* are the primal cause of this disease<sup>5</sup> - Fish, curd, milk product are good example. Foods that increase *kapha*, *medhas* and *moothra* are the etiological factors for *prameha*. *Prameha* is passing excessive urine and turbid in colour ('*prabhootha avila mootrata*')<sup>6</sup>. *Pramehapidika* is complication according to *Ayurveda*<sup>7</sup>. There are seven type of *prameha pidika*. *Vranashodan chikitsa*<sup>8</sup> is mentioned in *prameha pidika*.

Same case seen by Ayurvedic treatment. This case is one of examples of that patients came our IPD with increased blood glucose level report, complications of DM, same arthritic diseases, skin diseases but within four days of treatment blood glucose level is sudden decreases Shocking results by patients all complaints becomes less. Really Ayurvedic herbs have seen effective result on such variety of disease.

### CASE REPORT

The present case study is successful Ayurvedic management of a case of *Madhumeha* (Diabetes mellitus). A 53 year old male patient came to us with chief complaint of –

**Table 1:** Showing symptoms of patient

SR.NO	CHIEF COMPLAINTS	DURATIONS
1	<i>Prabhuta mutrata</i> (Excessive Urination)	2-3 years
2	<i>Dourbalya</i> (Gen.weakness)	2-3 years
3	<i>Daksin Manyate hastatal chimchimayan</i> (tingling sensation)	2-3 years
4	<i>Manyashool</i> (cervical pain)	7-8 months
5	Pad pradeshi pitikaotpatti, puyotpatti (abscess formation), kandu (itching)	7-8 months
6	<i>Padsuptata</i> (tingling numbness)	7-8 months
7	<i>Malavstambha</i> (constipation)	7-8 months
8	<i>Vam netra Drushtimandya</i> (left eye blindness)	7-8 months

### History of personal illness:

The patient was normal 9 years back. Since then patient has been suffering from *Madhumeha*.

Increasing frequency of *urination*, *Dourbalya-anubuti* (general weakness)in primary stage it has taken tablets first while sugar level is not decreases patient take inj.mixtard (insulin28-30 unit) since 3 years, but nothing provided long-term relief from his problem, shows sugar level increases, patient shows above complaints. To overcome this, he came to our

hospital – Seth Sakharam Nemchand Jain Ayurvedic *Rugnalaya* in *Kaychikitsa* department IPD.

### ASTAVIDHA PARIKSHA:

*Nadi* (pulse) = 84/min.

*Mala* (stool) = *Vibandha*

*Mutra* (urine) = 5-6 times in a day (4-5 times in night)

*Jeeva* (tounge) = *Eshathasaam*.

*Agni* = *Kshudhamandya*.

*Shabda* (speech) = Normal.

*Druka* (eyes) = *Drushti-Mandya*.

*Akruti* = *Madhyama*.

*Bala* = *heena*.

*Raktadaaba* (B.P) = 120/70 mm/Hg.

## MATERIALS AND METHODS

### METHODS–

**Centre of study:** S.S.N.J. Ayurvedic Hospital, Solapur, India.

**Method of sampling& study design:** Simple randomized single case study.

## MATERIALS:

**Table 2:** Showing material used in study

SR. NO.	DRAVYA	DOSE	DURATION	ANUPANA
1.	<i>Sutshekhar</i>	400 mg	1 pack BD	luck
2.	<i>Guduchi</i>	500 mg		warm water
3.	<i>Shunti</i>	200 mg		
4.	<i>Pachak vati</i>	250 mg	1 BD	luck warm water
5.	<i>Gandharv haritaki</i>	1.5gm	At night	luck warm water
6.	<i>Vatagjankush</i>	250 mg	1 BD	water
7.	<i>Tablet.Madhumeha kusu-makar</i>	250 mg	1 BD	water
8.	<i>Syp.Ashwagandharista</i>	2tsp (10ml)	1 BD	with ½ cup of water
9.	<i>Panchawalkal oilment</i>	Local application	Twice in day.	-

Table 3: *Panchakarma*

**Table 3:** Showing *panchakarma* procedure of morning time

1	<i>Manyabasti &amp; Nadi-sweda</i>	( <i>til taila</i> + elagesic oil)
2	<i>Avagah</i>	( <i>Trifala, Khadir, Nimba Kwath</i> )

**Table 4:** Showing *panchakarma* procedure of evening time

1	<i>Shiropichu</i> and <i>padabhyang</i>	Til oil
2	after that <i>Snehpurvaknadisweda</i>	

## DISCUSSION

### *Hetu seven*<sup>9</sup>

#### *Ahar-*

Heavy and *gramyaha*r seven (improper diet), *dadhi*, *payas* (milk product), fatty diet-fish, eggs, chicken, matan, eggs, sweet items,

*dadhi*, Oily, spicy, fast-food, cold drinks cause disturbance of *tri-doshas*

#### *Vihar-*

As his work is *Riksha* (auto) driver he follows this routine like *Asayasukham*, *diwaswap* (day sleeping), lack of exercise which increases *kapha dosha* causes *kleda* formation

**Samprati:**



**Samprati-Ghatak:**

- *Dosha*– vata,pitta,kapha
- *Dushya* – meda,mamsa, kleda, rakta, vasa, majja, lasik, rasa, asthi and ojas
- *Srotas* – mootravaha,asthivaha,majjavaha,rasavaa, purishavaha srotas
- *Srotodusti* – atipravrutti
- *Udhhavasthana* – kosta
- *Vyaktasthana* – mootravaha

According to Ayurveda its chronic case of madhumeha and patient started complication i.e prameha pidika –vidhradhi on both legs. According to modern DM complication seen as Diabetic retinopathy developed (Right eye cataract operation done and now symptom of

left eye blindness), Diabetic osteoarthritis changes (cervical pain), Diabetic skin disorder (both leg abscess formation, itching).

**Samprati-Bhanga:** Present case is a case of Madhumeha (Diabetes mellitus) in which all hetu cause tridoshprakop and dahtukshithilya occurs. Here, Meda, Mamsa, Kleda, Rakta, Vasa, Majja, Lasika, Rasa, Asthi and ojas dushya mainly involved. In line of treatment we think about Aampacan, dipan, keledanash (kaphgna chikitsa), vatashaman and Rasayan chikitsa. As Pad pradeshi pitikaotpatti, puyot-patti, kandu symptoms so, here we use panchawalkala oilment for local application. These have astringent and cleansing property. Action of all individual drugs mentioned in following table-

**Table 5 :** showing sampartibahaga

S. N	Dravya	Action
1.	Guduchi <sup>10</sup>	Rasayani, vayasta, jwaragni,vatkaphagn
2.	Shunti <sup>11</sup>	Ushna,katu,kaphagna,dipaniya,pachaniya
3.	Amalaki <sup>12</sup>	Pittaghana,vataghna,kledaghna,pramehaghna,Rasayana, Agnidiapn & Aampachan.
4.	Haritaki <sup>13</sup>	Anulomak,medhya,rasayana,swas-kas-pramehahar
5.	Bibhitaki <sup>14</sup>	kapha vatghna,ushnavirayam,netrahit,kledahar,bhedan
6.	Pachak vati	Amadosa nasaka & Agni vardhaka

7.	Ashwagandha <sup>15</sup>	Vatkaphaghna, Balya, Rasayana, Vajikar
8.	Khadir <sup>16</sup>	Medhaghna, Kandughana, Krumighna, Shothaghna
9	Madhumeha kusuamakar rasa <sup>17</sup>	Vata-pitta dosh shamak, immunity booster, kafa-meda pacahak

## OBSERVATION & RESULT

Clinical examination of the patients revealed regression of

**Table 6:** showing revealed regression of symptoms

	Lakshana	1 <sup>st</sup> day	2 <sup>nd</sup> day	3 <sup>rd</sup> day	4 <sup>th</sup> day	5 <sup>th</sup> day	6 <sup>th</sup> day
1	Prabhuta mutrata	++++	++++	+++	++	+	+
2	Dourbalya	+++	+++	++	++	+	0
3	Daksin Manyate hastatal chimchimayan	++	++	+	+	+	0
4	Manyashool	+++	++	+	+	+	0
5	Padpradeshi pitikaotpatti, puyotpatti, kandu	+++	++	++	+	+	+
6	Padsuptata	++	++	++	+	+	0
7	Malavstambha	+++	++	+	+	0	0
8	Vamnetra Drushtimandya	+++	++	++	+	+	+

Above results are seen within 6 days of treatment only.

**Table 7 :** showing BSL before and after treatment

BSL	BEFORE (27/4/2017)	AFTER(3/5/2017)
BSL-Fasting	236	89
BSL -PP	385	239

## CONCLUSION

Since the therapy for *Madhumeha* has limitation in other pathies, Ayurvedic management of *Madhumeha* can be effective therapy in both subjective and objective parameter.

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