

**STUDY OF NIDANA PANCHAKA OF CONTEMPORARY MADHUMEHA PATIENT
vis. a. vis. TYPE II DIABETES MELLITUS**

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**ABSTRACT**

Junk food and lavish lifestyle is a status statement of today era which is responsible for various type of diseases. Diabetes Mellitus is one of the predominant diseases causing this lifestyle. Diabetes Mellitus resembling with *Madhumeha* which is one type of *Vataj Prameha* explained by Acharya Charaka. The ayurvedic protocol of management is very beneficial for prophylaxis and treatment of *Madhumeha* (Diabetes Mellitus). *Madhumeha* can be treated more accurately according to the Ayurvedic method of treatment only if its *Nidan Panchaka* (Etiopathogenesis) is well established.

Aim: To study *Nidana Panchaka* of contemporary *Madhumeha* patient vis. a. vis. type II diabetes mellitus.

Material & Method: In this study, already diagnosed 30 patients of diabetes mellitus type II were selected and the history of those patients was taken according to standard case proforma. Present study is Analytical, Retrospective, Observational, and Cross-sectional type.

Observation: An analyzed data indicated that lavish lifestyle, unhealthy food, and junk food are also the reasons behind disease along with *Hetus* (Etiological factor) mentioned in the Samhitas (Ayurveda Literature).

Conclusion: It can be concluded that it is possible to establish the *Nidan Panchak* of *Madhumeha vyadhi* with the help of Ayurvedic basic principles.

Keywords: *Madhumeh*, Diabetes mellitus, *Nidan Panchak*, *Vataj prameha*

INTRODUCTION

Ayurveda is an ancient science and it is *Shashwat* (perpetual) *entity*. In Ayurveda *Rutucharya* (Seasonal regime), *Dincharya* (Daily Regime), *Vyayama* (Exercise), *Aharavidhi Visheshayatana* (Eight specific factors of a method of dieting), etc. are mentioned. Now a day people prefer junk food which is more *Vidahi* (causing Burning sensation) and *Abhishandi* (Channel blocking) which directly causes *Agnimandya* (decreases digestive fire). India is the Diabetic capital of the world.¹ Because As per the present day's restless and stressful lifestyle People don't have time for exercise, so many diseases are the outcome of faulty dietary habits. *Madhumeha* is one of the diseases formed by the above-mentioned conditions. *Madhumeha* is a disease that shows *Madhura* (Sweet), *Prabhuta* (Large quantity), *AvilaMutrata* (turbid)². According to acharya Vagbhata, the word *Madhumeha* is made up of two words '*Madhu*' (Honey) and '*Mehati*' (Passing of urine) and hence in *Madhumeha* honey-like urine is passed. According to Ayurveda *Madhumeha* can be correlated with Diabetes Mellitus Type II.³ The term Diabetes mellitus contains two words i.e. 'Diabetes'

and 'Mellitus'. In the Greek language, the 'Diabetes' means to run through a siphon and the term Mellitus means honey.⁴ In Ayurveda, *Prameha* is described as having twenty types based on *Prabhut-Avila Mutrata* (Excessive and Turbid Urination). Now a day out of these twenty types *Madhumeha* is mostly seen so it is of utmost importance to know the *Samprapti* of *Madhumeha*. The present study is an attempt to elaborate the *Nidana Panchaka* of disease *Madhumeha* i.e. Contemporary *Hetu* (Etiology) along with *Granthokt Hetu* (Etiology from classical texts), *Purvroopa* (Prodroma), *Roopa* (Symptoms), *Samprapti* (Pathogenesis), *Upashaya-Anupashaya* (Therapeutic unsuitability suitability).

Material and Method

Review of Literature – Review of *Madhumeha* was studied from classical Ayurvedic textbooks. A modern review of diabetes mellitus is taken from an authorized modern textbook. Internet data and various research papers were also explored.

Study Type- Observational, Analytical, Retrospective, Cross-sectional

Table 1: Criteria for selection of patient

Inclusion Criteria	Exclusion Criteria
1. Newly Diagnosed 30 patients of <i>Madhumeha</i> (Type II Diabetes Mellitus) were selected. 2. Age: - Patients between 30 to 70 years were selected. 3. Patients were selected irrespective of gender, religion and occupation.	1. Type 1 diabetes mellitus. 2. Patient with any other major illness. (e.g. Trauma, Infectious wound, Gangrene, HIV, Viral infection viz. congenital rubella, mumps) 3. Gestational diabetes

Study Design –

1. Newly diagnosed 30 patients of diabetes mellitus type II were selected irrespective of age, sex, caste, religion, occupation etc.
2. These 30 patients aged above 30 years were selected with the help of blood sugar level tests and urine sugar level tests.
3. Informed written consent was taken from each patient prior to case taking.

4. Detailed case of the patients was taken with the help of specially designed case record proforma to find out the *Hetus*, *Purvaroopas*, *Roopa's* of *Madhumeha*.
5. Further with the help of above data *Nidana Panchak* of *Medhumeha* was established on the Ayurvedic basic principles
6. Discussion was done on the basis of the above data.
7. Finally, summary and conclusion were drawn

Table 2: Criteria for assessment-

Objective Criteria ⁵	Subjective Criteria ⁶
1. Fasting blood sugar \geq 7.0 mmol/l or 126 mg/dl or	1. <i>Mootradhikya</i> (Excessive urination)
2. Post prandial blood sugar \geq 11.1 mmol/l or 200mg/dl or	2. <i>Mootra-aavilata</i> (turbid urination)
3. Two-hours plasma glucose \geq 11.1 mmol/l or 200mg/dl during an oral glucose tolerance test	3. <i>Dant, Taalu, Gal, Jivha pradeshi malaadhikya</i> (Dirty coating at Teeth, Palate, Throat, Tongue)
4. Blood sugar level:- (Also including urine sugar level)	4. <i>Hasta tala daha</i> (Burning sensation in Hands)
	5. <i>Paada tala daha</i> (Burning sensation in Feet)
	6. <i>Trushna aadhikya</i> (Excessive Thirst)
	7. <i>Mookha madhurata</i> (Sweetness in mouth)
	8. <i>Sarva sharir chhikanata</i> (Excess moisture all over body)

Observations and result

Table 3: Hetu Observed

NIDANA	No. of Patients	Total Percentage
<i>Avyayam</i> (No Exercise)	28	93.33 %
<i>Guru Ahara</i> (Heavy diet)	25	83.33 %
<i>Katu</i> (Spicy food)	25	83.33 %
<i>Mamsa sevan</i> (Meat eating)	25	83.33 %
<i>Abhishandi Ahara</i> (Channel blocking food)	21	70.00%
<i>Madhura Ahara</i> (Excess Sweet diet)	18	60%
<i>Asyasukha</i> (Eating just to gratify taste buds)	18	60%
<i>Payansi</i> (Milk Products)	17	56.67%
<i>Ruksha Ahara</i> (Food causing Dryness)	16	53.33%
<i>Dadhini</i> (Curd & curd products)	16	53.33%
<i>Snigdha Ahara</i> (Unctuous food)	14	46.67%
<i>Vidahi Anna</i> (Food causing burning sensation)	14	46.67%
<i>Manasika Hetu</i> (Psychological causes)	14	46.67%
<i>Adhyashana</i> (Eating before digestion of previous food)	9	30%
<i>Sheeta Ahara</i> (Cold food)	7	23.33%
<i>Swapnasukha</i> (Excess sleeping)	7	23.33%
<i>Medya Drava</i> (Fatty substances)	6	20%
<i>Vishamashan</i> (Irregular dieting)	4	13.33%

Most of the patients show *Hetus* like *Avyayam*, *Guru Ahara* (Heavy for digestion), *Katu Ahara* (Spicy food) and *Mamsa* (Meat), *Abhishandi Ahara* (Channel blocking), *Madhura Ahara* (Sweet food), *Snigdha Ahara*

(Unctuous food) and *Vidahi Ahara* (Food causing burning sensation) like Samosa, Vada-Pav, etc. and presented with *Manasika Hetu* (Psychological causes) like *Chinta* (Tension), *Krodha* (Anger), *Shoka* (Sadness). *Adhyashana* (Excessive diet).

Table 4: Purvaroop (Prodroma) observed

Purvroopa	No. Of Patients	Total Percentage
<i>Dant Pradeshi Maladhikya</i> (Dirty coating at Teeth)	26	86.67%
<i>Trushnadhikya</i> (Excessive Thirst)	25	83.33 %
<i>Hasta tala daha</i> (Burning sensation in Hands)	13	43.33 %
<i>Pada tala daha</i> (Burning sensation in Feet)	13	43.33%

<i>Jivha Pradeshi Maladhikya</i> (Dirty coating at Tongue)	9	30%
<i>Gala Pradeshi Maladhikya</i> (Dirty coating at Throat)	4	13.33%
<i>Alasya</i> (Lethargy)	4	13.33 %
<i>Talu Pradeshi Maladhikya</i> (Dirty Coating)	3	10 %
<i>Mookha Madhurya</i> (Sweetness in Mouth)	2	6.67 %
<i>Kshudhadhikya</i> (Excess Of appetite)	1	3.33 %
<i>Atinidra</i> (Excess of Sleep)	1	3.33 %
<i>Sarva Sharira Chikkanata</i> (Excess of Moisture all over body)	0	0 %

This table shows that *Dant Pradeshi Maladhikya* (Dirty coating at teeth), *Trushnadhikya* (Excess thirst), *Hata Pada Tala Daha* (Burning sensation of feet and hand) were prominent *Purvaroopā* observed in patients.

Table 5: *Roopa* observed

<i>Roopa</i>	No. Of Patients	Total Percentage
<i>Mutra Adhikya</i> (Excessive urination)	30	100%
<i>Dant Pradeshi Maladhikya</i> (Dirty coating at Teeth)	28	93.33 %
<i>Trushnadhikya</i> (Excessive Thirst)	25	83.33 %
<i>Mutra Avilata</i> (Turbid urination)	19	63.33 %
<i>Hasta Tala Daha</i> (Burning sensation in Hands)	14	46.67 %
<i>Pada Tala Daha</i> (Burning sensation in Feet)	14	46.67%
<i>Jivha Pradeshi Maladhikya</i> (Dirty coating at Tongue)	13	43.33 %
<i>Gala Pradeshi Maladhikya</i> (Dirty coating at Throat)	4	13.33 %
<i>Alasya</i> (Lethargy)	4	13.33 %
<i>Talu Pradeshi maladhikya</i> (Dirty coating at Palate)	3	10 %
<i>Mookha Madhurya</i> (Sweetness in mouth)	2	6.67 %
<i>Kshudhadhikya</i> (Excess of Appetite)	1	3.33 %
<i>Atinidra</i> (Excess of Sleep)	1	3.33 %
<i>Sarva Sharira Chikkanata</i> (Excess moisture all over body)	0	0 %

Most of patients showed *Roopa* like *Mutra Adhikya* (Excess of urination), *Danta Pradeshi Maladhikya* (Dirty coating at teeth), *Trushnadhikya* (Excess thirst), *Mutra Avilata* (Turbid urine), *Hasta Tala Daha* and *Pada Tala Daha* (Burning sensation of hand and feet), *Jivha Pradeshi Maladhikya* (Dirty coating at tongue). All above *Roopa* gives an idea about *Tridosha Dushti* (Vitiation of *Dosha*), *Agnimandya*, *Dhatvagnimandya*, *Kledotpatti*, *Dhatushaithilya*, vitiation of *Vata*, *Madhumeh*

DISCUSSION AND CONCLUSION

Madhumeha is a widely evidential disease since ancient age till today. Evidence as well as occurrence is increasing day by day and bounces with their complications and complexes. Diabetes mellitus is similar to *Madhumeha* which is a subtype of *Vataja Prameha*.

Here was an attempt to study *Nidan Panchak* of contemporary *Madhumeha* patient viz.a.viz type II diabetes mellitus with the help of this observational, retrospective, cross sectional, and Analytical study as there was not any specific *nidan panchaka* of *Madhumeha* was explored by any Acharya. Here already diagnosed 30 patients of diabetes mellitus type II were selected with the help of inclusion and exclusion criteria. These 30 patients were continued during the whole study and case was taken by consent of patient. After analysis of data, most commonly found *Hetus* were - 93.33% patients were having *Avyayam*, 83.33% patients were having *Guru Ahara* (Heavy for digestion), *Katu ahara* (Spicy food) and *Mamsa* (Meat), 70% patient were having *Abhishandi Ahara* (Channel blocking), 60% patient were having *Madhura ahara* (Sweet food), 46.67% patient were having *snigdha ahara* (Unctuous food) and

vidahi ahara (Food causing burning sensation) like Samosa, Vadapav etc. and also presented with *Manasika hetu* (Psychological causes) like *Chinta* (Tension), *Krodha* (Anger), *Shoka* (Sadness). In majority of patients *Purvaroopas* observed were *Dant Pradeshi Maladhikya*, *Trushnadhikya*, *Hata Pada Tala Daha*. Prominently observed *Roopas* were *Jivha Pradeshi Maladhikya* (Dirty coating at tongue-43.33%). All above *Roopas* gives an idea about *Tridosha Dushti* (Vitiation of *Dosha*), *Agnimandya*, *Dhatvagnimandya*, *Kledotpatti*, *Dhatushaithilya*, vitiation of *Vata*, *Madhumeha*.

The vitiation of *Agni* not only takes place at *Jatharagni* level but also at *Dhatvagni* level. *Pradhana Dosha* involve in the *Vyadhi* is *Kapha* and *Dushya* involved are *Meda* along with *Rasa*, *Rakta*, *Mamsa*, *Majja*, *Shukra*, *Vasa*, *Lasika*, *Oja*, *Mutra*. All above *Roopa* gives an idea about *Tridosha Dushti* (Vitiation of *Dosha*), *Agnimandya*, *Dhatvagnimandya*, *Kledotpatti*, *Dhatushaithilya*, vitiation of *Vata*, *Madhumeh*. Hence from the present study it can be conclude that it is possible to establish the *Nidan Panchak* of *Madhumeha Vyadhi* with the help of basic Ayurvedic principles.

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