

## APPROACH TO STUDY THE DIABETIC NEUROPATHY W.S.R. TO PRAMEHA AND ITS MANAGEMENT BY HARITAKI AND SHILAJEET

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### ABSTRACT

**Structure** – Diabetic neuropathy is a common disorder in diabetes mellitus and is defined as sign and symptoms of peripheral nerve dysfunction in a patient with diabetes mellitus. The most common types of diabetic neuropathy are results in problems of with burning sensation in feet. The loss of sensation is not sudden but the initial symptoms may be numbness, pain or tingling in the feet or legs. There are other types of diabetes related neuropathies that affect specific parts of the body. For example, diabetic amyotrophy causes pain, weakness and wasting of the thigh muscles, or cranial nerve infarcts that may result in double vision, a drooping eyelids, or dizziness. *Ayurvedic* treatment for diabetic neuropathy is one of the most underrated yet powerful treatments. Because in modern science there is no any proper medicine invented for DN. Ayurveda is beneficial in managing symptoms of diabetic neuropathy without side effects. *Shilajeet* is one of the powerful drugs given by *Aacharya Sushruta* on *Madhumeha*. *Shilajeet* also improve metabolism which helps for rejuvenate the ageing and enhances cell regeneration. *Haritaki* is useful to increase digestion power as *Aacharya Vagbhata* says that. Here we can say that with proper metabolism and digestion we can reduce the peripheral diabetic neuropathy and its hazardous effects.

**Keywords:** *Haritaki*, *Shilajeet*, diabetic neuropathy, *Prameha*

### INTRODUCTION

Diabetic mellitus is a chronic metabolic disorder in which prevalence rates have been increasing all over the world. Those people living with type-2 DM are more vulnerable to various forms of complications, which often lead to their premature death. Diabetic neuropathy is a relatively early and common complication affecting approximately 30% of diabetic patients. Although in a few patients it can cause severe disability, it is symptomless in majority. Like retinopathy, it occurs secondary to metabolic disturbance, and prevalence is related to the duration of

diabetes and the degree of metabolic control. Although there is central nervous system is affected in long term diabetes which manifests peripheral nervous system<sup>1</sup>. Ayurveda already in ancient age has described a set of complex clinical conditions associated with *Prameha* characterized by frequent abnormal micturition. The detail description of the etiology, classification, pathogenesis, and management of *Prameha* are discussed at length in Ayurvedic text. *Haritaki* is a herb which has a ability to cleanse your body of toxins and has natural blood- purifying

effects. It is useful in speeding up of metabolism and cleansing of digestive system. As diabetes is metabolic disease, *Haritaki* is help to cleanse the body<sup>2</sup>. *Shilajeet* has ability to rejuvenate a cell by driving oxygen and nutrients into the cell and also it supports the body's natural antioxidant activity. According to *Aacharya Charaka*, *Shilajeet* is a *Rasayana* and *Vajikaran* medicines, which is body energizer. It acts as a *Jarāvyaḍhi Praśamanakara*, *Deha-dārḍhyakara*, and *Medha Smrutikara*.

### AIM & OBJECTIVES

**Aim:** The study of diabetic neuropathy W.S.R. to *Prameha* and its management by *Shilajeet* and *Haritaki*

#### Objectives:

- 1) To collect and analyze the sign and symptoms of diabetic neuropathy in *ayurvedic* and modern literature.
- 2) To collect and analyze the importance of *Shilajeet* on *Prameha*.
- 3) To collect and analyze the importance of *Haritaki* on *Prameha*.

### MATERIALS & METHODS

To fulfill the aims and objectives of the study this work has been carried out in the following manner.

- 1) Conceptual study
- 2) Comparative study
- 3) Discussion
- 4) Conclusion

#### Anatomical changes in Diabetic Neuropathy(DN):

Axonal degeneration of both myelinated and unmyelinated fibers. Early – axon shrinkage, later – fragmentation; regeneration.

Thickening of Schwann cell basal lamina

Patchy, segmental demyelination

Thickening of basement membrane.

#### Clinical features of Diabetic Neuropathy:

Symmetrical sensory polyneuropathy -Symptoms includes paraesthesia in the feet and rarely, in the hands, pain in the lower limbs, burning sensation in the soles and feet, cutaneous hyperaesthesia and an

ab-normal gait commonly, often associated with a sense of numbness in the feet<sup>1</sup>.

Asymmetrical motor polyneuropathy -Muscles weakness and wasting are developing in advance cases, but subclinical motor nerve dysfunction is common. Electrophysiological tests demonstrate showing of both sensory and motor conduction, tests of vibration sensitivity are abnormal.

Mononeuropathy -Sometimes diabetic amyotrophy like muscles wasting or weakness may found.

Either sensory or motor function can be affected within a single peripheral or cranial nerve<sup>1</sup>.

#### Lakṣaṇa of Prameha (comparison with DN):

Generally, patients of *Prameha* (Diabetes) have excess accumulation of water in their body and consequent diminution of digestive activity<sup>3</sup>.

*Pūrvā rūpa*- Their premonitory symptoms are feeling of burning in the palms and soles, body (skin) becoming unctuous and slimy and feel heavy, urine is sweet, bad in smell profound thirst, dyspnea, etc<sup>4</sup>.

*Upadrava*- looseness of body, loss of taste, improper digestion, more elimination of fluid from mouth (in *Kaphaj Prameha*), Cracks in skin, catching pain in the region of heart, tremors and pain of the body parts and constipation are the complications/ secondary diseases of the diabetes of *Vāta* and *Pitta* origin<sup>5</sup>.

#### Treatment (Management)

Treatment of diabetic neuropathy is less than satisfactory. Improved glycemic control should be aggressively pursued and will improve nerve conduction velocity, but symptoms of diabetic neuropathy may not necessarily improve. Efforts to improve glycemic control may be con-founded by autonomic neuropathy and hypoglycemia awareness.

As with any therapy, the benefits of efforts are directed towards glycemic control must be against the risk of treatment. Side effects of all intensive treatments include in-creased frequency of hypoglycemia, weight gain, increased economic cost.

As per modern science there is no any perfect medication for DN, all those are symptoms relievers only.

For pain reliving, medicines include anti- seizure, anti- depressant, NSAIDS and much more. A variety of agents have limited success but each has significant side effects<sup>6</sup>.

### **Role of Ayurveda in Prameha:**

Diabetes is described as *Prameha* in *Ayurveda Samhitas*. *Prameha* has been correlated with Diabetes mellitus which has become a global problem in spite of advances in modern science.

According to *Aacharya Charak*, *Prameha* is *Santarpanjanya Vyādhi*; so it should be treated by *Vamana*, *Virechana*, *Raktamokshana*<sup>7</sup>. There is need of cleansing of body and improve digestion in diabetic patients

### **Haritaki activity on Prameha**

*Haritaki* has been used for centuries to reduce the fluctuation in blood glucose. Recently some research stated that, there are very strong effects of *Haritaki* on increase glucose tolerance and thus affect diabetes.

*Aacharya Vagbhata* stated that constant intake of *Haritaki* helps to control diabetes<sup>8</sup>.

Also *Aacharya Bhavaprakasha* says that *Haritaki* is useful in *Prameha*<sup>9</sup>.

*Haritaki* is mainly of *Kaṣāya Rasa*, *Uṣṇa*, *Rūkṣa Guṇa*, it acts as a *Kaphgna*. Due to these qualities of *Haritaki* act as a cleanser and it also improve the digestion. Same as in Diabetes (*Prameha*) there is *Duṣṭi* of *Medovaha Srotas* and *Dhātuvāgni Māndya*<sup>10</sup>. Hence there is need of *Dravya* which are of *Uṣṇa*, *Rūkṣa Guṇa* to cleanse the *Medovaha Srotas* and to increase the *Dhātuvāgni*.

*Aacharya Chakradutt* also says that use of *Haritaki Chūrna* with honey *Anupāna* may be useful in *Prameha*<sup>11</sup>.

### **Shilajeet activity on Prameha:**

According to *Aacharya Charaka*, *Shilajeet* is a *Rasāyana* and *Vājīkaraṇīya* medicines, which is body energizer. It acts as a *Jarāvvyādhi Praśamanakara*, *Dehadardhyakara*, and *Medha Smrutikara*<sup>12</sup>. According to *Aacharya Sushruta*, *Shilajeet* is In *Ayurvedic* text, *Shuddh Shilajeet* has been prescribed for a variety of ailments. Basically it

is mentioned as *Naimittik Rasāyana* for *Prameha*<sup>13</sup>. *Shilajeet* has ability to rejuvenate a cell by driving oxygen and nutrients into the cell and also it supporting the body's natural antioxidant activity. The antioxidant property of *Shilajeet*, protect against cellular damage that speeds the aging process in your heart, lungs, liver, and skin<sup>14</sup>.

## **CONCLUSION**

Diabetes mellitus is a metabolic disorder of many etiology and symptoms which is correlated with *Prameha* in *Ayurvedic*. The ancient *Ayurvedic* knowledge of *Prameha* can be utilized to expand the current understanding of diabetes and its complication. As diabetic neuropathy is a complication of DM, which clinical features we can compare with the *Pūrva Rūpa*, *Rūpa* and *Upadrava* of *Prameha* as given in *Ayurvedic* text. From above discussion we can conclude that the modern medicines of DM are not up to the mark to reduce the symptoms of DM. At the same time, we see that the *Ayurvedic* drugs like *Haritaki* act as a cleanser and having strong effect on increase glucose tolerance. Also *Shilajeet* has rejuvenating and antioxidant property. Thus it supports the body and protects from cellular damage. Here we can prescribe the patient in our daily OPD, *Ayurvedic* drugs like *Haritaki* and *Shilajeet*, having *Pramehagna* property which can be useful to treat the diabetic neuropathy in patients of diabetes mellitus.

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