APPREACH 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 Vaghbhata 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. 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\(^2\). 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 Jarāvyādhi Praśamanakara, Deha- dārdhyakara, 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\(^1\).

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 amyotropy like muscles wasting or weakness may found. Either sensory or motor function can be affected within a single peripheral or cranial nerve\(^1\).

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\(^3\).

Pūrva 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\(^4\).

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\(^5\).

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 increased 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 relieving, medicines include anti-seizure, anti-depressant, NSAIDS and much more. A variety of agents have limited success but each has significant side effects.

**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. 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. Also Aacharya Bhavaprakasha says that Haritaki is useful in Prameha.

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 Dhātvāgni Māndya. Hence there is need of Dravya which are of Uṣṇa, Rūkṣa Guṇa to cleanse the Medovaha Srotas and to increase the Dhātvāgni.

Aacharya Chakradutt also says that use of Haritaki Chūrna with honey Anupāna may be useful in Prameha.

**Shilajeet activity on Prameha:**

According to Aacharya Charaka, Shilajeet is a Rasāyana and Vājīkaraṇīya medicines, which is body energizer. It acts as a Jarāvyādhi Praśamanakara, Dehadardhyakara, and Medha Smrutikara. 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.

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.

**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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