AYURVEDIC APPROACH TO MANAGEMENT OF MADHUMEHA WSR TO TYPE 2 DIABETES MELLITUS – A SINGLE CASE REPORT

Rangarajan B¹, Muralidhara², Vijayalakshmi S³, Neetha⁴
¹PG scholar, ²Professor, Guide & HOD, Department of Kayachikitsa ³Lecturer, Department of Kayachikitsa, ⁴Lecturer, Department of Dravyaguna
SKAMCH & RC Vijayanagar, Bengaluru, Karnataka, India

ABSTRACT

Diabetes mellitus is a group of metabolic diseases characterized by hyperglycaemia resulting from defects in insulin secretion, insulin action, or both. The pathophysiology of type 1 diabetes derives from the autoimmune destruction of insulin-secreting pancreatic β-cells, resulting in insulin deficiency and subsequent hyperglycaemia. Type 1 diabetes accounts for about 10-15% of all diabetics. Type-2 diabetes is characterized by abnormal insulin secretion due to peripheral resistance and accounts for 85-90% of all persons with diabetes. The chronic hyperglycaemia of diabetes is associated with long-term damage, dysfunction, and failure of different organs, especially the eyes, kidneys, nerves, heart, and blood vessels. Such metabolic disorder is considered as Madhumeha in Ayurveda based on symptoms. It is a Vataja Pramehawhich results from various nidanas. Here the objective was to evaluate the efficacy of Ayurvedic formulation – Trayushnadi gutika in Madhumeha.

Keywords: Bala, Dosha, Jwara, Ojas, vyadhikshamatwa, Vikara vighata bhava

INTRODUCTION

Diabetes mellitus is the condition in which the body does not properly process food for use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood. This is why many people refer to diabetes as “sugar.” This may be accompanied by other biochemical disturbances and the presence of progressive diabetic tissue damage with micro & macro vascular complications¹. This metabolic disorder is considered as Madhumeha² in Ayurveda based on symptoms it sub-classified as Vataja Prameha³ and it can occur based on Dosha predominance⁴.

Acharya charaka has clearly explained the nidanas and Chikitsa, the disease Madhumeha, its definition, etiology, clinical presentations and different modes of treatment are similar with the disease diabetes mellitus. The main symptom predominantly which will be seen in patients as explained by Acharyas are prabhoothamoorthratha (polyuria), aavilamoothratha (Turbidity of urine), atipipasa (polydipsia), kshud- atipravruthi (polyphagia),
dourbalya (debility), karapada daha (burning sensation on palms and soles).  

In parlance with modern treatment, synthetic drugs are prescribed for DMT2 as tablets OHA’s which are having side effects and do not restore the normalcy of the body (homeostasis). Therefore, many efforts are made to identify new OHA drugs from various sources. Thus it’s essential to look for Ayurvedic management of diabetes. Even though many researchers have been conducted for the same still it’s elusive about the perfect standard protocol of management with efficacious drugs. Here in this study a compound formulation named Trayushnadi gutika is prepared with drugs like Amalaki, vibhitaki, haritaki, shunti, pippali, maricha, guggulu, processed in gokshurakwatha and are used to make gutika which is proven for its Prameha-hara properties but needs to be established scientifically with clinical support.

**MATERIALS AND METHODS:**

**Table 1: PROPERTIES OF TRAYUSHNADI GUTIKA**

<table>
<thead>
<tr>
<th>Sl.no</th>
<th>Drug name</th>
<th>Latin name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Roghaghnatha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>AMALAKI</td>
<td>Embelica officinalis</td>
<td>LavanaVa rjitaPanch a Rasa</td>
<td>-</td>
<td>Shita</td>
<td>Madhura</td>
<td>Prameha , Netra Roga , Soma Roga, Mutrakrichra</td>
</tr>
<tr>
<td>2</td>
<td>HARITKI</td>
<td>Terminalia chebula</td>
<td>Kashaya Pradhan, LavanaVa rjithaPanc ha Rasa</td>
<td>Laghu, Ruksha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Prameha , Shotha , Klaibhya, Mutrakrichra</td>
</tr>
<tr>
<td>3</td>
<td>VIBHITAKI</td>
<td>Terminalia bellerica</td>
<td>Kashaya Ruksha , Laghu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Trishna , Ashmari</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>SHUNTI</td>
<td>Zingiberoffic ianale</td>
<td>Katu Ruksha, Tikshna</td>
<td>Ushna</td>
<td>Madhura</td>
<td>TrishnaNigraha na, Agnimandya, Shola,</td>
<td></td>
</tr>
</tbody>
</table>

A 50 year old, adult female came to SKAMCH &RC - OPD with the chief complaints of prabhuthamutrata, karapada – daha, suptata, kshudhaathipravruthi, Aavilamutrata. This was diagnosed as the case of Diabetes Mellitus.

**Symptoms:**
- Prabhuthamuthratha (polyuria)
- Aavilamuthratha (turbidity of urine)
- Kshudaathiparavruthi (polyphagia)

**Signs:**
- Giddiness
- Debility

**Instigations:**
- FBS
- PPBS
- FUS
- PPUS

**MANAGEMENT:**

A Compound formulation called Trayushnadi gutika was prepared from the following drugs –
- Ref: Chakaradutta Pramehaadhikar page no. 216, verse - 52 – 53
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**Table 3: INVESTIGATIONS CHART:**

<table>
<thead>
<tr>
<th>SL. NO</th>
<th>BT</th>
<th>AT (After 30 Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FBS</td>
<td>169</td>
<td>139</td>
</tr>
<tr>
<td>PPBS</td>
<td>256</td>
<td>202</td>
</tr>
<tr>
<td>FUS</td>
<td>1.0 %</td>
<td>TRACE</td>
</tr>
<tr>
<td>PPUS</td>
<td>1.0 %</td>
<td>1.0 %</td>
</tr>
</tbody>
</table>

In the above study, it was observed that symptoms like Prabhuhamuthratha, Avila muthratha, Kshudaathipravruthi, Dourbalya, Kara pada daha & supthata was reduced significantly with the trial drug even though there were variations with lab values. Considering the concept of human as a whole
person, - quantification of lab parameters in a non-linear dynamic system like human body are like square plug put in round hole where accuracy is always a query as human is a dynamic structure\textsuperscript{10}.

Diabetes is a silent pathology which slowly kills the life span of the patient and improper medication or uncontrolled food can cause the death of the person. According to Ayurvedamedodhatu\textsuperscript{11} is primarily affected in diabetes. So only the medhodhatu should not be decreased which may lead to grave consequences. With that proper care only diabetes can be controlled. The main key for diabetes control is proper medicine with proper exercise and balanced diet

Probable mode of action of Trayushnadi gutika:

The drug Trayushnadi gutika contains drugs like (triphala) Amalaki, vibhitaki, haritaki,(trikatu) shunti, pippali, maricha, guggulu, gokshurakwatha. All the drugs have been documented for its hypoglycaemic activity, anti-oxidants, and have been used individually in diabetic patients. Trikatu with its katu rasa, laghu – tikshnaguna can do the kledashoshana, aamapachan functions, It sushnavirya will clear the srotorodha to remove the avarana and promote anulomana of vyana & prana vata. Tiphala with its Kashaya rasa, laghu – rukshaguna predominantly will perform Vata-Anulomana Karma, removes the obstructive materials from srotas, with the above properties the obstructive Kapha and other materials like kleda have been cleared out from the Srotas.Guggulu having the properties of Katu rasa, Ushnavirya, Ruksha and Laghuguna acts as Deepana. Katu rasa ofGuggulustimulates the functions of the Vyana vata. So the normalized functions of the stomach also help in digestion of Aama. With all above drug Gokshura acts as rasayana,kapha – medo hara,deepana, pachana.

CONCLUSION

Due to Avarana, aggravated Vayu causes depletion of Vital Dhatu like Oja, Majja, Vasa and affect the normal physiology. Sedentary life style, Lack of exercise, Faulty food habits and improper medications are etiological factors and until it’s rectified it will precipitate the disease. Treatment modalities based on the consideration of vitiated Kapha, Meda and Vata having properties like Sleshama-medohara, Pramehaghna and Kapha-Vatahara. The complication of Diabetes mellitus and side effects can be controlled & prevented with the best use of Ayurvedic medicine.

In this study, the trial drug trayushadi gutika has been found effective in Madhumeha with properties like Katu Rasa, Laghu – RukshaGuna, KaphaMeda Hara, Lekahana, Vatanulomana, Rasayana, Ushna Veerya controls the blood sugar levels. Further scope of study is to conduct the trial in a large sample, for longer duration and with adequate Anupana for better standardised scientific study.

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CORRESPONDING AUTHOR
Dr. Rangarajan B
PG scholar
Department of Kayachikitsa
SKAMCH & RC,
Vijayanagar, Bengaluru, Karnataka, India
Gmail: rangarajan1991@gmail.com

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