EK MOULIKA PRAYOGA IN DIABETIC NEUROPATHY- CASE REPORT

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ABSTRACT

Diabetic neuropathy is a descriptive term meaning a demonstrable disorder, either clinically evident or subclinical, that occurs in the setting of diabetes mellitus without other causes for peripheral neuropathy. The neuropathic disorder includes manifestations in the somatic and/or autonomic parts of the peripheral nervous system. Diabetic neuropathy is a relatively early and common complication affecting approximately 30% of diabetic patients. According to Ayurvedic principles there is involvement of Vata and Pitta Dosa in diabetic neuropathy. VaGati Gandhanayo – it means the nerve impulses where gandhadravya are exclusively indicated in Vata disorders, where Ashwagandha is one among them. Ashwagandha (Withaniasomnifera) is a plant which shows possibility to pacify these two Dosas. The patient was being given Ashwagandha Ksheerapaka 60ml twice a day for 30 days.

Key words: Atibala, Ashwagandha, Diabetic neuropathy, Withaniasomnifera

INTRODUCTION

BRIEF HISTORY OF THE PATIENT:

A 70yrs old male, K/c/o of DM since 6months, Consulted KLEU’s Shri BMK Ayurveda Hospatl, Belagavi O.P.D complaining about numbness and tingling sensation occasionally burning sensation in both the lower extremities and feet. Pt took repeated multi vitamin therapy wherein he didn't found any relieve from the symptoms.

PAST HISTORY: K/c/o of DM since six months

FAMILY HISTORY:

Strong presence of Diabetes Mellitus since two generations

AsthavidhaParikshana:

1. Nadi: vatakapha
2. Mutra: bahumutrata
3. Mala: malabaddata,sama
4. Jivha: nirama
5. Sabda: prakrta
6. Sparsa: samaseetoshna
7. Druka: prakrta
8. Aakruti: Madhya

DasavidhaParikshana:

1. Prakrti:vatakapha
2. Vikrti involves - Dosa: vata, Dusya: rasa, medo, ojas, Srotodusti ;mutravahasrotas
3. Sara: madhyama
4. Samhanana: madhyama
5. Pramana: madhyama
6. Satva:madhyam
7. Satmya: madhyama
8. Aharasakti: pravara
9. Vyayamasakti: madhyama

METHOD: Ashwagandhaksheerapaka was prepared and administered 60ml B.D. every day for 3 months.

RESULTS:

<table>
<thead>
<tr>
<th>Patient 1</th>
<th>HbA1c</th>
<th>FBS</th>
<th>PPBS</th>
<th>Hb</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BT</td>
<td>AT</td>
<td>BT</td>
<td>AT</td>
</tr>
<tr>
<td></td>
<td>8.2%</td>
<td>7.1%</td>
<td>153</td>
<td>105</td>
</tr>
</tbody>
</table>

DISCUSSION

Ashwagandha has been selected in this management as it is a typical Vichitarapratyarabdhadravya where it is having the properties like tikta rasa, madhuravipaka, snigdhaguna and ushnnavirya. Karmukata is tridoshashamaka with kledashoshaka, rasayana and brahmanama effect. In this vaydhi, avarana is one of the Samprapti where Kapha is going to do the Avarna of Vata and Pitta respectively where symptoms like numbness (Suptatha), tingling sensation (Ppilika Sancharavath), pins and needles and burning sensation (Daha) are the episodic presentation of the patients.

CONCLUSION

It can be stated from the result that Ayurvedic drugs used in present study are effective to revert the diminished perception of sensations like vibration, cold and heat. There is highly significant reduction in other symptoms including numbness, tingling, burning sensation and pain in lower limbs in the patients of diabetic neuropathy. Ashwagandha is a safe as it did not produce any adverse features.