CLINICAL EFFICACY OF **GURAMARADI KWATH IN PRAMEHA**

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**ABSTRACT**

_Prameha_ (Diabetes Mellitus) is a chronic metabolic disorder in human being from _Ayurvedic Samhitas_ to present time. The prevalence of _Prameha_ (Diabetes Mellitus) is increasing worldwide and is expected to rise more rapidly in future because of increasing obesity and reduced physical activity. _Prameha_ means "excess" and _Meha_ means "urination_.

Maximum deterioration of _Dhatus_ occurs in this type of disease and this is the reason why all vital organs are affected by Diabetes. _Prameha_ is classified as a _Maha Gada_ (Major Disease) because, if not treated in time, it can lead to several complications in the body. _Prameha_ has been described under the heading _Prameha_ and _Madhumeha_ in _Ayurvedic Samhitas_ like _Charaka Samhita_, _Sushruta Samhita_, _Astanga Sangraha_, and _Hridaya_. _Gurmaradi Kwath_ having _Tikta_, _Katu_, _Kahaya Rasa_, _Laghu_, _Ruksha_, _Tikshana Guna_, _Ushna Virya_, _Katu Vipaak_, _Kaphavaathar_ or _Kapha-pitta-har karma_. The study shows highly significant improvement in _B.S.L_ Fasting level, _B.S.L P.P._, and _HbA1c_ Glycosylated _Hb_ (p<0.001). In % _B.S.L_ Fasting (53.58 %), in _B.S.L P.P._ (61.65 %). Statistical Paired _T-Test_ is applied to test the significant result of this medicine. So these all acts on _Prameha_ (Diabetes Mellitus) and results as decreased in Blood sugar level without any complications.

**Keywords:** Diabetes Mellitus, _Prameha_, _Gurmaradi Kwath_

**INTRODUCTION**

_Prameha_ (Diabetes Mellitus) is a chronic metabolic disorder in human being from _Ayurvedic Samhitas_ to present time. It is most common in India due to the culture and food habits of society. The prevalence of _Prameha_ Diabetes Mellitus is increasing worldwide; and is expected to rise more rapidly in future because of increasing obesity and reduced physical activity due to excess use of electronic gazettes. _Prameha_ (Diabetes Mellitus) also known as juvenile diabetes or insulin-dependent diabetes occurs due to the autoimmune destruction of the insulin producing cells of the pancreas resulting in increased blood and urine glucose levels. The symptoms for this are frequent urination, increased thirst and hunger and weight loss. _Prameha_ (Diabetes Mellitus) also known as adult-onset diabetes or non-insulin-dependent diabetes is characterized by insulin resistance and deficiency. However, the cause for this is primarily rooted in lifestyle issues like increasing stress, sedentary living and an unhealthy diet, as well as genetics. The symptoms for this include fatigue, vision changes, slow healing from cuts and wounds and skin changes. _Prameha_ (Diabetes Mellitus) can be con-
trolled with proper diet and exercise and treatment. In today's stressful modern living, incidence of Diabetes is definitely increasing. It is a chronic metabolic disorder in which the body is unable to make proper use of glucose resulting in Hyperglycemia (high blood sugar) and Glycosuria (sugar in urine). This increases the urine output, which leads to dehydration and increased thirst. Glucose comes from the food we eat and is also made in liver and muscles. The blood carries glucose to all the cells in our body. Insulin, a chemical (or Hormone) produced in the pancreas, is responsible for the uptake of glucose into cells for energy. Decreased levels of insulin affects this mechanism leading to increased glucose in the blood stream. It is known as Prameha (Pra means ‘Excess’ and Meha means ‘urination’). Deterioration of the body is a characteristic that indicates impairment of Kapha-Vaata. Maximum deterioration of Dhatus occurs in this type of disease and this is the reason why all vital organs are affected by Diabetes. The other cause of DM is impaired digestion which leads to accumulation of specific digestive impurities which accumulate in the pancreatic cells and impair the production of insulin. Prameha is classified as a MahaGada (Major Disease) because, if not treated in time, it can lead to several complications in the body. The Ayurvedic treatment for this disease is based on an entire change in the lifestyle of the person and herbal formulation of GurmaradiKwath. This Gurmaradi kwath having Tikta, Katu, Kahaya Rasa, Laghu, Ruksha, TikshanaGuna, UshnaVirya, KatuVipaka, Kapha-vaathar or Kapha-pitta-har karma. So these all acts on Prameha (Diabetes Mellitus) and results as decreased in Blood sugar level without any complications. "DIABETES MELLITUS (DM) comprise a group of common metabolic disorders that share the phenotype of hyper-glycemia. Several distinct types of DM exist and are caused by a complex interaction of genetics, environment factors and lifestyle choices, depending on the etiology of the DM, factors contributing to hyper-glycemia may include reduced insulin secretion, decreased glucose utilization, and increased glucose production. The metabolic deregulation associated with DM causes secondary pathophysiological changes in multiple organ systems that impose a tremendous burden on the individual with diabetes and on the health care system. In the United States DM is the leading cause of end stage renal disease (ESRD), non-traumatic lower extremity amputations and adult blindness with an increasing incidence worldwide. DM will be a leading cause of morbidity and mortality for the foreseeable future"..... Chapter no. 323 on DM 13 y Dr. Alvin C. Powers. From Harrison's principles of Internal Medicine 16th Edition.

In CharakaSamhita the causes of Prameha have been described as follows: 

DIABETES MELLITUS (Prameha has been described under the heading Prameha and Madhumehain Ayurvedic Samhitas like CharakaSamhita, Sushruta Samhita, Astanga Sangraha & Hridaya, Hareeta-Samhita

MATERIAL AND METHOD: - DRUG REVIEW: -
“GURAMARADI KWATH”: - Characteristics of GurmaradiKwath:-
• **Gudmar**: L.Name:-Gymnemasmylesterae, Rasa :-Kashaya, Tikta, Guna:- Laghu, Ruksa, Virya :-Ushana, Vipaka :-Katu, Karma :-Kaphavata–har.

• **Asana**: L.Name:- Pterocarpusmarsupium, Rasa :-Kashaya, Tikta, Guna :-Laghu, Ruksa, Virya:-Sheet , Vipaka:-Katu, Karma :-Kaphapittahar.


• **Devadaru**: L.Name:- CedrusdeodaraPinaceae, Rasa :-Tikta, Guna :- Laghu, Snigdha, Virya :-Ushana, Vipaka :- Katu, Karma :- Kaphavata – har.

• **Musta**: L.Name:-Cyperusrotendus,Rasa :-Tikta, Katu, Kashaya, Guna :- Laghu, Ruksa, Virya :-Sheet, Vipaka :- Katu, Karma :- Kaphapita –har.

• **Bilva**: L.Name:- Aeglemarmelos, Rasa :-Tikta, Kashaya, Guna :- Laghu, Ruksa, Virya :-Ushana, Vipaka :- Katu, Karma :- Kaphavata –har.

• **Chitrak**: L.Name:-Plumbagozeylanica, Rasa :-Katu, Guna :- Laghu, Ruksa, TikshanaVirya :-Ushana, Vipaka :-Katu, Karma :- Kaphavata –har.


**Doses of KwathDravya:-**

1) **Gudmar** + 2) **Asana** + 3) **Triphala** = Each 2gm.

4) **Devadaru** + 5) **Musta**+ 6) **Bilva** = Each 1gm.

7) **Chitraka** + 8) **Trikatu** = Each 500mg.

**KwathDravya** 40ml had been given twice dailybeforefood. (Self-experienced medication according to the characteristics of the given medicine).

**STUDY DESIGN:** -A single blind controlled clinical Trail Study on 30 Patients of Prameha(Diabetes Mellitus).

**INCLUSION CRITERIA:** - (1).Age group: - 30-65 years in bothGender (2).Known case of Prameha.(3). Fasting Blood Sugar Range : > 126 up to 200 mg/dl. (4). P.P. Blood Sugar Range: - > 200 mg/dl up to 400 mg/dl.

**EXCLUSION CRITERIA** :-(1). IDDM Patients.(2). Pregnant & Lactating women. (3). Renal, Cardiac, Carcinoma, Hepatic Severe Diseases.

**INVESTIGATIONS:** -(1). Blood – F.B.S., PPB.S.(2) . Urine Analysis; - Routine, Microscopic, (3).HbA1c (Glycosylated Hb).

**RESULTS :-** The study shows highly significant improvement in B.S.L. Fasting level, B.S.L. P.P., and HbA1c Glycosylated Hb (p<0.001).In % B.S.L. Fasting (53.58


CONCLUSION: The medicine used in Gurmaradi Kwath having Tikta, Katu, Kahaya Rasa, Laghu, Ruksha, Tikshana Guna, Ushna Virya, Katu Vipaka, Kaphavaathar or Kapha pitta har karma. So these all acts on Prameha (Diabetes Mellitus) and results as decreased in Blood sugar level without any complications. This medicine is cost effective so this is a very good herbal combination for the treatment of Prameha (Diabetes Mellitus).

REFERENCES


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