EFFECT OF DHATRI-NISHA IN MANAGEMENT OF MADHUMEHA WITH SPECIAL REFERENCE TO DIABETES MELLITUS – A SINGLE CASE STUDY

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ABSTRACT

AIM & BACKGROUND: Diabetes Mellitus is a chronic metabolic disorder in which prevalence has been increasing steadily all over the world. It is estimated that 366 million people had DM in 2011; by 2030 this world have risen to 552 million. Diabetes mellitus is characterised by hyperglycemia, insulin resistance and relative insulin deficiency. Type 2 DM is due primarily to lifestyle and genetics. Type 2 DM is characterised by insulin insensitivity as a result of insulin resistance, declining insulin production, and eventual pancreatic beta-cell failure. This leads to a decrease in glucose transport into the liver, muscle cells, and fat cells. There is an increase in the breakdown of fat with hyperglycemia.¹ Diabetes mellitus can be correlate with madhumeha. In Ayurveda it is described in vatājaprameha. CASE DESCRIPTION: A 57 years old female newly diagnosed with DM presenting with increased frequency of micturition, nocturia, blackish discolouration of skin over lumbar region, itching over the patches, belching, burning sensation in chest. Her diabetic profile was deranged with HbA1C 8.1.

OUTCOME: Patient showed significant results in symptoms as well as on reports.

CONCLUSION: Significant relief can be achieved in patient of diabetes mellitus by applying classical ayurvedic principles. It’s a single case study and can lead down road for further research.

Keywords: Diabetes Mellitus, Hyperglycaemia, Insulin, Madhumeha

INTRODUCTION

Diabetes mellitus, commonly known as diabetes, is a group of metabolic disorders characterised by high blood sugar levels over a prolonged period.² Symptoms of marked high blood sugar include polyuria, polydipsia, sometimes polyphagia and blurred vision. Untreated diabetes can cause many complications. Acute complications include diabetic ketoacidosis and nonketotic hyperosmolar coma. Serious long-term complications include heart disease, stroke, diabetic neuropathy- kidney failure, diabetic nephropathy- foot ulcer and diabetic retinopathy- cataract, glaucoma etc.³ Diabetes mellitus can be correlate with madhumeha. In Ayurveda it is described in vatajaprameha. Prabhootamutrata, Avilamutrata and Medodushti are the cardinal symptoms mention in classical text.⁴

CASE DESCRIPTION

A female patient of age 54 years presented in out patient department of Y. M. T. Trust Ayurvedic Hospi-
tal, on 10th oct 2015 with complaints of increased frequency of micturition, nocturia, blackish discolouration of skin over lumbar region, itching over the patches, belching, burning sensation in chest for 2 weeks.

**DIAGNOSIS**- In view of modern science, after blood reports BSL= F- 132, PP- 198 and HbA1C- 8.1, it was a clearly case of diabetes mellitus. According to Ayurveda the patient was clearly showing the symptoms of madhumeha such as Prabhootamutrata, Avila-mutrata and Medodushti.

**TREATMENT GIVEN**- Patient received orally- Chandraprabhavati- 500 mg twice a day before food, Gudmarghanavati- 500 mg twice a day before food and DhatriNishavati- 500 mg twice a day before food. Patient did not take any allopathy medication for diabetes.

**TREATMENT OUTCOME**- After starting the treatment of ayurvedic oral medicine her symptoms like micturition, nocturia, blackish discolouration of skin over lumbar region, itching over the patches, belching, burning sensation in chest reduced over a course of time. After the treatment blood reports showed significant result BSL= F- 100, PP- 108 and HbA1C- 5.8.

**DISCUSSION**

The complication of diabetes mellitus is far less common and less severe in people who have well-controlled blood sugar levels.

To facilitate the assessment of DM level according to ADA:

<table>
<thead>
<tr>
<th>Result</th>
<th>Fasting Plasma Glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 100 mg/dl</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>100 mg/dl to 125 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>126 mg/dl or higher</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Result</th>
<th>Oral Glucose Tolerance Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 140 mg/dl</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>140 mg/dl to 199 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>200 mg/dl or higher</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Result</th>
<th>HbA1C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 5.7%</td>
</tr>
</tbody>
</table>

Diagnostic criteria by ADA include the above level in a patient with classic symptoms of hyperglycaemia or hyperglycaemic crisis. Untreated diabetes can cause many complications.

In Ayurveda Madhumeha has been discussed as one of the types of the VatajPrameha. According to all the ayurvedic samhitas, Prameha when left untreated, converges to Madhumeha. Sushrut described two types of Prameha as Sahaj&Apathyanimittaj. AcharyaVagbhat also described types of pathogenesis of Madhumeha as Madhumeha due to vitiation of vata caused by dhatukshaya& another one due to vitiated dosha causing vataprakop. Charakacharya has mentioned specific causes &samprapti of Madhumeha in Sutrasthan. It is clear that the most of the Hetu are Santarpanotthajanya&Kapha, Meda, MamsaPitta increase excessively, which cause margavarodh of vayu. The vitiated vata withdraw the dhatu, oja, from the body into basti or mootravahasrotas. The main aim of the treatment is to break the samprapti. Patient received Chandraprabhavati which reduces kapha, pitta, dhatushaithilya, kleda, it acts as rasayana for mutravahastrotasa and have pramehaghna property. She also received GudmarGhanavati, certain compound found in the herb, called gymnemic acids, which have been shown to decrease the absorption of sugar from the intestine. These compounds may also increase insulin level in the body. DhatriNishavati contains amalaki, haridra, patol, sariva, musta, patha, kutakandshuddha guggul. Amalakiis rasayand Kashaya absorbs kleda, however it acts as dosha- dushyashamakinprameha. Amalakiisrasayandrug. Haridra due to its tikta-katurasa, ushnaveerya, katuvipaka and laghu, rukshagunas removes blockages in the blood vessels hence making the circulation of blood and nutrients easy. Haridra comes under kushtaghna group. The circulating glucose is broken down by haridra and it further facilitates the absorption of free glucose by cells due to its srotoshodhana-karma and reduces dushtipitta and kapha facilitating...
free movement of vata and hence helping in recovery of dhatus having kaphapradhanata like mamsa, lasika, ambu, majja, vasa and shukra. According to bhavprakashaSamhitapato also plays major role in srotoshodhana being sukhakarvirechana.

Musta is widely used in Ayurveda, it has katu, tikta and Kashaya rasa. Sitivirya, katuvipaka and laghu, rukshagunas. Itiskapha-pittaharadipana, pachana. Musta is categorized as lekhaneeya, trishnanigraha and kandugha.

Patha due to its tiktaraasa, katuvipaka, laghu and tikshnaguna Kuatki is Pradhanadravya in bhedana, with this property kutaki plays major role in srotoshodhana. It helps to expel vitiated kapha, kleda, and accumulated fluid in body through purisha.

CONCLUSION
As the number of diabetic patient is growing worldwide, it is high time to improvise our treatment plans and help to answer complicated situation such as diabetes mellitus. It is an observation in a single case and more studies in this direction would help in establishing ayurvedic treatment in this condition. Significant relief can be achieved in patient of diabetes mellitus by applying principles of diagnosis and treatment of prameha. It’s a single case study and can lay down road ahead for further research.

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