

**AYURVEDIC MANAGEMENT OF DIABETES MELLITUS  
(MADHUMEHA) – CASE STUDY**

**Dr. Naishadh B. Sharma<sup>\*1</sup>, Dr. Prakash Kumbar<sup>2</sup>, Dr. Nikunj Thakkar<sup>3</sup> and Dr. Jahnvi Patnakar<sup>4</sup>**

<sup>1</sup>Final Year PG Scholar, Department of Kayachikitsa, Parul Institute of Ayurveda.

<sup>2</sup>Reader, Department of Kayachikitsa, Parul Institute of Ayurveda.

<sup>3,4</sup>Lecturer, Department of Kayachikitsa, Parul Institute of Ayurveda.

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**\*Corresponding Author**

**Dr. Naishadh B. Sharma**

Final Year PG Scholar,  
Department of Kayachikitsa,  
Parul Institute of Ayurveda.

**ABSTRACT**

Today's Era Diabetes Mellitus is a common and very prevalent disease. Diabetes mellitus is a multiple disturbances of metabolic disorders. Diabetes mellitus is a clinical characterized by hyperglycemia due to absolute or relative deficiency of insulin. Generally the diabetes mellitus patients are suffering from the metabolism of carbohydrates, Fat and Protein due to insufficiency of insulin secretion. In Ayurveda Diabetes Mellitus is a correlated with Madhumeha. Which is comes under the Vataj Prameha. In this study patient treatment has been done under the Parul Ayurved Hospital, Kayachikitsa OPD with the following Ayurveda Medicines,

Mokshayana Syrup, Chandraprabha Vati, Mamejava Ghanvati, and Sudarshan Ghanvati and also patient has following Pathyakara Aahara and Vihara accomplished with habitual Yoga.

**KEYWORDS:** Diabetes Mellitus, Madhumeha, Mokshayan, Pathyakrara Aahar & Vihar, Yoga.

**INTRODUCTION**

India is a home of Diabetes there are estimated 72.96 million cases of diabetes in adult population of India. The prevalence in urban areas ranges between 10.9% and 14.2% and prevalence in rural India was 3.0-7.8% among population aged 20 years and above with a much higher prevalence among individuals aged over 50 years as per the ICMR- INDIAB STUDY.<sup>[1]</sup> Diabetes mellitus is a major public health problem in the developed as well as developing countries. Diabetes Mellitus is a medical condition in which there is

hyperglycaemia(increase blood glucose level) and glycosuria(excretion of the glucose into the urine) both occurs.<sup>[2]</sup>

Ayurveda has explained Madhumeha which comes under the Prameha sub type of Vataj Prameha. Madhumeha is correlated with the diabetes mellitus.<sup>[2]</sup>

The chief symptoms of Madhumeha are Prabhut Mutrata(Polyuria), Avil Mutrata(Turbidity), Hasta-Pada Daha(Burning sensation on palms and soles), Daurbalya(Generalized Weakness).<sup>[3]</sup> It is described in Ayurveda Acharya's in their samhita. These types of symptoms are mainly seen in Diabetes Mellitus. In Shusrut Samhita Prameha Chikitsa Adhyay he has clearly mentioned that madhumeha patient should do exercise daily routine.<sup>[4]</sup>

In this case patient has taken oral medicine with pathyakar ahara as well as vihar followed. Daily yoga is also done by the patient.

## **MATERIALS AND METHODS**

### **Selection of patient**

A 43 year old male diagnosed patient of diabetes mellitus(madhumeh) visited in the Parul Ayurved Hospital, Kayachikitsa OPD with the complaints of Prabhut Mutrata(Polyuria), Avil Mutrata(Turbidity), Hasta-Pada Daha(Burning sensation on palms and soles), Daurbalya(Generalized Weakness). Patient was taking metformin 500mg and Glimpiride 1mg twice a day before meal with water. There were no associated complaints. There was no any past history of injury, wound.

### **Symptoms**

- Prabhut Mutrata
- Avil Mutrata
- Hasta-pada Daha
- Daurbalya

### **Investigation**

- FBS
- PPBS
- HbA1c

**On Examination**

Pulse	80/min
BP	130/90mm of Hg
Weight	63 kg
Mala Pravruti	1 time in Day
Mutra Pravruti	9-10 times/Day
Nidra	Disturbed
Kshudha	Increased
Jihwa	Sama

**Intervention**

Sr.no	Day	Shaman Chikitsa
1	1 <sup>st</sup> week	Chandraprabhavati 2-0-2(A/F with water) Mamejvavati 2-0-2(A/F with water) Sudarshan Ghanavati 2-0-2(A/F With warm water) Mokshayan syrup 5ml-0-5ml(A/F with water)
2	2 <sup>nd</sup> week	Same
3	3 <sup>rd</sup> week	Same
4	4 <sup>th</sup> week	Same
5	5 <sup>th</sup> week	Same
6	6 <sup>th</sup> week	Same
7	7 <sup>th</sup> week	Same
8	8 <sup>th</sup> week	Same

**Assessment Criteria<sup>[5]</sup> & Result for subjective parameters with Scoring**

S.No.	Criteria	Details	Score	Before Treatment	After Treatment
1	Prabhut Mutrata (Polyuria)	3-5 times/day	0	2	0
		6-8 times/day	1		
		9-11 times/day	2		
		More than 11 times/day	3		
2	Avil Mutrata (Turbidity)	Crystal clear fluid	0	1	0
		Turbidity	1		
		Buffy	2		
		Milky white	3		
3	Hasta Pada Daha (Burning sensation on palms and soles)	No burninig sensation in Hand & Feet	0	2	1
		Mild burninig sensation in Hand & Feet	1		
		Moderate burninig sensation in hand & Feet	2		
		Severe burninig sensation in Hand & Feet	3		
4	Daurbalya (Generalized Weakness)	Can do routine exercise/work	0	2	1
		Can do moderate exercise with hesitancy	1		
		Can do mild exercise only, with difficulty	2		
		Can't do mild exercise too	3		

**Assessment Criteria for objective parameters**

No.	Test	Before Treatment	After Treatment
1	FBG	190.0mg/dl	130.0mg/dl
2	PPBG	220.0mg/dl	160.0mg/dl
3	HbA1c	7.5%	6.2%
4	Estimated Glucose	169.2mg/dl	131.8mg/dl

**DISCUSSION****Effect of therapy on subjective Parameters**

Prabhut Mutrata and Avil Mutrata between treatment duration Day 1 to Day 60 was highly significantly reduced. Hast pada Daha and Daurbaly symptoms was also significantly reduced.

**Effect of therapy on objective Parameters**

FBS, PPBS, HbA1c and Estimated Glucose level were significantly reduced during the treatment duration day 1 to day 60. Before treatment and after treatment investigation scoring suggests it.

Today's Era Diabetes Mellitus is a common and very prevalent disease. Diabetes mellitus is a multiple disturbances of metabolic disorders. Diabetes mellitus is a clinical characterized by hyperglycemia due to absolute or relative deficiency of insulin. Generally the diabetes mellitus patients are suffering from the metabolism of carbohydrates, Fat and Protein due to insufficiency of insulin secretion.<sup>[5]</sup>

In this study patient has symptoms like Prabht Mutrata(Polyuria), Avil Mutrata (Turbidity) Hasta-Pada Daha(Burning sensation on palms and soles), Daurbalya(Generalized Weakness). This all symptoms patient get significant relief.

All the ingredients of Mokshayan is Srotoshodhana and all are Rasayana fulfilling the ideal qualities to break the Avarana Samprapti of Diabetes. In Mokshayan has also Curcuma longa Linn. Haridra possess Katu Tikta, Rasa, Laghu Rooksha Guna, Usna Virya and Katu Vipaka.<sup>[6]</sup> Other ingredients of mokshayan acts as Pitta-Kapha Shamaka, Meda, Kleda Upashoshana.

It has Usna Virya which is mainly acts as a Vatahara. It is having opposite qualities to that of Kapha and Medas. This Tridosha Shamaka property of the drugs helps to correct the Dhatu Dushti and Sroto Dushti leading to their normal functioning. It acts both on pradhan vyadhi

and Upadrava also. The major ingredients have Snigdha and Ruksha guna correcting Vata without disturbing Kapha and Pitita. The rukshatva helps in draining excess kleda and acts as antagonist to bhahu drava shleshma and medas. The ingredients possess sheeta and Ushna Veerya in equal ratio correcting both the major doshas in Avarana i.e. Kapha and Vata. Ingredients possess Madhura Vipaka correcting the Dhatu shaithilya and exerting Rasayana effect. Chandra prabha vati and sudarshan ghanvati acts as srotoshodhana correcting metabolism and providing relief in the symptoms. Chandra prabhavati- One of the best for urinary track disorder. It is described in bhaisajyaratnavali under madhumeh adhikara with its main contents i.e. shilajit, musta, haridra, daarvi, pippali, chitraka, danti, vansalochanetc it helps to remove srotorodha.<sup>[7]</sup>

Also it helps to potency of other drugs used along with it. Sudarshanghanvati is also done srotoshodhana and regularized the metabolism the main part of the sudarshanghanvati is kiratikta. Kiratikta is a tikta in rasa and its guna is a laghu and ruksha which is eventually demolish the pathology of madhumeha.

Yoga and regular exercise can also a lead role in the madhumeh.<sup>[4]</sup> In this case study patient has advised for routine daily walking for 20-minutes.

So this all medicine with yoga and regular exercise can reduced the blood glucose level.

## CONCLUSION

Ayurveda does not consider diabetes mellitus as a disease that can be treated by medicine or by a dietary regimen. Though it is a *yapya*(not totally curable / difficult to cure) disease, the prolonged use of the above treatment procedure will not only generate the person free from Diabetes Mellitus but protect to live a long life (*deerghajeevanam*), healthy (*sukhayu*) and will be useful to the society (*hitayu*). Above medicine is an ideal medicine for madhumeh with Pathyakara Aahara and Vihara accomplished with habitual Yoga.

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