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## ROLE OF PANCHAKARMA IN THE MANAGEMENT OF MADHUMEHA WITH W.S.R. TO DIABETES MELLITUS A CASE STUDY

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### ABSTRACT

Diabetes mellitus (DM) has now become most common among all the diseases in present era. In India, this disease is increasing rapidly and it seems that India is going to be capital of diabetes in next coming years. It can be correlated with *Madhumeha* in *Ayurveda*. In *Charaka samhita*, *Madhumeha* has been described as a type of *Vataja prameha* which is characterized by passing of honey like urine in excess amount. *Panchakarma* (fivefold therapeutic) methods of *Ayurveda* have immense potential in context of tackling lifestyle disorders like *Madhumeha*. *Panchakarma* is major *Ayurvedic* purificatory and detoxification treatment. Here *Panchakarma* procedures like *Basti*

(colon treatment) and some other procedures like *Takra dhara* and *Udvartana* also mentioned in treatment of diabetes mellitus. *Panchakarma* in the management of Diabetes Mellitus stands far beyond mere glucose control. Present paper highlights on role of *Panchakarma* in the management of *Madhumeha*.

### INTRODUCTION

Way of life issue is an umbrella term given to every one of the ailments which emerge on account of undesirable way of life. Lifestyle disorder is an umbrella term given to all the diseases which arise because of unhealthy lifestyle. The most common Life-style disease

include Diabetes mellitus, Hypertension, Obesity, etc. which are the major cause of mortality in today's world. Not only are these lifestyle disease thwarting, but these are also interfering with natural comfort of wellbeing. Lifestyle disorders were more common in western world but the scenario has changed dramatically. Developing countries like India is predicted to have most number of Lifestyle related patients in the next 10 years in the entire world. As Ayurveda is recognized as foremost life science and it describe ways to prevent and manage Lifestyle disorders; the world is being attracted towards its potential. Diabetes mellitus (DM) comprises a group of common metabolic disorders that share the phenotype of hyperglycemia. Several distinct types of DM exist and are caused by a complex interaction of genetics, environmental factors, and life style choices. Diabetes mellitus is a clinical disorder described by an expansion in plasma blood glucose. The incidence of diabetes is rising. Globally, it is estimated that 366 million people had diabetes in 2011 and this figure is expected to reach 552 million by 2030. This global pandemic principally involves type 2 diabetes. Diabetes is major burden upon health-care facilities in all countries. Globally, diabetes caused 4.6 million deaths in 2011 and health-care expenditure attributed to diabetes was estimated to be at least US (Dollar) 465 billion, or 11% of total health-care expenditure.<sup>[1]</sup> In *Ayurveda Acharya Charak* describes two types of *Madhumeha* (1) *Krishna (Apatarpanajanya)*- can be correlated to *Dhatuprakarshanajanya madhumeha* (2) *Sthula (Santarpanajanya)*- can be correlated to *Avaranajanya madhumeha*.<sup>[2]</sup>

## CASE REPORT

A 57 years old female patient, which UHID No. (350192), reported to the AIIA hospital with the chief complaints of Diabetes mellitus since 22 years and associated complaints of swelling in B/L legs, hands and face, heaviness in the body, pain in B/L knee joints, weakness in legs and occasionally cramps in calf muscles, and fatigue since 1 year. She was taking allopathic medicines since 22 years. Patient was asked for investigations i.e. fasting and post prandial blood glucose and HbA1c to assess the severity of the disease. On 8/1/2019 she was reported to have fasting blood glucose 116mg/dl, post prandial 177mg/dl & HbA1c 7.7.

**Treatment Plan: (Table no.1)**

S.no.	Procedure name	Medicines used	Duration
1	<i>Udvartana</i>	<i>Triphala choorna</i>	8days
2	<i>Vashpa svedana</i>	<i>Dashmoola kwatha</i>	8days
3	<i>Takra dhara</i>	<i>Amalaki choorna + Triphala choorna</i>	8days
4	<i>Choorna pinda svedana</i>	<i>Kottamchukkadi choorna<sup>[2]</sup> + Kottamchukkadi taila</i>	9 <sup>th</sup> day to 18 <sup>th</sup> days (10 days)
5	<i>Janu basti</i>	<i>Dhanwantar taila<sup>[3]</sup> + Murivenna taila</i>	9 <sup>th</sup> day to 18 <sup>th</sup> days (10days)
6	<i>Yoga basti</i>	<i>Anuvasna basti – madhuyasthi taila(80ml), Shatpushpa choorna (2gm), Saindhava (1gm) Nirooha basti- Makshik (50ml), Saindhava(5gm), Varunadi ghritam<sup>[4]</sup> (80ml), Shatpushpa choorna kalka(30gm), Madhuyasthi kwatha choorna +Punarnavadi kwatha choorna(240ml),</i>	14 <sup>th</sup> day to 21 <sup>th</sup> day (8days)
7	<i>Sarvanga Abyanga</i>	<i>Chinchadi taila<sup>[6]</sup></i>	18 <sup>th</sup> day to 21 <sup>th</sup> day (4days)
8	<i>Sarvanga patra pinda svedana</i>	<i>Chinchadi taila</i>	18 <sup>th</sup> day to 21 <sup>th</sup> day (4days)

Along with this *Panchakarma* treatment oral medications given to the patient which include *Nishakathakadi kwatha* 15 ml with lukewarm water thrice a day, *Jamun guthli choorna* 3gm with lukewarm water twice a day, *Abhyarishta* (10ml) with *Punarnavasavam* (10ml) with 20ml water given thrice a day, *Triphala choorna* 1TSF bed time with milk given to the patient for 21 days along with this treatment.

**Criteria for Assessment:** patient was examined weekly and suitable scoring pattern and objective sign were recorded to asses any changes present in the patients. After completion of 21 days of treatment, the efficacy of therapy was assessed on the basis of the subjective criteria like Fatigue, swelling, calf muscle cramps and objective criteria like FBS, PPBS HbA1c.

## DISCUSSION

After 21 days of treatment with *Udvartana*, *Takra dhara*, *Choorna pinda svedana*, *Janu basti*, *Yoga basti*, and *Patra pinda svedana* improvement of about in HbA1C, Fasting and post prandial blood sugar were seen. On assessment of subjective parameters reduction found in fatigue, swelling, and calf muscle cramps (**Table no.2**).

Assessment criteria	Parameter	Before treatment Observed value	After treatment Observed value
Objective	HbA1c (Glycosylated Hemoglobin)	7.7%	6.3%
	Fasting Blood Sugar	116mg/dL	123mg/dL
	Post Prandial Blood Sugar	177mg/dL	140mg/dL
Subjective	Fatigue	4	1
	Swelling	4	1
	Occasional calf muscle cramps	3	1

In *Samprapti* of *Madhumeha* dominance of *kleda*, *meda*, *kaphadosha*<sup>[7]</sup> are involved. *Rookshana dravya* have the predominance of *tikta*, *katu*, *kashaya rasa*, *ruksha*, *laghu*, *ushna*, *vishada guna* which are opposite to *Nidana* of *Madhumeha* hence helping in *Samprapti vighatana*. *Triphala*<sup>[8]</sup> has all qualities of *rookshana*. *Acharya Sushruta* described the use of *triphalata* in the *Meha roga*. *Udvartana* helps to reduce the excess of *kapha* and *meda* by performing *Shoshana* and *lekhana*. *Charak* mentioned that *Takra*<sup>[9]</sup> (Butter milk) is very useful in following conditions –*Shotha* (swelling), *Mndagni* (Low digestive fire), *Vata - kapha Pradhan vydhi*

*Gaurav* (Heaviness in the body).

*Takra* acts as *Tridoshghana* by means of its different *guna* as-

- It is useful in *pittadosha* by – *Madhur* (sweet) *vipaka*.
- It is useful in *Kapha dosha* by – *Kashaya rasa* (Astringent Taste), *Ushna Virya* (Hot potency), *Vikastiva* (Relives stiffness & causes looseness of joints) & *Rooksha Guna* (Dry Property)
- It is useful in *Vata* by – *Madhur* & *Amla Rasa* (Sweet & Sour Taste), *Snigdha Guna*.

According to *Acharya charak*, *Takra* acts as appetiser and alleviates oedema, *Gulma*, piles, worms, *Madhumeha* and *Udara roga*.

Patient has also complained of pain in B/L knee joints so we choose *Janu basti* for symptomatic relief. *Janu basti* is proved effective in conditions like osteoarthritis, Rheumatoid arthritis, and other painful conditions of the knee.

*Vasti*<sup>[10]</sup> is considered to be the best treatment to normalize the *Vata Dosha* which is mainly involved in this conditions. *Vasti* therapy indication in classics in *Madhumeha* disease. As *vasti* is not clearly mentioned in the *Madhumeha chikitsa*, in spite of it *Vamana* and

*Virechana Shodhana* therapies are indicated in texts but, it is told as half *Chikitsa* by *Acharya charak* in *Siddhi sthana*. Also *Acharya charak*, has mentioned that there are no as much rules that any therapy is strictly indicated or contraindicated in particular disease, wise doctor can recommend any therapy accordingly to the patient and the environmental conditions. Therefore also *Vasti* can be given in *Madhumeha*.

*Vasti karma* in *Madhumeha* can be of 2 types according to the patient:

As, *Acharya Charaka* has mentioned *Madhumeha* in *Santarpana Jnya Vyadhi* (Disorders due to over saturation). That essentially requires *Shodhana* (detoxification) of body that successfully removes all the vitiated *Doshas* of the body. *Vasti* is considered as comfortable line of treatment. Also due to the poor strength of the patient due to most of the patients are obese this disease we recommend *Vasti* as a safe procedure which expels out *Doshas* without giving much stress to the patient.

It evacuates impurity quickly and comfortably, free from incompliant effect and does *Aptarpana/Santarpana* quickly according to the drugs used in it. The medicine used in the form of *Vasti* acts faster than the oral route, as it works without digestion.

*Vasti* is invariably beneficial for the treatment of disease involving two, three or all of the *Vata*, *Pitta*, *Kapha* and *Rakta dosha*. It actually destroys the disease by cleansing the *Srotas* (micro channels) and by increasing the *Oja*, *Tej*, *Shukra*, *Agni* and *Medha*. In *Madhumeha* there is mainly vitiation of *Kapha*, this vitiated *Kapha* in turn affects the *Jathragni* and *Dhatwagni* and disrupts metabolism and produces excess of deranged quality *Rasa*, *Meda*, *Kled*, *Vasa*, *Lasika*, *Mamsa*, etc. All this vitiated *Dushyas* obstructs the path of *Vata* thus *Vata* because of obstruction get aggravate and changes its path and carries vital *Dhatus* towards *Vasti* excretes them out causing depletion.

*Patra Pinda*<sup>[11]</sup> is the sudation procedure helps in rectifying the morbid *Kapha Dosha* as well. Therefore the *Patra pinda svedana* is very much efficacious in such clinical conditions where variation of *Vata dosha* is the predominant like, *Sandhigata vata* or arthritis, and alleviates the pain and swelling.

## CONCLUSION

As *Mahumeha* is considered as *Chirkari vyadhi* it can be best avoided by non- indulging in the *nidanas* and by undergoing *Rutushodhana*. All the above mentioned *Shodhana chikitsa*

will help in *Samprapti vighatana*. *Vyadhi pratyaneeka shaman chikitsa* along with proper *pathya* is must in the patients of *Madhumeha* after the relevant *Shodhana* therapy.

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