

AYURVEDIC TREATMENT OF DIABETES MELLITUS TYPE 2 (INSULIN DEPENDENT): A CASE STUDY

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ABSTRACT

Diabetes mellitus is a chronic metabolic disease characterised by abnormally high sugar. Incidence of diabetes mellitus has increased drastically in the recent time because of sedentary life style and unhealthy dietary habits. There are estimated 72.96million cases of diabetes in adult population of india and the global prevalence in 2019 is estimated 9.3%. Statistics shows that diabetes mellitus needs more concern. In ancient ayurvedic texts this disease is described as *Madhumeha*, the word *Madhumeha* means excessive sweetness of urine. Excessive and turbid urination is cardinal symptoms of *Madhumeha*.^[1] The present case study is of 50 years old female patient visited *kayachikitsa* OPD at *akhandanand ayurveda* hospital

Ahmedabad for uncontrolled blood sugar level even with insulin, with chief complaints of fatigue, weakness, multiple joint stiffness, *Ubhaya pada shotha* and *Ubhaya pada tala Daha*, *Swedadhikya* and *Sharira bhara vriddhi*. Patient was treated with *Samshamana chikitsa* as per basic principles mentioned in *charaka Samhita*. After 2 months of treatment significant response was observed.

KEYWORDS: Diabetes mellitus, *Madhumeha*, insulin, Life style modification, *Samshamana*.

INTRODUCTION

Diabetes mellitus is a chronic disorder that is presented as disturbance or irregularity of sugar metabolism and thus characterised by high blood sugar levels. Some patients develop symptoms like polyuria, polydipsia, polyphagia, fatigue, generalised weakness, multiple infections, non healing wounds, somnolence etc. Some patients are found to be

asymptomatic, though many patients present high blood sugar levels without any symptoms or with minimal symptoms, if blood sugar levels are not managed properly then it can lead to life threatening complications like diabetic ketoacidosis, diabetic coma, gangrene, diabetic foot, diabetic nephropathy, diabetic retinopathy etc.

This condition of the diabetic patients can be well managed with lifestyle and diet modification and *ayurvedic* medicines as per basic principles of *ayurveda samhitas*. The cardinal symptom of *Madhumeha* described in *samhitas* is “*prabhuta aavila mutrata*” meaning polyuria and turbid urine. Diabetes mellitus can be compared with *Madhumeha*.

Hence considering principles of *prameha vyadhipratyanika chikitsa* and *rasayan chikitsa* (to prevent *dhatukshaya*), as *chikitsa Siddhant* a patient of type 2 DM taking insulin was treated along with diet and lifestyle modification, Patient showed significant relief in symptoms as well as reduction in blood sugar level and insulin was gradually withdrawn within 2 months of treatment.

CASE REPORT

A 50 year old married hindu female visited OPD of *kayachikitsa* department at akhandanand ayurveda hospital on 22nd july 2021 with complaints of *sarvang sandhishoola*, *pratah gatra stabdhata*, *ubhaya pada shotha*, *ubhaya janu sandhi sphutana*, *bahumutrata* since 6 months and *ubhaya pada tala daha*, *svedadhikya*, *shirah shoola* and *sharira bhara vruddhi* since more than 1 year.

Patient was healthy before 10 years, Initially she had complain of *ubhya padatala daha*, so she went to physician for her treatment. She got diagnosed with type 2 diabetes mellitus. She took allopathy medicines for the management of high blood sugar level. Patient gradually gained weight from last 10 years till the date, her weight was 104 kg. patient had uncontrolled blood sugar level with oral hypoglycemic agents from last three months, hence she was managed with subcutaneous insulin. Patient visited our OPD for her treatment of joint pain weight gain and uncontrolled high blood sugar level.

Personal history revealed that patient is vegetarian and used to take extra oily, fatty diet with a habit of intake of junk food and day time sleep. There was increased frequency of urine and irregular bowel movement was noted since 6 months. Past history revealed that she was on hypoglycemic medications since last 10 years and sc insulin since last 3 months. Surgical

history revealed that hysterectomy was done 11 years back. Family history revealed that her brother is diabetic since 2 months.

General examination of patient revealed all vitals were normal. B.P.-130/80 mm/hg, pulse - 78/min, respiratory rate 18/min, her body weight 104 kg, height -156cm and BMI was 42.7.

Systemic examination of patient did not showed any abnormality. Her fasting blood sugar was 149 mg/dl, post prandial blood sugar 155 mg/dl. Patient was taking insulin 50 unit daily in divided doses.

Treatment plan

Patient was advised changes in diet and life style and *ayurvedic* medicines along with gradually reduction of insulin dosage as below. The blood sugar level of the day of the visit and daily insulin dose is described below.

Date	Insulin before breakfast	Insulin before lunch	Insulin before dinner	Insulin lantus at night	Fbs	Ppbs
11/07	10	12	10	18	149	155
22/07	10	12	10	24	134	227
30/07	06	08	06	14	105	208
04/08	06	08	06	14	211	202
14/08	06	08	06	14	223	234
24/08	-	-	06	10	98	209
10/09	-	04	-	04	243	
22/09	-	04	-	-	118	

Principles of treatment

Patient is treated on the *ayurvedic* therapeutic principles of *madhumeha chikitsa* viz. *agnideepna*, *pachana*, *lekhana*, *anulomana*, *rasayan*, *vyadhi pratyanka* and *srotoshodhan chikitsa*.

Treatment advised

Date	Medicine	Follow up
22 July to 04 Aug 2021	<i>Simhanaad guggulu</i> 2-2-2 <i>Samshamani vati</i> 2-2-2 <i>Shiva gutika</i> 2-0-2 <i>Phalatrikadi kwath</i> 50ml + <i>Punarnavashtak kwath</i> 50mlBD <i>Ajamodadi churna</i> 5gm BD <i>Mamejva ghanvati</i> 2-2-2	<i>sarvang sandhishoola</i> (+++) <i>pratah gatra stabdhata</i> (+++) <i>ubhaya pada shoth</i> (+++) <i>ubhaya janu sandhi</i> <i>sphutana</i> (++) <i>bahumutrata</i> (++)

	<i>Madhumehari churna 3gm BD</i> <i>Vasanta kusumakar rasa 1 OD</i> <i>Kalmegha churna 2gm + Dhatrinisha churna 2gm + vijayasara churna 2gm + dhatrilauha 500mg + godanti 500mg</i> <i>Haritaki churna 5gm H.S.</i>	<i>ubhaya pada tala daha(++)</i> <i>svedapravrutti(+++)</i> <i>shirah shola (++)</i> weight=104Kg
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Date	Medicine	Follow up
05 Aug to 19 Aug 2021	<i>Simhanaad guggulu 2-2-2</i> <i>Shiva gutika 2-0-2</i> <i>Phalatrikadi kwath 50ml + punarnavashtaka kwath 50ml bd</i> <i>Ajamodadi churna 5gm BD</i> <i>Mamejva ghanvati 2-2-2</i> <i>Madhumehari churna 3gm BD</i> <i>Vasanta kusumakar rasa 1 OD</i> <i>Kalmegha churna 2gm + dhatrinisha churna 2gm + vijayasara churna 2gm + dhatrilauha 500mg + godanti 500mg</i> <i>Haritaki churna 5gm H.S.</i>	<i>Upashaya in following symptoms</i> <i>sarvang sandhishoola (+)</i> <i>pratah gatra stabdhata (+)</i> <i>ubhaya pada shoth (+)</i> <i>ubhaya janu sandhi sphutana(+)</i> <i>bahumutrata (+)</i> <i>ubhaya pada tala daha(+)</i> <i>svedapravrutti(+)</i> <i>shirah shola - relieved</i> Weight reduced kg

Date	Medicine	Follow up
Treatment after 1 month of ayurvedic treatment	<i>Shiva gutika 2 bd</i> <i>Pathyadi kwath 50ml + punarnavashtaka kwath 50ml bd</i> <i>Ajamodadi churna 5gm BD</i> <i>Mamejva ghanvati 2 tds</i> <i>Madhumehari churna 3gm bd</i> <i>Vasanta kusumakar rasa 1 od</i> <i>Kalmegha churna 2gm + dhatrinisha churna 2gm + vijayasara churna 2gm + dhatrilauha 500mg + godanti 500mg</i> <i>Haritaki churna 5gm H.S.</i>	<i>sarvang sandhishoola (+)</i> <i>pratah gatra stabdhata (+)</i> <i>ubhaya pada shoth - relieved</i> <i>ubhaya janu sandhi sphutana(+)</i> <i>bahumutrata (+)</i> <i>ubhaya pada tala daha - relieved</i> <i>svedapravrutti(+)</i>

DISCUSSION

Madhumeha is *vata Pradhan tidoshaja vyadhi*. There are two types of *madhumeha* are described by *Acharya* one of them is *santarpan janya*^[2] (*aavarana janya*) and second one is

apatarpanajanya^[3] As per modern science diabetes mellitus has two types *sahaj prameha* (type 1) and *apathya nimittaja prameha* (type 2). The case discussed above is of *apathya nimittaja prameha*. Here we used *deepana*, *pachana*, *lekhana*, *srotoshodhana*, *prameha vyadhipratyanika* and *rasayana chikitsa*.

In present study probable causative factors were Heavy unctuous diet and sedentary life style patient was used to have a day sleep.

<i>Samprapti ghataka</i>	
<i>Dosha</i>	<i>Kapha pradhana tridosha</i>
<i>Dushya</i>	<i>Rasa, Rakta, Mamsa, Meda, Mutra, Ambu</i>
<i>Srotasa</i>	<i>Rasavaha, Raktavaha, Mamsavaha, Medovaha, Mutravaha, Udakavaha</i>
<i>Agni</i>	<i>Manda</i>
<i>Udbhava sthana</i>	<i>Aamashaya</i>
<i>Vyakta sthana</i>	<i>Sarva Sharira</i>
<i>Srotodushti</i>	<i>Sanga, Atipravrutti</i>
<i>Sadhyasadhyata</i>	<i>Yapya</i>
<i>Saama/ Nirama</i>	<i>Sama</i>
<i>Rogamarga</i>	<i>Madhyama</i>
<i>Swabhav</i>	<i>Chirakari</i>

The drugs used for treatment cause *samprapti vighatan* by counteracting vata- kapha dosha due to tikta katu rasa and ushna virya, the drugs act on mamsa and medo dhatu. These drugs correct impaired digestion and metabolism by agnideepana effect.

Giloy ghanvati, phalatrikadi kwath have srotoshodhana effects, thus by rectifying impaired agni, dhatus (rasa, mamsa, meda), detoxifying and opening of blocked srotasa. Amapachana and removing of kleda from body and boosting natural insulin secretion and action.

Patient was prescribed *madhumehari churna*, *mamejava ghanavati*, *phalatrikadi kwath*, *dhatrinisha*, *khadir*, *vijayasara*, as *vyadhi pratyanka aushadh yoga* which also have effects like *deepana*, *pachana*, *lekhana* and *srotoshodhana*. *Haritaki churna* was given for *anulomana*. *Shiva gutika* was prescribed for *rasayan* purpose as *naimitika rasayan*. After *apatarpana* of *madhumeha* patient it needs *rasayana* therapy to counteract *dhatushaithilya* and *dhatukshaya*. *samshamani vati* which contains *guduchi ghan* has hypoglycemic and anti-oxidant effects. *Sinhanaad guggulu* and *ajamodadi churna* was given for associated complaints of *aamavata*. *Vasant kusumakar rasa* (ref- *yogaratanakar*), It is a gold preparation having *madhumeha vyadhi pratyanka* and *rasayana* properties, it is a potent anti diabetic

medicine. All the formulations we have used has antidiabetic and hypoglycemic properties, so they are effective in management of diabetes mellitus.

CONCLUSION

Diabetes mellitus is a multifactorial chronic metabolic disease which acts as silent killer. It needs to be treated as early as possible to avoid its dreadful complications. From the above case study it can be concluded that insulin dependent diabetes mellitus type 2 can be well managed with ayurveda treatment by judicious use of *shamana aushadhi* along with diet and life style modification.

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