

A COMPARITIVE CLINICAL STUDY ON THE EFFECT OF NISHAMALAKI CHURNA AND ELAADI CHURNA IN MADHUMEHA W.S.R. TO NIDDM

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ABSTRACT

Madhumeha a variety of vataja prameha is one among the Astamahagadas, in which the vitiation of VataKapha Pradana Tridoshas associate with Medas and other Dhatus along with Ojas reaches the Mootravaha Srotas and results in the illness. Based on the pathology Madhumeha is of two types - DhatuKshayaja and Avaranaja. Avaranjanya Madhumeha is considered as Krichrasadhya. Diabetes mellitus is largely covered under the broad heading of Prameha. Avaranjanya Meha described in Ayurvedic literature has similarity with NIDDM. India is expected to be world diabetes capital as Indians have genetic predisposition to develop diabetes mellitus which is further precipitated by life style. India will have 87 million people with NIDDM by 2030 i.e, 58% increase compared to 2010. With this background there is a need for drugs from herbal source which is effective, cheap, with no adverse effects, easily available and palatable so that patient can use the drug lifelong to control diabetes mellitus. This study focuses on assessing and comparing the effect of Nishamalakichurna and Elaadichurna in Madhumeha w.s.r to NIDDM.

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Nishamalaki is considered to be Agraoushadha in Prameha and Vata-Kapha hara, Rasayanam due to its properties. Elaadi Churna (Ela, Pashanabhedha, Pippali, Silajatu) has the benefit of Vata –Kapha hara, Srothoshodana and Rasayanam. Silajatu is an effective drug in Madhumeha.

KEYWORDS: Madhumeh, Nishamlaki Churna, Elaadi churna, NIDDM.

AIMS AND OBJECTIVES

- a> To evaluate the efficacy of Nishamlaki Churna in the management of Madhumeh w.s.r. NIDDM.
- b> To evaluate the efficacy of Elaadi Churna in the management of Madhumeh w.s.r. to NIDDM.
- c> To compare the efficacy of Nishamlaki Churna and Elaadi Churna in the management of Madhumeh.

INTRODUCTION

Madhumeha is one of the Asta-Mahagada and Santarpanottha vyadhi, which has been explained by Bruhatrayee and Laghutrayee. The nidana for madhumeha like asya-sukha, swapna-sukha, sedentary lifestyle, lack of physical exercise, obesity. Diabetes mellitus is a clinical syndrome characterized by hyperglycemia due to absolute or relative deficiency of the insulin hormone. The lack of the insulin affects the metabolism of carbohydrate, protein & fats can cause a significant disturbance of water & electrolyte homeostasis. The classical signs and symptoms of diabetes mellitus are polydipsia, polyurea, polyphagia, lassitude, nocturia & rapid weight loss. Diabetes without proper glycaemic control may develop the acute complications like hyperglycemia, diabetic ketoacidosis & non ketotic hyperomolar coma. The serious long term complications include cardiovascular disorder, chronic renal failure, retinal damage & even leading to adult blindness.

MATERIAL AND METHODS

Minimum of 60 patients eligible and was randomly selected and assigned in 2 groups, each consisting of 30 patients, with a definite diagnosis of fulfilling the diagnostic, inclusion criteria, irrespective of sex, caste and religion from the OPD and IPD of SSRAMC INCHAL.

1. **Group A:** Treated with Nishamlaki Churna.
2. **Group B:** Treated with Elaadi Churna.

A) Inclusion criteria

1. Patients diagnosed as per the criteria for Madhumeh.
2. Patients of age group 24 – 60 yrs.
3. No discrimination of sex, race, caste and religion.

B) Exclusion criteria

1. Patients suffering from Organic Mental Disorders.
2. Patients of Chronic diseases.
3. Age more than 60 years.
4. Patient suffering from Gangrene wounds.

C) Parameters of study**a) Subjective**

1. Prabhoota Mutrata
2. Svapna Sheela
3. Asana Sheela
4. Atikshudha
5. Atisveda
6. Daurbalya
7. Atitrushna

b) Objective

1. Avila Mutrata
2. Mutra Madhuryatha (FUS)
3. Tanu Madhuryatha (FBS and PPBS)

D) Study design

Study design: Interventional Study

Allocation: Randomization method

Intervention model: Parallel assignment

Masking: It will be done with proper bottle for each Ghrita.

E) Diagnostic criteria

Diagnosis will be made on the basis of classical signs and symptoms mentioned in Ayurvedic Text.

F) Treatments Plan and Period

- 1> Group A: 30 diagnosed patients of Madhumeh will be given Nishamlaki Churna in the dose of 6 gms twice daily, before food, for 28 days.
- 2> Group B: 30 diagnosed patients of Madhumeh will be given Elaadi Churna in the dose of 6 gms twice daily, before food, for 28 days.

G) Follow Up

15th, 28th days after treatment.

H) Total duration of study

28 days of.

I) Assessment criteria

1. Prabhoota Mutrata
2. Svapna Sheela
3. Asana Sheela
4. Atikshudha
5. Atisveda
6. Daurbalya
7. Atitrushna
8. Avila Mutrata
9. Mutra Madhuryatha (FUS)
10. Tanu Madhuryatha (FBS and PPBS)

All of these will be assessed by adopting the following scoring system.

None	0
Mild	1
Moderate	2
Severe	3
Grossly disabling	4

OBSERVATION AND RESULT

60 patient registered for the present study had completed their treatments. Among these Group A-30 are treated with Nishamlaki Churna and Group B-30 are treated with Elaadi Churna. Total effects of treatments was assessed on the basis of score given to each symptoms or Subjective parameters.

Sr. No.	Symptoms	Group	Symptoms Mean Score			% of Relief
			BT	AT	Difference	
1	Prabhoot motrata	Group A	2.70	0.30	2.40	88.88
		Group B	2.65	1.15	1.47	55.47
2	Svapnasheela	Group A	2.30	0.20	2.10	91.30
		Group B	2.20	0.70	1.50	68.18
3	Asanasheela	Group A	2.60	0.25	2.38	90.49
		Group B	2.65	0.50	2.17	81.27
4	Atikshuda	Group A	2.35	0.20	2.25	95.74
		Group B	2.35	0.70	1.55	68.80
5	Atisveda	Group A	2.20	0.10	2.10	95.45
		Group B	2.10	0.50	1.60	76.19
6	Daurbalya	Group A	2.30	0.3	2.00	86.95
		Group B	3.00	0.50	2.50	83.30
7	Atitrushna	Group A	2.30	0.20	2.10	91.30
		Group B	2.65	0.50	2.17	81.27
8	Avil mutrata	Group A	2.35	0.20	2.25	95.74
		Group B	2.10	0.50	1.60	76.19
9	Mutra madhuryata	Group A	2.3	0.3	2.00	89.95
		Group B	2.65	1.00	1.67	62.54
10	Tanu madhuryata	Group A	2.70	0.10	2.60	95.23
		Group B	2.60	0.60	2.00	76.04

DISCUSSION

Discussion was done from the data available, Samhitas and Texts. The patients assessed on different parameters to obtain the effect of therapy. All the signs and symptoms assessed on 28th day. The result and observation during follow up and after completion of study are mentioned earlier and discussed as follows.

1. General discussion
2. Clinical parameters
3. Effect of therapy
4. Probable mode of action
5. Further scope of study

Symptoms	Group A (Nishamlaki Churna)	Group B (Elaadi Churna)	Result
Prabhoot mutrata	88.88%	55.47%	Significant
Svapnasheela	91.30%	68.18%	Significant
Asanasheela	90.49%	81.27%	Significant
Atikshudha	95.74%	68.8%	Significant
Atisveda	95.75%	76.19%	Significant
Daurbalya	86.95%	83.30%	Significant
Atitrushna	91.30%	81.27%	Significant
Avil mutrata	95.74%	76.19%	Significant

Mutra madhuryata	86.95%	62.54%	Significant
Tanu madhuryata	95.23%	76.04%	Significant

CONCLUSION

1. Madhumeh is one of the metabolic disorder which change the lifestyle of human beings.
2. Conclusion drawn from the various aspect of clinical trials on patients.
3. In the present study of clinical trials of Nishamlaki Churna and Elaadi Churna on Madhumeh but Nishamlaki Churna is most effective than Elaadi Churna.

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