



A CASE REPORT ON THE AYURVEDIC MANAGEMENT OF THE PRAMEHA WITH ABHRAKADI YOGA W.S.R. TYPE 2 DIABETES MELLITUS

¹Dr. Amol Chandrakant Gulve, ²Dr. Ankush Haushiram Gunjal, ³Dr. Satish Digambar Urhe

¹ Assistant professor Department of kayachikitsa, ² Associate professor Department of kayachikitsa, ³ Assistant professor Department of Panchakarma

¹ SMBT Ayurved College, Hospital and PG Research Institute, Nashik, India.

Abstract: In Ayurveda Various *Acharyas* give explanation about *Prameha*. The description in Ayurveda text shows marked similarity of *Prameha Rupa* and type 2 Diabetes Mellitus. It is characterized by polyurea, burning sensation in palm, polyuria, unexplained weight gain, polydipsia. According to *Ayurveda* it is a *Tridoshajavyadhi* (mainly *kapha Pradhan*) and *Meda*, *Sweda* is the main *Dushya*. The general prevalence of type 2 diabetes mellitus (pre diabetes) is 11.8%.

A 50 years old male having chronicity of 10 years for type 2 diabetes mellitus came for consultation in OPD of Ayurved hospital For complaints of *Karpaddaha*, *Atiswedpravrutti*, *Shlathangatwam*, *Pipasativridhi* since last 1 month. The line of treatment given to the patient includes *Dipan*, *Amapachak*, *Kaphanashak*, *Guru Apatarpanjanya*. The Ayurved classics i.e. *Bruhat Nighantu Ratnakar* has advised *Abhrakadi Yoga* for management of *Prameha*. Good result was observed on *Karapaddaha* (70%), *Shlathangatwam* (65%), *Atisweda* (60%) *Bharvridhi* (10%). by the treatment regimen FBS was 180mg/dl which was reduced by 113mg/dl, PPBS was 230mg/dl which was reduced by 164 mg/dl after 45days of treatment and urine sugar became nil which was in traces before the treatment. Significant result was noted on subjective and objective parameters by *Abhrakadi Yoga* and *Pathyapalana*. This approach may be taken into consideration for further treatment and Research work of *Prameha*.

Index Terms - *Prameha*, type 2 diabetes mellitus, *Abhrakadi Yoga*.

INTRODUCTION

Now a day's human being are suffering from meaning disorder due to their disturbed fast lifestyle, and irregular food habits, fast foods, low fiber diet. This has lead to the emergence of type 2 diabetes mellitus (*Prameha*). It is a common metabolic disorder, which is characterized by Hyperglycemia due to impaired Insulin activity. As per WHO Diabetes is projected to be the 7th leading cause of Death in 2030. According to National Diabetes and Diabetic retinopathy survey (2019) prevalence ¹ rate for Pre diabetes is 11.8%.

According to *Ayurveda* *Prameha* is *Tridoshajavyadhi*² and is a group of urinary disorders, increased in frequency of micturition [*Prabhutmutrata*] and output. *Acharya Sushruta* *Prameha* included in *Ashtamahagada*. There are two main causes for *Prameha* i.e. *Sahaj*³ (Hereditary) and *Apathyanimitaj* *Prameha*. In modern medicine its management is carried out by using anti-hyperglycemic agents and insulin, disease modifying drug are used which have side effects (Economical & physical). To avoid the complications & side effects of type 2 diabetes mellitus we need the *Ayurvedic* Management of *Prameha*. In *Ayurved Samhita* i.e. *Bruhat Nighantu Ratnakar* explains formulation containing *Abhrak*, *Triphala* and *Haridra* for *Prameha* named as *Abhrakadi Yoga*⁴. It was used in present case of type 2 diabetes mellitus and showed promising results.

Presenting Complaints:-

A 50 years old male having chronicity of 10 years for type 2 diabetes mellitus came for consultation in OPD of *Ayurved* hospital for complaints of *Karpaddaha*, *Atiswedpravrutti*, *Shlathangatwam*, *Pipasattivridhi*⁵ aggravated since last month. No history of HTN and any major illness were noted. The patient has discontinued the earlier allopath medication since last month without medical advice.

Clinical finding:-

Patient was having complaints of *Karpadadaha*, *Atisweda*, *Bharvridhi*, *Shlathangatwam*, *Pipasativridhi* since last month. In *Ashtavidh Pariksha* findings were *Nadi* (Pulse) 78/min, *Mala* (Stool) *Baddha*, *Mutra* (urine) *Prabhut*, *Jivha Sama* (coated tongue), *Shabda* Normal (clear sound), *Sparsh* normal, *Druk Prakrut* (Normal vision), *Akruti Madhyam*, Weight 72kg. In *Dashavidha Pariksha Sara- Hin*, *Samhan- Hin*, *Satva- Hin*, *Satmya- Madhyam*, *Aharshakti- Madhyam*, *Jaran Shakti- Madhyam*, *Prakruti- Kapha*, *Agni-Visham*.

Therapeutic Focus and Assessment :- *Guru Apatarpanjanya*, *Aamapachak*, *Kaphahar Aahar* was advised and orally *Abhrakadi Yoga* 6 gm was prescribed twice daily with *Madhu* as *Anupana*. *Pathyapathya* was advised.

Criteria for Assessment: - The patient was assessed on Subjective and Objective Parameters. The subjective and objective Parameters were assessed at every 15 days interval up to 45 days of treatment regimen. Subjective Parameters were *Karapadadaha*, *Atiswedpravrutti*⁶ (Excluding environmental variation), *Bharvridhhi* (unexplained weight gain), *Shlathangatvam* (fatigue), *Pipasaativridhi* (polydipsia) and Objective Parameters were fasting Blood sugar level, Post prandial Blood sugar level and urine sugar estimation.

Follow up and Outcomes:-

Good result was observed on *Karapaddaha*, *Pipassativrudhi*, *Shlathangatwam*, *Atisweda Pravritti* by the treatment regimen. Hematological parameter was reinvestigated after 45 days at this time FBS was 180mg/dl which was reduced by 113mg/dl, PPBS was 230mg/dl which was reduced by 164 mg/dl after 45 days of treatment and urine sugar became nil which was in traces before the treatment. The patient was advised to continue the oral medicine for next 3 month with regular follow up.

Discussion:-

Prameha shows similarity with type 2 diabetes mellitus described in modern texts. Long term treatment is needed for type 2 diabetes mellitus to reduce hyperglycemia and dyslipidemia. To avoid the long term side effects, complications of oral hypoglycemic agents and cost effective treatment of type 2 diabetes mellitus need of *Ayurvedic* Medicine for *Prameha* is required. *Abhrakadi Yoga* has lipid lowering (*Triphala*), *Pramehagna* (*Abhrak*) properties which can control the metabolic disease effectively without any adverse effect. The contents of *Abhrakadi Yoga* has established anti hyperglycemic and hypolipidaemic properties (table no.1). *Aampachak*, *Kaphahara*, *Dipan* effect of *Abhrakadi yoga* showed good result in both subjective and objective parameters of *Prameha* without any complication and side effect.

Conclusion:-

The *Abhrakadi Yoga* is a herbomineral formulation mentioned in *Bruhat Nighantu Ratnakar* for *Prameha Vyadhi* which is a metabolic syndrome diagnosed as type 2 diabetes mellitus in today's era. *Abhrakadi Yoga* with *Madhu* is found to be effective in *Prameha* it relieved the symptoms like *Karapadadaha*, *Shlathangatvam*, *Atiswedpravrutti*, *Bharvridhhi* also reduced the abnormal levels of FBS and PPBS without any adverse effects. On the basis of this case study we can consider this approach for further treatment and research work of *Prameha*.

Table no.1: Probable mode of action.

Sr No.	Dravya Name	Mode of Action
1	Abhrak	<i>Tridoshashaman</i> - removes <i>Kledakkapha</i> , <i>Samanvayu</i> , <i>Pachak Pitta</i> . According to <i>Guna</i> it acts as <i>Pramehagna</i> , <i>Mutrakrichhanashak</i> . It is also used in gestational diabetes ⁷ .
2	Triphala	Act as <i>Virechak</i> (<i>Shodhan</i> Activity) - remove the <i>Kapha</i> and <i>Pitta</i> . It Corrects <i>Dosha</i> to equilibrium. Shows antihyperglycemic ^{8,9} effect. With its <i>Rasayan</i> effect - act as Immunomodulator ¹⁰ .
3	Amalaki	It acts as Hypoglycemic or anti hyperglycemic ¹¹ .
4	Haritaki	Shows property of hypolipidaemic. Help in disintegrating the pathogenesis of diabetes ¹² .
5	Bibhitaki	Shows potentially anti diabetic effect as it augments insulin secretion and normalizes the altered biochemical parameters in diabetic rat models ¹³ .
6	Haridra	<i>Tiktras</i> , <i>Ushnavirya</i> , <i>Katuvipaka</i> - <i>Medoghna</i> It is the best in the business of effective prevention and cure of diabetes ¹⁴ .
7	Madhu / Honey	Increase insulin levels and decreases level of blood sugar ¹⁵

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