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A Successful Case Study on diabetes mellitus through Amalki Haridra Rasayana.

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Abstract

A medical condition in which body can't make enough insulin to reuse the glucose in the blood is known as diabetes mellitus. Amalki Haridra rasayana is an complete herbal medicine made with the help of 11 bhawana of haridra swarasa and 11 bhavna of amalki swarasa in each other . diabetes mellitus is one among 20 types of Prameha (urological disorder) described in various Ayurvedic classics i.e. Charaka samhita, Sushruta samhita, Ashtanga sangraha, Madhava nidana, Yoga ratnakara etc .Ancient seers have narrated that excess use of guru (heavy to digest), snigdha (unctous), amla(Sour) and lavana(Salt) rasa, navanna (food prepared from newly harvested grains), Asya sukha (sedentary life style), atinidra (excess sleep), avyayama (lack of exercise), achinta (lack of mental exercise), abstaining from samshodhana (purification) therapy are the causes of Madhumeha. Chronic hyperglycemia is associated with significant long term squarer particularly damage or dysfunction of various organs especially the kidneys, eyes, nerves, heart and blood vessels. Diabetes is the seventh- leading cause of death, and is on the rise, both in developed and developing countries. It is the single most important metabolic disease that affects nearly every organ/ system in the body. Today diabetes affects more than 135 million people worldwide and that number is expected to increase to 300 million by 2025. India has the largest number of Diabetes patient in the world. As per the data published by the International Diabetes Federation in the year 2006, the number of people with type 2 diabetes in India is around 40.9 million and this is expected to rise to 69.9 million by 2025. In India, about 10% senior people aged 65 or more are suffering from diabetes.

Key words; diabetes mellitus, madhumeha ,amalki haridra rasayana,bhawana



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INTRODUCTION

India has been projected by W.H.O because the country with the fastest growing population of Diabetic patients. It's estimated that between 1995 to 2025 diabetic patients in India will increase by 195%. The matter with diabetes is that it's very difficult to diagnose with in the early stages. However, some persist to an Ayurvedic preventive strategy right from the beginning can easily prevent this disease or control it if already suffering. The first medicines perscribe in Ayurveda are derived from plants; however, metal, mineral, as well as marine- and animal- derived materials are also used.¹ It is a medical condition in which there is an accumulation of glucose in the urine and blood of the person. This condition is known as hyperglycemia. The word diabetes has been derived from two words, diabetes (Greek) which means 'siphon through' and mellitus (Latin) which means 'sweetened with honey'. Diabetes mellitus is a metabolic disorder, i.e. it is caused due to the malfunctioning of the pancreas, which is responsible for the production of the hormone insulin. Currently, the Indian government controls all policy development, growth, and implementation of Ayurveda programs.³

Pathogenesis – (the manner of development of disease) The beta cells of the islets of Langerhans in pancreatic gland are responsible for the secretion of the hormone insulin. Among other things, insulin is extremely essential for the proper utilization of the carbohydrates in our body. If insulin is absent due to a metabolic disorder, or if it is not performing its functions properly, then these carbohydrates accumulate in the bloodstream in the form of glucose. The glucose then collects in the urine, which is in fact one of the primary characteristics diabetes mellitus is identified with. Hence, this can be said to be either A deficiency in the production of insulin by the pancreas, or A dysfunction of the insulin produced by the pancreas.

Madhumeha (Prameha)

Ayurvedic remedies for Madhumeha (diabetes mellitus) are the oldest among all the available therapies, which includes in the prameha category. Pramehas are a list of urinary disorders, especially characterized by profuse urination with several abnormal qualities due to doshic imbalances. The main causes of prameha are lack of exercise and improper food habits in excess food intake which falls in the category of ushna, snigdha and guru are the primal cause of this disease - Fish, curd are good example. Foods that increase kapha, medhas and moothra are the etiological factors for prameha. The word Prameha is derived from, Pra – means excess, Meha – ksharane - passing of urine. So Prameha is passing excessive urine and turbid in color ('prabhootha avila mootrata').

Main causes –

Sleeping in day time, lack of exercise, Laziness, Sedentary habits, consumes food and drinks which are cold, unctuous, sweet and fatty items etc, (Fat rich Diet).

Samprapthighatakas : (favorable things for disease)

- Dosha (humur) – vata, pitta, kapha
- Dushya – meda, mamsa, kleda, rakta, vasa, majja, lasika, rasa and ojas

- Srotas (channel) – mootravaha
- Srotodusti – atipravrutti
- Agni – dhatvagni
- Udhbhavasthana – kostha
- Vyaktasthana – mootravaha srotas(urinary tract)

Samprapthi (Pathogenesis)

Kapha undergoing increase by the etiological factors, reaches various dooshas like rasa (plasma), rakta (blood) etc., As there is a shaithilyata (looseness) in the body and it being fluid predominant, spreads all over the body and gets vitiated, while spreading it gets mixed with medas (fat – adipose tissue), mamsa (muscle) and kleda (body fluids). Body fluids which got vitiated draw them to the urinary bladder and produces prameha; similarly the Pitta affects them, Vata also brings about vitiation in them and produce prameha

Clinical symptoms

Prabhootha mutrata (Poly uria), Avila mutrata (Turbid Urine) and Medo dushti lakshanas are the main symptoms of prameha

Table 1: Specific Ayurvedic Symptoms (Parameters)

S. No.	Sanskrit word	English meaning
1.	Malina danta	Tartar in teeth
2.	Hasta pada daha	Burning sensation of hands and feet
3.	Deha chikkanata	Excess glossy/ oily skin
4.	Trishna	Excessive thirst
5.	Madhuryamasya	Feeling sweetness in mouth
6.	Prabhuta mutrata	Excessive urination
7.	Avila mutrata	Turbid urination
8.	Madhu samana varna	Urine having colour of honey
9.	Sweda	Excess perspiration
10.	Anga gandha	Bad body odour
11.	Shithilangata	Flaccidity of muscles
12.	Shayana asana Swapna sukha	Desire for sedentary life
13.	Shitapriyatwa	Desire for cold food
14.	Gala talu shosha	Dryness of palate & throat

The classic symptoms of untreated diabetes are loss of weight, polyuria , polydipsia and polyphagia.

Main symptoms (Modern science)

- 1 Polyuria (Excessive Urine)
- 2 Polyphagia (Excessive Hunger)
- 3 Polydipsia (Excessive Thirst)
- 4 Exhaustion/Tiredness
- 5 Body ache
- 6 Giddiness
- 7 Polyneuritis (Numbness / Tingling)
- 8 Visual disturbance

Aims & Objectives:-

1. case study on diabetes mellitus according to ayurveda as well as Mordern science on various scientific parameter.
2. To find out a simplified, effective, economic and safe management of diabetes mellitus .
3. to find out haridra amalki if administration of selected management was associated with any side effect or not.
4. To study the effect of Amalki Haridra rasayana management of diabetes mellitus.

Drug Review:-

Medicine name	Botanical name	Part use	Dosha effect	Therapeutic use
amalki	Umbalica officinalis	fruit	tridoshaghna	Rasayana
haridra	Curcuma longa	tuber	vattkaphaghna	Rasayana

Basic principle of preparing this medicine is bhavana, in this preparation we firstly take some amla and extract its juice with the help of juicer machine after that we put that swarasa in a

plate and let it dry in solar dryer. when that juice comes in semisolid condition we again put some more juice in that semisolid juice tray and repeat this process 11 times. after 11 bhavana of amalki swarasa we take fresh haridra and extract its juice with the help of juicer and again give bhavana of haridra swarasa in amalki swarasa we repeat this process for 11 times and let that mixture get completely dry in solar dryer. it takes 5 month for complete drying of that mixture.

we prepare it's capsule of 500mg and let patient get its oral intake twice a day with warm water.

CASE STUDY-

Name:xyz

Age- 50 yrs

Address:sikar

H/o:Diabetes since 2013, from 2013 patient on galvusmet 50/500 - bd.at that time he had fbs 188mg/dl. He came in june 2021. At that time patient had same dose of medicine with hba1c : 8.0 % .

Patient's Clinical Outcome.

Clinical Outcome Measures	02/10/20	04/01/21	12/03/21
Physiological status			
Coating on tongue	Present (P)	Absent (A)	Absent(A)
Excessive eating (snacking)	Present	Absent	Absent
Weight (kg)	86	84	78
BMI	27.76	27.12	24.54
Lethargy	Present	Present	Absent
Loss of concentration	Present	Absent	Absent

Clinical Outcome Measures 02/10/20 04/01/21 12/03/21

Blurred vision Present Present Absent

Numbness in big toes Present Absent Absent

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Abbreviation: BMI, body mass index.

Date	FBS	PPBS	HBA1C	Medicine	Ayurvedic Medicine	Weight
02.10. 2020	188 mg/dl	256mg/dl	8.0 %	galvus met 50/500	-	86kg
04.01. 2021	110 mg/dl	145mg/dl	6.2%	-	amalkiharidra rasayana	84kg
12.03. 2021	98 mg/dl	140mg/dl	5.5%	-	amalkiharidra rasayana	78kg

Diet:

Laghu Anna
Barley Roti - Veges

Langhan:

Weekly once fruit fasting + weekly once mung fast

Exercise:

4- 5 kms of walking. Speed 6kms/hr.

Pranayama

Kapalbhati, Bhramari, Anulom - Vilom for 20 min daily.

Asana

Basic Sukshma Kriya for 20 min.

Relaxing Asana:

Shavasan for 10 min

DISCUSSION

The following drugs were selected for the treatment because of the following characters; Haridra Because of Katu, Tikta, Ushna properties .Haridra balances Kapha which is the primary Dosha involved in diabetes. Antiseptic properties of Haridra makes it useful in curbing the infections in diabetic patients. It also is beneficial in Boils of skin and urinary tract infections which are very common in diabetics. Traditional Indian medical herbs used for strengthening the body's immune system are known to have many essential and nutritional elements. Their excess or deficiency may disturb normal biochemical functions of the body.²

Amlaki Comprises chromium, a mineral that regulates carbohydrate metabolism and is said to make the body more responsive to insulin, further keeping the blood sugar levels in check. Amla's benefits are attributed to the presence of vitamin C, which is a

powerful antioxidant. Of all of the Ayurvedic treatments forms, herbal therapy is the most commonly studied.³ Patients with diabetes and other “common chronic medical conditions are more likely to use complementary and alternative medications” as compared to the general population. Most studies on the use of Ayurveda for the treatment of all medical conditions have only assessed some components of Ayurvedic treatment individually without replicating Ayurvedic interventions in their entirety.

CONCLUSION

In nutshell, all Ayurvedic therapies were found to be significantly effective and clinically safe as no adverse events of adverse drug reactions were reported during treatment period. The doshas consist of vata, which correlates to ether and air, pitta, which represents fire, and kapha, which equates to the elements of earth and water.⁴

It was conclude that Shodhana Karma followed by Shamana along with Pathya Ahara and Vihara

was found as a suitable treatment plan to manage diabetes. In Shamana Chikitsa, some Medhya Aushadha (brain tonics) should be prescribed along with other drugs, as while treating disease pathology, it is equally important to alleviate the disease triggering factors

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