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

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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 45 days 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 rate for Pre diabetes is 11.8%.

According to Ayurveda Prameha is Tridoshajavyadhi 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 (Hereditary) and Apathyanimittaj 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. 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 Karpadadaha, Atiswedpravritti, 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) Badhha, 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, Atiswedpravritti\(^6\) (Excluding environmental variation), Bharvriddhī (unexplained weight gain), Shlathangatwam (fatigue), Pipasaatrividdhi (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, Shlathangatwam, Atiswedpravritti, Bharvridhi 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.

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

References:-

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