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## A Case Discussion on Diabetes Mellitus Treated With Herbo-Mineral Compounds Internally

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### Abstract:

*Ayurveda is the most ancient science of life belongs to Indian soil deals not only with the management of diseased conditions, but prevention of disorder & proper maintenance of the state of well-being (Cha.Su.30/26). Ayurveda has its uniform holistic approach which prestigiously differentiates it from other medical sciences. Today's man is looking towards Ayurveda in a search of perfect & safe treatment.)*

*In Present era due to lack of concern about Dincharya & Rutucharya, worldwide prevalence of DM has risen dramatically other past two decades. Diabetes mellitus is a chronic progressive metabolic disorder which is characterized by hyperglycemia mainly due to absolute or relative deficiency of Hormone insulin. Increased frequency and quantity along with turbidity of urine is a cardinal symptom of Prameha, which is one of the mahagadas described in Ayurvedic literature.*

*Medicines to be given to prediabetic are oral hypoglycemic Agents and parenteral Insulin for long duration which controls blood sugar level but possesses side-effects like hypoglycemia, GI upsets. These drugs only treat hyperglycemia and not the cause.*

*Therefore, there is a need to put forth such a herbal & herbo-uriner combination which not only corrects blood glucose level but also prevents complication of diabetes mellitus over diseased person.*

*Since, the patients is newly detected with type-2 diabetes with BSL(F)-125 mg/dl & BLS (PP)-200 he has been started with following treatment without any modern medicine.*

- \*Tab Goranchi - 2 tab B.D.
- \*Syp. Diabetol -15 ml T.D.S.
- \*TriphalaChurna -3 gm at bed time
- \*Vasantkusumakar Rasa - 250 gm O.D. Early morning

*Along with above medicines, exercise & diet are also regulated.*

*After a course of 2 months patient showed enormous positive effects towards the medicine. Along with Blood glucose levels, other blood parameters also showed reliable changes.*

### Introduction:-

Diabetes mellitus is a chronic Metabolic disorder in which carbohydrate utilization is reduced and that of lipids & proteins enhanced. It is caused by an absolute or relative deficiency of Insulin & is characterized by **hyperglycemia**.

In Ayurveda, DM is known as **Madhumeha**. **Madhu** Means Honey and **Meha** mean Urine. Madhumeha is categorized as Vataj Meha a problem caused by aggravation of Vata or Air, Vata is an Ayurvedic Humor symbolizing wind and dryness. The other prime cause of DM is **impaired digestion**.

Ayurveda has described that a rational treatment is one where the medicine modifies the disease, on the other hand it does not provoke new complaints, due to all these things it has become a challenge for Ayurvedic vaidyas to search for safe & effective treatment.

Since, Diabetes mellitus is a life style disorder prevalent in both developed and developing countries and has increased alarmingly giving the disease the dimension of an epidemic. The aim of present study is to put forth a best anti Diabetic formula so as to meet out all necessary

pathophysiological requirements of a diseased. As per as modern medicines (OHA) and their side-effects are concerned, patients are hopefully turning towards Ayurveda for the best relieving & refreshing remedy for Diabetes. People are anxious to know regarding this elaborately.

**Poorly managed DM can lead to a host of long term**

**Complications like :-**

- 1) Heart attacks
- 2) Strokes
- 3) Blindness
- 4) Nerve damage Diabetic Neuropathy
- 5) Amputation of limb Pruritus (Itching)
- 6) Impotence in men

According to samhita References, Charaka Acharya had explained “Prameshnashak Yoga” in Charak Chikitsa Sthana Adhyaya containing dravyas particularly of **Katu – Tikta - Kashay Rasa**. Owing to this, here is a herbal preparation of **Syp Diabetol** & herebo mineral preparation of **Tab. Goranchi & Vasant Kusumakar Rasa** a Suvarna Kalpa is selected for study for hopeful results.

Recent studies in the USA have revealed that if we keep our ‘blood sugar’ close to normal there is a chance to resist Diabetes & its complications.

According to Ayurveda, There are 20 forms of Diabetes (Prameha). 4 are due to Vata, 6 result from pitta, 10 are caused by Kapha. But Diabetes (Prameha) is mainly Kapha Doshaja disease. All forms of Diabetes not treated to, eventually develop into Madhumeha ie DM.

**Pre – diabetes** is diagnosed when fasting blood sugar falls between **100 – 126 mg / dl**. If untreated a majority of those with pre-diabetes will develop diabetes within few years.

**Sarvev Pramehastu kalenapratikarinah I  
Madhumehtvam aayanti tada asadhyata bhavanti II**

(Su. Ni. 6)

**Aetioloical classification of Prameha :-**

Acc to Sushrutacharya, 2 types:-



**Prognostic Classification:-**

- Sadhya :-**
- Kaphaj, Sthula Pramehi, Apathyanimittaja
  - New case – Pre-diabetic case without complication
  - Pittaj in which Medodhatu is not highly vitiated

**Yapya :-** - Pittaj Prameha

**Asadhya :-** - Vataja, Jat apramehi.

**Principle of Chikitsa :- (Cha. Chi. 6)**

**Krush** pramehi should be treated with **Santarpan** measures processed diet and drink. While **obese** should be treated with **Apatarpan** measures (Vyayama and shodhana). This is a Basic chikitsa sutra for Prameha accr to classical Texts.

**Description About Case:-**

A 42 year old male patient came to Dr. VJD Gramin Ayurveda Rugnalaya, Patur Dist. Akola, who was diagnosed as a Pre-diabetic by an Allopathic practionor since 1 month. Patient is a Clerk by occupation, presented with chief complaints of polyurea, polypepsia, polydipsia, generalized weakness and fatigue more in the evening. Also there was family history of DM on his paternal side. Patient used to take a morning & evening walk for 30 mins daily since 10 years. Also diet was

controlled & at regular times. Patient hadn't taken any Allopathic hypoglycemic Agents till the day came to our OPD. Therefore we started him a combined formulation to control his blood glucose level & other associated symptoms. His BSL (F) 125

BSL (PP)- 200 mg/dl,  
B.P. – 130/90 mm Hg,  
P-80/min Reg.

**Aims & Objectives:-**

The objective behind the treatment was to manage blood glucose level & improve its utilization with concurrent treatment of Tab Goranchi and Syp Diabetol. The Suvarna Kalpa – Vasant Kusumakar Rasa was started to improve vitality of the patient. Triphala powder was advised as a mild laxative.

**Drug Description:-**

Since, Madhumeha as described in Ayurvedic Texts, comes under Vataj Prameha, where **Meda, Vasa, Majja, Rakta, Lasika, Shukra, Kleda, Oja & Mansa** are affected dushyas. The treatment of Vataj Prameha ie. **Madhumeha** is nearer to **Asadhya** because of **Vishamkriyatvada of chikitsa and Dushya**. Here, when we treat Vata Dosha by Vatanashak dravyas, they cause Vatashaman but at the same time leads to Medorudhi by Samanya – Vishesh Siddhanta, & Vice-versa.

The purpose of selection **Tab. Goranchi & Syp. Diabetol** to control D.M., is to provide safe remedy improve vitality of the diseased one.

Here is a brief explanation of contents of respective herbal compounds:-

**Tab Goranchi (Sagar pharmaceuticals)**

<b>Madhunashini</b> (Gymnema Sylvestre)	<b>50 mg</b>
<b>Jambuphala Extract</b> (Eugenia Jambolano)	<b>120 mg</b>
<b>Amalakee</b> (Embelica officinalis)	<b>60 mg</b>
<b>Haridra</b> (Curcuma longa)	<b>60 mg</b>
<b>Saptarangi Extract</b> (Caseriana esculento)	<b>20 mg</b>
<b>Mamejav</b> (Enicostemm littorate)	<b>20 mg</b>
<b>Shilajit Extract</b> (Asphaltum)	<b>30 mg</b>

Dravya	Latin Name	Rasa	Virya	Vipaka	Guna	Karmukta
<b>Madhu-Nashini Gurmar Meshashrunji</b>	Gymnema sylvestre	Kashaya Tikta	Ushna	Katu	Laghu	<b>Kapha Vata Shomak Meshashrunji phalam Tiktam Kushtha Meha Kapha pranut (Kaiydev Nighantu)</b> Leaves of Gurmar are effective type 2 D.M. Gymnemic acids stop entry of Glucose molecues in the intestine
<b>Jambu Phala</b>	Eugenia jumbolano	Kashaya Madhur Amla	Sheeta	Katu	Laghu Ruksha	Increases Vata but balances Kapha-Pitta <b>Glucoside Jamboline &amp; Ellagic acid are anti Diabetic</b>
<b>Aamlakee</b>	Embelica officinalis	Rasa except Lavan	Sheeta	Madhur	Guru	<b>Raktapitta Pramehagnam Param Rushyam Raaynam Vayasthapanam (Antigeing)</b>
<b>Haridra</b>	Curcuma longa	Tikta Katu	Ushna	Katu	Rooksha Laghu	- Tridosh-shamak - Haridro <b>Pramesh haranam</b> (Ash. Hr. Su.)

<b>Saptarangi (Saptachakra)</b>	Salacia oblonga	Kashaya Tikta	Ushna	Katu	Laghu Ruksha & Tikshna	Act on the root cause of D.M. by working on liver & pancreas. - Lower LDL & increases HDL - <b>Saptachakra Madhumehghni Yakritoghara para</b>
<b>Mamejava</b>						Used for t/t of D.M. Oxidative stress, Ucer, Tumor, microbial Hyperlipidemia, infns, Hepatotoxicity
<b>Shilajit</b>	Asphaltum	Katu Tikta Kashaya	Ushna	Pungent	Laghu Ruksha	Principal component is <b>fulvic acid</b> , which provides its anti-anxiety, anti-stress. And anti-inflammatory properties.

**Composition of Syp. Diabetol – per 30 ml by Aseptic Laboratories**

<b>Karela</b>	<b>50 mg</b>
<b>Ashwagasndha</b>	<b>30 mg</b>
<b>Jaiphal</b>	<b>20 mg</b>
<b>Methi</b>	<b>50 mg</b>
<b>Triktu</b>	<b>50 mg</b>
<b>Jamun Beej</b>	<b>100 mg</b>
<b>Gurmar</b>	<b>50 mg</b>
<b>Chiraita</b>	<b>50 mg</b>
<b>Kalajeera</b>	<b>30 mg</b>
<b>Neem</b>	<b>50 mg</b>
<b>Paneer Phool</b>	<b>50 mg</b>
<b>Gullar</b>	<b>30 mg</b>
<b>Bel – Patra</b>	<b>20 mg</b>
<b>Tulsi – Patra</b>	<b>20 mg</b>

Dravya	Latin Name	Rasa	Virya	Vipaka	Guna	Karmukta
<b>Karvellak (Karela)</b>	Momordica charanita Karvellakam – shwas kasa prameha Assha Kotha Kushtha Jwaran Api Ii (Kaiydev Nighantu)	Tikta Katu	Ushna	Katu	Laghu Ruksha	It has low calorie & fat contents, so good for DM patients - <b>Charatin &amp; Momordicin are</b> effective to deorease high levels of blood sugars by acting on liver spleen - seeds contain <b>polypeptide- P</b> which acts like Insulin
<b>Methi</b>	Trigonella foenum gracecum	Katu	Ushna	Katu	Laghu Snigdha	Methi seeds are rich in fiber which deareases elevated BSLs. Increases Glucose tolerance of body Vata-Kaphagham,
<b>Jaiphal</b>	Myristica fragrans	Tikta Katu	Ushna	Katu	Laghu Tikshna Snigdha	
<b>Trikatu</b>	- Piper nigrum - Black pepper - Piper longum - Long pepper	Katu	Ushna	Katu	Laghu Ruksha	- Bio – enhancer - Digestive - Amapachaka - pacifie Kapha & Vata increases

	- Zingiber officinalis Suntha					Pitta
<b>Chiraita (Bhunimb)</b>	Swertia Chiraita	Tikta	Sheeta	Katu	Laghu ruksha	Stimulates Pancreas for insulin production thus lowers blood sugar naturally
<b>Kalajeera</b>	Carum bulbocastanum	Katu	Ushna	Katu	Laghu & Snigdha	<b>Jarana Katu Ushna Cha Kapha Shopha- Nikrutantini (Dhan. Nigh)</b>
<b>Neem</b>	Azadiracta indica	Tikta Katu Kasha ya	Sheeta	Katu	Laghu Ruksha	- Kapha Pittagham - Vatakar <b>- Vran-Pitta-Kapha-Cchardi-Kushtha-Meha nut (Bh. Pra.)</b>
<b>Belpatra</b>	Aegle marmelos	Katu Tikta Kasha ya	Ushna	Katu	Laghu Snigdha Tikshna	Kapha-Vatgnam pittakar
<b>Tulsi</b>	Occimum santhum	Katu Tikta	Ushna	Katu	Laghu Snigdha	Kaphagham

**Treatment:-**

Patient was treated with –  
 Tab Goranchi – 2 B. D. Before meal  
 Syp. Diabetol – 15 ml B.D. Before meal  
 Triphala Churna – 3 gm at bed time  
 Vasant Kusumkar Rasa – 250 gm O.D. Early morning

**Along with these medications, Diet and Exercise are made compulsory.**

**Observations:-**

Right from the day, when treatment had been started, patient noticed positive changes himself after 15 days, Feeling of freshness, hunger, sustainability.

**A. After a course of month:-**

Patient’s Lipid profile and BSL had been done.  
 Lipids showed HDL at higher side & LDL at lowest

**BSL (f) – 115 mg/dl**

**BSL (P.P) – 170 mg/dl**

But, besides these laboratory investigations, patient started to feel completely fresh, livingly as not even before since a long time. This is the actual feedback of herbal medicine & supplementation, should be taken into consideration.

**B. 2<sup>nd</sup> month: -    BSL (f) = 108 mg/dl  
                                       BSL (P.P) = 145 mg/dl**

**Discussion:-**

As per as general pathogenesis of Prameha is concerned:-  
 General Pathogenesis of Prameha :-

Described by Acharya Charak in Nidan Sthana Adhyaya 4/8. Although Prameha is a Tridoshaj Vikar but initially it starts with derangement of Kapha dosha. Prolonged and excess use of **Kapha Prakopak Aahara-Vihara** leads to **Vitiation of Kapha**. The vitiated Kapha – Bahudrava kapha have basic similarity to characteristics of meda, both interact each other and flows with loose

**Medas in system.** During this course, the vitiated Kapha further interact with **Mamsa and Kleda**. The association with Mamsa produces prameha Pidika. The association with Kleda converts kleda in to Mutra and vitiated Meda and kleda obstruct the opening of Mutravaha Srotas. They stay remain for sometimes and this retention for considerable duration causes Kaphaj type of Prameha. Here, we have selected Tika-Katu-Kashaya Rasa dravya to break patho-physiology of the disease and to cut off the future complications.

Again, a strong emphasis was given on Aahara – Vihara because

#### **Ahara Chikitsa (Diet Therapy):-**

First of all “**Nidana Parivarjana**” is very firmly advocated in all classics for the management of disease. It is well known that Diabetes is a disease of modified life style and faulty agni so more emphasis should be given on diet and bio-purificatory measures.

Charakacharya has recommended Yava as a Principal diet for Pramehi. I had suggested Barly, Varee, Mung, Kulitha, old rice, bitter gourd, dodaka, dudhee gourd any one of these daily in the diet.

Include any one Tikta rasa item like Methi, Krushnajeerak, Trikatu in diet.

#### **Vihara (Exercise):-**

As mentioned earlier, lack of exercise and excessive sleep during day and night time play an important role in etiology and pathogenesis of Prameha.

Therefore, daily brisk walking for 30 min. in the morning and evening had made compulsory and also Pranayam had instructed.

Having this Trimodal Approach for Diabetes as

- Aushadhi
- Aahara
- Vihara

We could achieve good changes in patient's health within a short duration.

#### **Conclusion:-**

Diabetes mellitus Vata-Kapha. Dominant disease is difficult to treat due to contradictory treatment. Rasayan Chikitsa like Vasant Kusumakar Rasa is proved to be efficient while working on contradictory treatment. Therefore, it is concluded if a patient follows Ahara-Vihaara rules properly along with Ayurvedic medication, then patient can resume & restore his health, without any complication, very shortly and also longevity of life & livingly feelings of the patient seem to be improved.

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