

Effect of Jambubeejadi Churn in Management of Madhumeha (Type 2 Diabetes Mellitus)

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Abstract:

Madhumeha is often correlated with Diabetes Mellitus which is a global problem. It is one of the most common type of the serious metabolic diseases. Diabetes mellitus is a medical condition in which the glucose level is increased known as Hyperglycemia. Diabetes Mellitus has gained gigantic disgrace in recent times as it is becoming the world's largest silent killer. In ancient Granthas so many drugs are described for treating various types of Prameha. Among those drugs, combination of Jambubeeja, Nimbpatra, Guduchi, Karvellaka, Haridra and Chirayata are selected for the study to find out the safe and effective management of madhumeha.

A single non comparative study was conducted on thirty (30) patients and statistical data was collected. The effect of drug was assessed on the basis of improvement obtained in terms of score given to signs and symptoms. The result shows that Jambubeejadi churna is effective to decrease the signs and symptoms in Madhumeha. This drug also found beneficial for improving the quality of life in Madhumeha.

Keywords: Jambubeejadi churna, Madhumeha, Diabetes Mellitus

Introduction:

In Charak samhita Madhumeha is described as a type of Vataj Prameha. Ayurveda considered that in Madhumeha 'Ojha' which is madhura in nature is excreted along with mutra.

According to modern pathology Diabetes Mellitus is a metabolic disorder caused due to malfunctioning of Insulin which is secreted by the Beta cells of Pancreas. Insulin act as a key to enter glucose in cell. Without Insulin glucose can't get into the body's cells for use as energy. Exactly this happens in Diabetes Mellitus. Due to difficulty in production of Insulin or resistance to Insulin, in both conditions Insulin can't help glucose to enter in cells. So blood glucose level start to rise. This condition is known as Hyperglycemia.

Prevalance of Diabetes Mellitus is rapidly rising throughout the globe at an alarming rate, where India leads with largest number of Diabetes Mellitus patients and became Diabetes capital of the world. Currently available conventional options have certain limitations. So alternative options are being searched to meet the need.

Ayurveda, the traditional Indian medicinal system holds huge number of medicinal formulation for Prameha and it's complications. These medicines

were found to increase quality of life are significantly effective and clinically safe as no adverse drug reactions were reported during the treatment period.

Aims and Objective:

- To revalidate the actual efficacy of medicinal formulation in Madhumeha.
- To evaluate the effect of Jambubeejadi churna in Madhumeha.

Material and Methods:

Material- Jambubeeja churna, Chirayata churna, Nimbapatra churna, Karvellaka churna, Guduchi churna, Haridra churna each 1 gm for quath preparation.

Methods

- Type of study-single, non comparative study.
- Place of Study- Dhanwantari Ayurved College, OPD and IPD (Kayachikitsa), Udgir Dist. Latur

***Sample size** -30 patients (randomly selected)

***Duration of treatment** -12 weeks (3 months)

***Follow up** -Every 15 days upto 12 weeks. The purpose of follow up is to compare improvement in signs and symptoms of patients.

***Inclusion criteria** -Clinically diagnosed cases of NIDDM (type 2 Diabetes Mellitus) of age group 40 to 70 years irrespective of sex were taken for study.

***Exclusion criteria** – Patients diagnosed as IDDM and Individuals having systematic complications were considered unfit for studies.

***Parameters for assessment** –Certain classical signs and symptoms that is Prabhutamutrata, Avilmutrata, Kshudhadhikyata,Trisna were taken for study.Symptoms were graded as o(nil),1(mild),2(moderate),3(severe)

***Pathological parameters** –

- Value of fasting blood sugar level and postprandial blood sugar value. (Before, mid of treatment and after treatment)
- Urine Sugar

***Treatment Response-**

Response to the treatment was observed on the basis of improvement in clinical signs and symptoms

Blood sugar and urine sugar level were observed after each month of therapy.

*** Observation –**

Table.1 – Incidence of Age and Sex

Sr.no.	Age Group	Male	Female	Percentage
1	31-40	02	01	10.00%
2	41-50	04	02	20.00%
3	51-60	08	06	46.66%
4	61-70	04	03	23.33%

n = 30

Table shows that most of the patients in both the groups were in the age group of 51-60 years.

Table.2- Incidence of Dosha Prakriti

Sr.no	Prakriti	No. of patients	Percentage
1	Vataj	02	6.60%
2	Pittaj	03	10.00%
3	Kaphaj	05	16.60%
4	Vatpittaj	06	20.00%
5	Vatkaphaj	06	20.00%
6	Kaphapittaj	07	23.33%
7	Tridoshaj	01	3.33%

n = 30

Table.3- Incidence of Manas Prakriti

Sr.no	Prakriti	No. of patients	Percentage
1	Satva	05	16.60%
2	Raja	15	50.00%
3	Tama	10	33.33%

n= 30

Raja Prakriti followed by Tama Prakriti are mostly seen in this table.

Table .4- Incidence of severity of symptoms before treatment.

Sr.no	Symptoms	Nil (0)	Mild(1)	Moderate2	Severe(3)
1	Prabhutamutrata	02	02	08	18
2	Avilmutrata	10	08	04	08
3	Kshudhadhikyata	02	06	10	12
4	Trisna	02	03	16	09

Table.5- Incidence of severity of symptoms after treatment

Sr.no	Symptoms	Nil (0)	Mild(1)	Moderate 2	Severe(3)
1	Prabhutamutrata	06	12	08	04
2	Avilmutrata	14	09	04	03
3	Kshudhadhikyata	12	08	08	02
4	Trishna	02	15	09	04

Table.6- Mean score of symptoms before treatment and after treatment

Sr.no	Symptoms	BT	AT	% of improvement
1	Prabhutamutrata	2.00	0.44	78.00%
2	Avilmutrata	0.88	0.33	62.50%
3	Kshudhadhikyata	1.33	0.22	83.46%
4	Trishna	1.00	0.44	66.00%

Discussion:

- This is a randomized clinical trial and all patients were treated with jambubeejadi churna
- Response to the treatment was found better among kaphaj patients(sthula pramehi) favours the better prognosis of kaphaja prameha as described in Granthas
- There found a marked improvement in quality of life(improvement in symptoms like Alasya, Angasada and Dorbalya)
- No untoward effect was observed during the period of therapy.

Conclusion:

- This drug seems to be a simple, safe and cost effective remedy for the treatment of madhumeha(type 2 Diabetes Mellitus).It is found useful in patients having BSL(fasting) up to 250mg/dl.In high BSL Patients this drug can be given with added modern hypoglycemic drugs.
- There found a marked improvement in symptoms like Prabhutmutrata, Avilmutrata, Kshudadhikyata and Trisna of above both type of patients.* This study gives a window of opportunity for further study in Patients of high blood sugar level.

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