Insight into Diabetes Management - A Kriyatmak Approach

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ABSTRACT

Madhumeha is one of the leading lifestyle disorders which is posing a big challenge for the health care fraternity. Before planning the treatment it is very essential to know the Samprapti Ghatakas as well as the principles behind each Yoga which is recommended for treating Madhumeha. An insight into these aspects of Madhumeha Chikitsa has been reviewed in this article.

Key words: Prameha, Madhumeha, Shilajatu, Nishamalaki.

INTRODUCTION

The New Year always begins with warm wishes, merry making and resolutions commonest being daily exercise and regulated food intake. In the world of medicine the new year begins with new statistics of world threatening diseases and predictions about the same as also measures to curb them. As new fear is instilled about the growing incidences of metabolic disorders like diabetes, heart disease, hypertension, cancer, etc. the intelligentsia once again turn their focus on living a healthy life.

Simple answer to a healthy life is a healthy lifestyle. Lifestyle according to Ayurveda includes all things that produce effect over our body, mind and spirit. This effect on the body can be understood by retrospection i.e. an insight. In this article we are going to have an insight into one such metabolic disorder, creating a whirlpool in the lives of millions of people world wide and which is now under constant debate in the literati of the society is Diabetes. There is a need to discuss about it more because our country contributes majorly to the total figure of diabetics globally. Though there are various modalities of management, Ayurveda has better and safe guidelines for the management at all levels to guide us safely through it. In fact, the entire world is now looking towards ‘Ayurveda’ for answers.

OBJECTIVES

To know the Amshamsha Kalpana of Madhumeha Vyadhi and the drugs used in its Chikitsa.

REVIEW

Before planning the management, it is essential to know the Dosha, Dhatu, Mala and Agni Tatva whose vitiation plays a major role in formation of the disease i.e. Vyadhi Samprapti.

Due to various Nidana Sevana[1] there is vitiation of Kapha and excessive formation of Kleda. In Prameha Samprapti the Dosha involved is Tridosha, mainly Kapha.[2]

“Bahudrava Shleshma Dosha Visheshah.” In this context Bahudrava and Shleshma has been mentioned. Here Charaka uses the word Shleshma instead of Kapha because he wants to highlight the...
meaning of Sleshma which is derived from the root word “Shish Aalingane”[3] which means ‘to bind’. All the 10 Dushyas,[4] are Jala Mahabhuta Pradhana Ghataka. As a result of this Dosha Dushya Sammurchana, in Prameha we find ‘Dhatu Shaithilya’ where in the binding capacity of Dhatu (firmness) is lost. Here, there is vitiation of Jala Mahabhuta which plays an important role in Samprapti of Prameha. A physician has to break this Samprapti which is nothing but Chikitsa.

Chikitsa should aim at Shleshmaghna, Kleda Shoshana Karma and to overcome Dhatu Shaithilya. The medicine used should pacify Kapha, absorb excessive Kleda as well as it should give Dhatu Bala or Dhatu Sthirata. This can be done in 2 ways,

1. By the usage of Akasha and Vayu Mahabhuta Dravyas, the excess Kleda can be dried up. By the usage of these Dravyas the Agni Mahabhuta also increases and thereby helps to dry up this accumulated Kleda. Or

2. By adding excess of Prithvi Mahabhuta Dravya we can treat Kleda.

To achieve this, Acharya Sushruta has mentioned administration of “Shilajatu”[5] which has Tikta (Vayu + Akasha), Katu Rasa (Agni + Vayu), Ushna Veerya (Agni), Katu Vipaka (Agni).[6] This increases Vayu, Akasha and Agni Mahabhuta which acts against Jala Mahabhuta. As a result Chedana (Kapha Chedana) and Shoshana (Kleda Shoshana ) is achieved.

Shilajatu also contains Kashaya Anurasa (Prithvi + Vayu) there by increases Prithvi Mahabhuta which will absorb the excessive Kleda. Also Kashaya Rasa in Shilajatu will combat Dhatu Shaithilya.

Another drug of choice which acts in the same perspective is ‘Nisha Amalaki’[7]

Haridra is Kleda Shoshaka Dravya because it has Katu Tikta Rasa, Ushna Veerya, Rooksha Guna as well as it pacifies Kapha and is Mehanashaka.[8]

Amalaki is best Rasayana as well as Pramehaghna and helps in treating Dhatu Shaithilya. Hence this combination of ‘Nisha Amalaki’ helps to combat Kapha Dushti, Kleda and Dhatu Shaithilya.

To attain the same benefit in the treatment of Prameha one of the best Rasoushadhi is “Trivanga Bhasma.”[9] It consists of Naga, Vanga and Jashada Bhasma. According to Gune Shasry (author of Oushadhi Guna Dharma Shastra) to lower the blood sugar level Trivanga Bhasma is very effective.[10]

Naga Bhasma which is one of the ingredients of Trivanga Bhasma is very effective in treating Dhatu Shaithilya as it improves Dhatu Bala.[11] (Naga Shatatulya Balam ----- Santata Sevitha) According to Yogaratnakara it is Pramehaghna[12] and is specifically indicated to be given to Sthula Pramehi patients and Jashada Bhasma is the drug of choice in Krisha Pramehi.

Modern physiology also supports the role of Zinc in the biosynthesis of insulin.[13] Insulin synthesis occurs in beta cells. It takes place in 2 intermediate stages Preproinsulin and its subsequent conversion to proinsulin and insulin. The synthesis of preproinsulin takes place in the endoplasmic reticulum which is cleaved by the protease activity to proinsulin. The resultant proinsulin is packaged in vesicles and transported to the golgi apparatus. The cleavage of proinsulin, to insulin and “C” peptide occurs in the golgi apparatus. After the removal of “C” peptide the insulin co precipitates with Zinc as micro crystals within the secretary granules.

CONCLUSION

By developing a keen insight into Shastras and understanding the Moolabhoota Siddhanta of Ayurveda viz. Panchabhautika, Tridosha Siddhanta etc., we can effectively treat all ailments even the Yapya Vyadhi like Prameha. In this way detailed understanding of the Amshamsha Kalpana of the Vyadhi and also the drugs used in its Chikitsa, helps to treat it effectively. It is essential to know the rationale behind prescribing these drugs used in Chikitsa of Madhumeha which boosts the confidence in Vaidya as well as on Ayurvediya Chikitsa.
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