Management of Prameha with Mustadi Kwatha - A Case Study

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ABSTRACT

Diabetes is a major health problem in whole world. In spite of many drugs available, uncontrolled diabetes remains a challenge. Moreover, some anti-diabetic drugs are on the verge of withdrawal due to its adverse effects. So, there is an acute need for a new effective and safe drug. So in this case study we used Ayurvedic medicine ‘Mustadi Kwatha’ mentioned in Bhaishajya Ratnawali in Prameha Chikitsa. A single case study was done on use of Mustadi Kwatha on Type II Diabetes Mellitus. Significant reduction was seen in blood sugar level fasting and post-prandial.

Key words: Diabetes, Madhumeha, Prameha, Mustadi Kwatha.

INTRODUCTION

Diabetes mellitus (DM) is a chronic progressive metabolic disorder characterized by hyperglycemia mainly due to absolute or relative deficiency of insulin hormone. The worldwide prevalence of DM has risen dramatically over past two decades. Increase frequency and quantity along with turbidity of urine is the cardinal symptoms of Prameha.[1] It is one of the disease which has been given prime importance in Ayurvedic literature as it is included Mahagadas[2] i.e. diseases difficult to treat. It is the most common metabolic disorder encountered in clinical practice. However in spite of tremendous achievement of modern science, i.e. oral hypoglycemic agent (O.H.A) and insulin they are not free from side effects and also are unable to prevent long term complication despite the availability of effective and well tolerated allopathic treatments, many patients do not achieve recommended glycemic control, there by causing primary or secondary failure. Hypoglycemic medication even at maximum doses fail to control blood glucose markers which is known as ‘primary failure’ and secondary failure is a condition in which glycemic control is achieved initially but in later stage there is failure of treatment cause uncontrolled sugar levels.[3]

Ayurveda is the traditional system of Indian medicine which aims to promote and maintain balance in order to prevent disease or cure disease. Management of diabetes aims not only to achieve glycemic control but also treat root cause of a disease and prevent further complication. In spite of using O.H.A. in treatments as it can’t achieve the glycemic markers properly and also many of cases even though achieving biochemical markers patient can’t have significant relief in clinical symptoms. So with the curiosity, is there any better option to achieve good glycemic markers along with reduced clinical symptoms. We have selected the Ayurvedic formulation Mustadi Kwatha[4] in the management of Prameha.
AIM AND OBJECTIVE

- To study the effect of Mustadi Kwatha in the management of Prameha.
- To study etiopathogenesis of Prameha.

CASE REPORT

A 37 year, male patient came to OPD with complaints of frequent nocturnal urination (4-5 times), excessive thirst and hunger, generalized weakness and excessive sweating since two months. Blood investigation showed increased level of blood sugar and urine. Blood sugar fasting - 198 mg/dl and post prandial - 241 mg/dl and urine routine and microscopic showed trace sugar. He was not taking any oral hypoglycemic agent. So we treated this patient with freshly prepared decoction of Mustadi Kwatha, 50ml twice a day before food. This treatment was advised for two months. The patient showed good glycemic control and clinically improvement, after one month of treatment.

MATERIALS AND METHODS

- Drug - Freshly prepared Mustadi Kwatha
- Dose - 50 ml twice a day before food (Pragbhakta)
- Duration - two months.
- Follow up - for every 15 days

Subjective Criteria

- Prabhuta mutrata
- Kshudha adhikya
- Pipasa dhikya
- Daurbalya.
- Naktam utrata.

Objective Criteria

- Blood sugar - Fasting > 126mg/dl and post prandial > 200mg/dl
- Urine sugar

OBSERVATION AND RESULTS

Table 1: Effect of Mustadi Kwatha on subjective parameters.

<table>
<thead>
<tr>
<th>Follow-up</th>
<th>Prabhuta mutrata</th>
<th>Kshudha adhikya</th>
<th>Pipasa dhikya</th>
<th>Daurbalya</th>
<th>Naktam utrata</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st day</td>
<td>11-12 Times a day</td>
<td>+++</td>
<td>+++</td>
<td>++</td>
<td>4-5 times</td>
</tr>
<tr>
<td>15th day</td>
<td>9-10 Times a day</td>
<td>++</td>
<td>++</td>
<td>++</td>
<td>3-4 times</td>
</tr>
<tr>
<td>30th day</td>
<td>7-8 Times a day</td>
<td>++</td>
<td>+</td>
<td>+</td>
<td>2-3 times</td>
</tr>
<tr>
<td>45th day</td>
<td>6-7 times a day</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>1-2 times</td>
</tr>
<tr>
<td>60th day</td>
<td>5-6 times a day</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1 time.</td>
</tr>
</tbody>
</table>

Table 2: Effect of Mustadi Kwatha on objective parameters.

<table>
<thead>
<tr>
<th>Follow-up</th>
<th>BSL(Fasting)</th>
<th>BSL(Post prandial)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st day</td>
<td>198mg/dl</td>
<td>241mg/dl</td>
</tr>
<tr>
<td>15th day</td>
<td>175mg/dl</td>
<td>202mg/dl</td>
</tr>
<tr>
<td>30th day</td>
<td>161mg/dl</td>
<td>189 mg/dl</td>
</tr>
<tr>
<td>45th day</td>
<td>145mg/dl</td>
<td>162 mg/dl</td>
</tr>
<tr>
<td>90th day</td>
<td>121mg/dl</td>
<td>144 mg/dl</td>
</tr>
</tbody>
</table>

This observation shows that Mustadi Kwatha shows significant result in management of Prameha.

DISCUSSION

Ayurveda the science of life having the great heritage of healing disease and protect the life. Prameha is a Kaphapradhana Tridoshaj Vyadhi. According to Ayurveda, Samprapti of Prameha occurs due to
Strotodusthi (vitiation of channels) mainly Mutravaha Strotas caused by vitiation of all Doshas mainly Bahudrava Shleshma and it shows Prabhut Avil Mutrata. The indigenous compound drug Mustadi Kwatha selected for a study is a combination of Musta having Lekhana, Shoshak and Pachak properties, Triphala having Kaphapittashamaka, Mehagna, Deepana, Pachana and Rasayana properties., Haridra having Mehagna, Ruksha Guna, Lekhaniya and Indaryava having Rechak, Mehagna properties, Devdaru, Murva and Lodhra are having Mehaghna properties.

As the number of diabetic patients is growing in India as well as worldwide, number of patients suffering from complications will also rise. Hence it is high time to improvise our treatment plans and help to answer complicated situation. It is an observation in a single case and more studies in this direction would help in establishing Ayurvedic treatment in this condition.

After 2 months of treatment, patient showed significant relief in symptoms and drop down was seen in blood sugar levels. For improve the quality of Dhatu advised to continue Mustadi Kwatha for 3 month with regular follow up with reports.

CONCLUSION

Significant relief can be achieved in patient of diabetics by applying principles of diagnosis and treatment of Prameha. It is a single case study and can lay down road ahead for further research.

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