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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

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meaning of *Sleshma* which is derived from the root word "*Shlish 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 Shastry* (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 Sevitaha*). According to *Yogaratanakara* it is *Pramehaghna*^[12] and is specifically indicated to be given to *Sthula Pramehi* patients and *Jashada Bhasma* is the drug of choice in *Krishna 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 proinsulin 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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