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# Clinical effect of *Virechana Karma* in *Madhumeha* w.s.r. to Diabetes Mellitus - A Case Study

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## ABSTRACT

Lifestyle behaviours like smoking, unhealthy diet, and physical inactivity result in the development of chronic diseases, specifically heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary disease, and some types of cancer. These diseases can result in loss of independence, years of disability, or death, and impose a considerable economic burden on health services. Diabetes Mellitus is one of them. It is the burning issues now days. Many patients lost their lives because of this disease. It is counted among the five major diseases responsible for morbidity and mortality. Diabetes Mellitus is responsible for Ischemic Heart Disease, Chronic Kidney Disease and non traumatic amputation of limbs. It is even seen in practice that many patients suffer from various kinds of diabetic complications even their blood sugar is well under control so; great work is required to deal with Diabetes. Here in this study. A male patient of age 57 years suffering from Diabetes Mellitus type-2 since 6 months came to OPD for Ayurvedic treatment. *Snehapana* with *Panchatikta Ghrita* and *Virechana* with *Ichabhedi Rasa* with *Erand Tail* and *Godugdha* is given to patient. A significant result was observed after treatment.

**Key words:** *Diabetes Mellitus, Virechana, Snehapana, Madhumeha.*

## INTRODUCTION

*Madhumeha* (Diabetes Mellitus) is defined as a group of metabolic disorders characterized by a high blood sugar level over a prolonged period of time. In Ayurvedic classics, 20 types of *Prameha* are described and *Madhumeha* has been described as sub type of *Vatik Prameha* in which patient passes excessive amounts of urine (*Bahumutrata*) that tastes & looks like honey. *Prameha* has been described under eight

*Maharoga*.<sup>[1]</sup> It is one of the most alarming diseases and possesses a special place in medical science due to its high prevalence in the society and increased incidence. Though *Madhumeha* is a subtype of *Vataja Prameha* it has more prevalence in the society and may be considered to be diabetes mellitus of the modern medical sciences. India has been projected by WHO as the country with the fastest growing population of Diabetes patients. About 422 million people worldwide have diabetes, the majority living in low-and middle-income countries, and 1.5 million deaths are directly attributed to diabetes each year. Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades.<sup>[2]</sup> *Acharya Vagabhatt* has classified *Madhumeha* into two categories these are *Dhatukshaya-janaya Madhumeha* and *Avarana-janya Madhumeha*. The factors which provoke *Vata* directly, cause *Apatarparjanya Madhumeha* and the factors which provoke *Kapha* and *Pitta*, cause *Santarpanjanya Madhumeha*.<sup>[3]</sup> *Acharya Charaka* describe two types of

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*Prameha Rogi* i.e., *Sthula Pramehi* and *Krishna Pramehi*. *Samshodhana* therapy is indicated in *Sthula Pramehi* and *Samshamana* therapy is indicated in *Krishna Pramehi*.<sup>[4]</sup> For elimination of vitiated *Doshas*, *Virechana* is appropriate *Shodhana* procedure. *Virechana Karma* though indicated for *Pitta Dasha* eliminates *Vata Dasha* by *Pakwashaya Shuddhi* (defecation) and *Kapha Dasha* by its *Tikshana* (pungent) *Guna*.

### Patient Information

A male patient of age 57 years suffering from Diabetes Mellitus type-2 complaint of *Polyuria* (Increase in Urine frequency), *Polydipsia* (Increase thirst), *Fatigue* since 6 months came to OPD for Ayurvedic treatment. He has no history of CAD, hypothyroidism, hypertension or any other serious illness.

### History of Past illness

Patient haven't any history of CAD/HTN/Thyroid disease/any major surgery.

### Personal history

- Occupation - Army officer
- Appetite - Medium
- Sleep - Sound
- Bowel - Constipated
- Addiction - Khani sometimes
- Allergy - No history of any food or drug allergy

### Astha Vidha Pariksha

- *Nadi* (pulse) - 68/min, *Kaphapittaj*
- *Mala* (stool) - *Ruksha*, *Vibandha*
- *Mutra* (urine) - *Vaikrut*, Increase Frequency
- *Jihwah* (tongue) - *Sama* (coated)
- *Shabda* (voice) - *Prakrut* (natural)
- *Jihwah* (tongue) - *Ruksha* (dry)
- *Shabda* (voice) - *Prakrut* (natural)
- *Drik* (eyes) - *Prakrut* (normal)
- *Akriti* (built) - *Madhyam*

### Dashavidha Pariksha

- *Prakriti* (constitution) - *Kapha Pradhan Pittaj Prakriti*
- *Vikruti* (morbidity) - *Prameha, Tridoshaja Vyadhi*
- *Satwa* (psychic condition) - *Madhyama*
- *Sara* (excellence of tissue elements) - *Mansasara*
- *Samhanana* (compactness of organs) - *Madhyam*
- *Pramana* (measurement of organs) - *Madhyam*
- *Satmya* (homologation) - *Madhura, Amla Rasa*
- *Aharasakti* (power of intake and digestion of food) - *Madhyama*
- *Vyayamsakti* (power of performing exercise) - *Avara*
- *Vaya* (age) - 57 year

### Lab Investigations

He was advised some tests like Blood Sugar Fasting, Post Prandial, Random, HbA1C, Urine R/M, CBC, Serum Creatinine, Blood Urea, LFT, Lipid Profile to rule out Diabetes and other pathologies.

### MATERIALS AND METHODS

In this case first *Deepana Pachana* is done with *Vaishwanar Churna* (3gm) + *Shunthi Churna* (1 gm) for 3 days then *Panchatikta Ghrita* is advised for *Snehapana* in increasing order according to *Kostha* of the Patient (Table 1). After *Snehapana Abhayanga* with *Panchaguna Taila* and *Swedana Karma* with *Dashmoola Kwatha* is done for 3 days and then *Virechana Karma* is advised with *Erand Taila* with *Godugdha* and *Ichhabhedhi Rasa* is given (Table 2). After *Virechana Karma Samsarjana Karma* is advised to patient for 7 days.

**Table 1: Showing dose of Panchatikta Ghrita Pana**

SN	Day	Dose of Panchatikta Ghrita Pana
1.	Day 1	30 ml
2.	Day 2	50 ml
3.	Day 3	75 ml

4.	Day 4	100 ml
5.	Day 5	120 ml
6.	Day 6	140 ml
7.	Day 7	160 ml

**Table 2: Showing schedule of Virechana Karma**

SN	Medicine	Procedure	Reference	Days
1.	Vaishwanar Churna + Shunthi Churna	Deepan Pachan	Astanga Hridaya Chikitsa Sthana 14/34	For 3 days
2.	Panchtikta Ghrita	Snehana	Bhaisajya Ratnawali Kushta Rogadhikar 114-117	For 7 days
3.	Panchguna Tail	Abhyanga	Siddha Yoga Sangraha Vatarogadhikar 20/17	For 3 days
4.	Dashamoola Kwath	Swedana	As. H. Sutrasthan 17/18	For 3 days
5.	Erand Tail With Godugdha and Icchabhedi Rasa	Virechana Yoga	Bharat Bhaisajya Ratnakar, vol 1, Rasa Prakash Sudhakar, Sharangdhar Samhita	For 1 day

**Diet before Virechana Karma**

Diet which increases *Kapha*, should not be advised. Patient should be advised to take *Laghu, Snigdha, Drava, Ushna Ahara, Jangala Mamsa Rasa*.<sup>[5]</sup> Acharya *Sushruta* advised a light diet and *Phalamla* juice.<sup>[6]</sup>

**Follow up**

Patient is advised to Follow Up after end of *Samsarjana Karma* and second follow up done after 15 days i.e., patient will be clinically assessed on 0, 21<sup>st</sup> and 36<sup>th</sup> day.

**Clinical Findings**

A significant result was observed after *Virechana Karma* in both Biochemical and Subjective parameters (Table 3 and Table 4).

**Table 3: Biochemical Parameters**

Parameter	Before treatment	After treatment (Follow up 1)	After treatment (follow up 2)
<b>1. Blood Sugar</b>			
Blood Sugar (F)(mg/dl)	142 mg/dl	131mg/dl	116.7 mg/dl
Blood Sugar (PP)(mg/dl)	255 mg/dl	173 mg/dl	168.2 mg/dl
Blood Sugar(R)(mg/dl)	206 mg/dl	154 mg/dl	142 mg/dl
<b>2. HbA1c</b>	7.2	6.5	5.4
<b>3. Urine R/M</b>			
Albumin	Nil	Nil	Nil
Sugar	++	+	-
Cells-pus/WBC	2-3/hpf	1-2/hpf	Nil
R.B.C.	Nil	Nil	Nil
Casts	Nil	Nil	Nil
<b>4. CBC</b>			
Hb%	13.6	14.2	14.2
TLC/cu. Mm	3.5	4.2	4.5
DLC (P,L,B,E,M)	-	-	-
<b>5. Serum Creatinine (mg/dl)</b>	0.8	0.7	0.6
<b>6. Blood Urea (mg/dl)</b>	15.4	18.5	18.6
<b>7. LFT</b>			
Total Protein (g/dl)	5.6	5.0	6.2
Albumin (g/l)	2.7	2.0	2.5
Globulin (g/l)	2.9	3.0	3.7
Total Bilirubin	0.33	0.1	0.2

SGOT	55.2	50	45
SGPT	25.9	15	20
Alkaline Phosphatase	90	72	70
<b>8. Lipid Profile</b>			
Cholesterol (mg/dl)	182.7 mg/dl	176.5 mg/dl	174.2 mg/dl
Triglyceride (mg/dl)	84.43 mg/dl	65.54 mg/dl	66.25 mg/dl
HDL-C (mg/dl)	49.6 mg/dl	63.12 mg/dl	60.35 mg/dl
LDL-C (mg/dl)	109.6 mg/dl	100.2 mg/dl	90.6 mg/dl
VLDL	16.89 mg/dl	13.10 mg/dl	12.6 mg/dl

**Table 4: Subjective Parameters**

Parameter	Before treatment	After treatment (Follow up 1)	After treatment (follow up 2)
1. Prabhuta Mutrata (Polyuria)	2	1	0
2. Pipasa Adhikya (Polydipsia)	1	0	0
3. Kshudha Adhikya (Polyphagia)	0	0	0
4. Klama (Fatigue)	1	0	0
5. Karapada Suptata (Numbness)	1	0	0
6. Karapada Daha (Burning sensation in Hands and Feet)	1	1	0
7. Mukha Shosha	1	1	0

(Dryness of Mouth)			
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**DISCUSSION**

Virechana Karma is indicated in Prameha in Charak Siddhi 2<sup>nd</sup> Chapter in Virechana Yoga. Virechana Karma though indicated for Pitta Doshha eliminates Vata Doshha by Pakwashaya Shuddhi and Kapha Doshha by its Tikshana Guna. So, it brings normalcy of Tridosha. It acts at microcellular level and help to maintain normal physiology of tissues. Virechana Karma provides better result as far as Krura Kostha is concerned. Once the proper metabolism starts, it prevents Vata Avarana and Dhatu depletion, normalize the Agni and makes substratum suitable for the drug. Achaya Bhela has mentioned Virechana Karma in Sannipataja condition also. Acharya Vagbhata says that there are no vitiation of Doshas after doing Samshodhana i.e., Virechana Karma.<sup>[7]</sup> Icchabhedi Rasa used in Virechana Karma contains Shunthi, Maricha, Kajjali, Tankan, Shuddha Parad, Shuddha Gandhak, Shuddha Jaipala having properties of Katu Rasa, Ushna, Teekshna, Sara Guna, Katu Vipaka and Vatanulomana Karma. All these properties attribute to Virechana action of Icchabhedi Rasa.<sup>[8]</sup> According to Acharya Sushruta these properties helps in stimulation of Teekshna Virechana. Erand Tail clears obstruction in the Srotas (body channels) and relieves Vata vitiation. In Samhitas it is mentioned to be Vata Kapha Hara and Adhobhaga Doshahara (disorders of lower parts of the body).<sup>[9]</sup>

Virechana mainly eliminates Pitta Doshha and it is assumed that liver and spleen is the main seat of Pitta Doshha. So, Virechana Karma may help to reduce hepatic glucose production and overcome the impaired insulin secretion. Thus, helps in reducing Blood sugar levels.

Also increased lipolysis, elevated free fatty acid levels, along with accumulation of intermediary lipid metabolites contributes to further increase glucose output, reduce peripheral glucose utilization, and impair beta-cell function. Virechana directly or indirectly corrects the whole metabolism of lipid formation and excretion thus normalizing beta-cell

dysfunction. Beta cell of islets of Langerhans get dysfunctional due to Cytotoxic T cells, Natural killer lymphocytes and Nitric oxide (NO). The products of metabolism can be eliminated by *Shodhana Karma* (purification) as described by terms like *Malapaham* (excretion of toxins) and *Visudha Kostha* (clearing the gastrointestinal tract). The cleansing therapies therefore might reduce immune-inflammatory processes that have been implicated in dysfunction of Beta cells of Islets of Langerhans, thereby harmonizing their functioning.<sup>[10]</sup>

## CONCLUSION

*Prameha* is described in almost all *Samhitas* in *Ayurveda*. There are almost 20 types of *Prameha* are described in *Ayurveda* and *Madhumeha* is described under *Vatik Prameha* which can be correlated with Type - 2 Diabetes Mellitus in *Ayurveda*. Lack of physical activity and sedentary lifestyle, obesity is the root cause of the disease. In this case study *Virechana Karma* by its properties helps in normalizing the blood sugar level and a significant result was observed after treatment.

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