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Management of Diabetes Mellitus Type 2 through Panchakarma - A Case Study

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ABSTRACT

Diabetes mellitus is a group of metabolic disorder characterized by chronic hyperglycemia resulting from defects in insulin secretion, insulin action, or both. Type 2 Diabetes Mellitus is one such type of Diabetes Mellitus which possesses a major risk factor for various other diseases. The chronic hyperglycaemia of diabetes is associated with long-term damage, dysfunction, and failure of various organs, especially the eyes, kidney, nerves, heart, and blood vessels. *Ayurvedic* literatures vividly describe about the prognosis, complications and management of Diabetes Mellitus. Diabetes Mellitus has grown to such a status of global epidemic. *Panchakarma* (fivefold therapeutic) methods of *Ayurveda* have immense potential in context of tackling lifestyle disorders like *Madhumeha*. Here *Panchakarma* procedures like *Basti* (colon treatment) is mentioned in the treatment of Diabetes Mellitus. An attempt has been made to assess the role of *Takra Dhara* (*Shirodhara*) followed by *Panchtikta Ksheerbasti* in the management of type 2 diabetes mellitus in this case study. In result better improvement in subjective as well as objective parameters was observed.

Key words: *Ayurveda, Diabetes mellitus, Panchtikta Ksheerbasti, Panchkarma.*

INTRODUCTION

Diabetes is a Greek word meaning a passer through; a siphon. "Mellitus" comes from the Greek word "sweet". Apparently, the Greeks named it thus because the excessive amounts of urine diabetics produce (when blood glucose is too high) attracted flies and bees because of the glucose content. Changing life style, lack of exercise, improper and unbalanced diet, sedentary life style is showing an upward trend in India. This has led to the increase of Diabetes Mellitus in the region.^[1]

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycaemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.^[2] Holistic approach of *Ayurveda* with regard to preventive, promotive and purificatory measures with due consideration of appropriate diet management has proven to be fruitful to provide better health to diabetes. *Prameha* has been quoted by *Acharya Charaka* as the most relapsing disease (*Prameho-Anushanginam*).^[3] It is mainly a *Santarpanottha Vyadhi*. *Dushyas* (pathogenetic factors) specially involved in the pathology of *Prameha* are *Meda* (fat), *Mamsa* (muscle tissue), *Vasa* (muscle fat), *Majja* (marrow), *Kleda* (body fluids), *Shukra* (semen), *Rakta* (blood), *Lasika* (lymph), and *Rasa* (plasma), and *Oja*.^[4] In *Kapha-Pittaja* type of *Prameha Atparpanakarma* (depletion therapy) is the main line of treatment. Considering the pathophysiology of the

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disease, *Takradhara (Shirodhara)* and *Panchtikta Ksheer Basti* to get *Aptarpana* result in DM.

CASE REPORT

A 35-year-old thin male patient, with H/O DM-Type 2 since 2 years, approached Panchakarma Outdoor Patient Department (OPD no. 3775), DSRRAU, JODHPUR with complaints of weight loss (since 3 years), backache, burning sensation in palm and sole. Drug history revealed that patient was on the injectable insulin (3.5 unit Before meal S/C).

Investigations: FBS, RBS

Management

After assessing *Dosha, Dushya, Agni, Satmya, Satva, Aahar Shkti, Vyayam Shkti, Bala, Vaya* etc., *Shirodhara* with *Takra - Aamalaki Churna Kwath* (45 min) for 7 days was planned. After this, *Basti Karma (Yoga Basti)*, *Niruha* with *Panchtikta Ksheer Basti* and *Anuvasan* with *Triphla Ghrita* was planned for 8 consecutive days as per mentioned in *Ayurvedic Texts*.

Table 1: Shodhan Chikitsa

SN	Procedure	Duration
1.	<i>Takra Dhara</i>	7 days
2.	<i>Panchtikta Ksheer Basti</i>	3 days
3.	<i>Triphla Ghrita Anuvasan Basti</i>	5 days

Takra Dhara

Poorva karma (pre-operative)

Patient is made to lie on *Shirodhara* table. His body below the neck is draped with the cloth. 12 inches long and 2 inches wide cotton ribbon is placed along the lower border of patient forehead. All the essentials to be collected such as *Shirodhara Patra*, table, stove, towel, cotton swabs, lukewarm water. Vitals to be recorded such as BP, weight, temperature, respiratory rate, heart rate. Consent of the patient to be taken.

Pradhan Karma (operative)

Pouring of the *Takra* with steady flow on the forehead for a 45 minute.

Paschat Karma (post-operative)

Patient is asked to take rest for about 15 minute and then take head bath with warm water.

Duration of *Dhara* - 7 days at morning hour for 45 min.

Basti Karma

In this, *Yog Basti* was administered specifically *Panchatikta-Kshira Basti* given as a *Niruha-Basti* in morning session, empty stomach. Patient was detained for 30 minutes in left lateral position for optimum effect of therapy. *Panchtikta Ksheer Basti* gives in the form of a *Yapana Basti*.

Ingredients of Panchatikta-Kshira Basti

The contents of *Kwatha* are *Guduchi (Tinospora cordifolia)*, *Nimba (Azadirachta indica)*, *Patola (Luffa acutangula)*, *Vasa (Adhatoda vasica)* and *Kantakari (Solanum xanthocarpum)*.

Drug used

Panchatikta Ksheer Basti (Yog pattern)

Ksheerpaka Dravya:

Guduchi: Vasa: Nimba: 40grams + Godugdha (300ml) + Water (1280ml) = Reduced to Patola: Ksheeravashesha. Kantakari:

Basti formulation:

- *Madhu* - 80ml
- *Saindhava* - 10gms
- *Sneha - Panchtikta Ghrita* - 120ml
- *Kalka - Shatapushpa 10gms + Yastimadhu 10gms*
- *Panchatikta Ksheera Paka* - 300ml

Anuvasana Basti - Triphla Ghrita - 120ml

Method

Form of *Basti: Ksheer Basti*

Dosage: 480ml

Kala: Pratah (10am to 11am), once a day.

Duration of *Basti: 8 days*

Route of Administration: per rectal

Before *Basti*, patient was subjected to *Sarvanga Snehana* (whole body oleation) with *Dashmool Taila* for 15 min and *Bashpa Swedana* (fomentation) for 2–3 min. During the *Basti* treatment, regular monitoring of blood sugar level (BSL) (fasting, just after administration of *Basti*, and postprandial) was done.

Table 1: Shamana Chikitsa

SN	Ayurvedic medicine	Doses	Anupana	Duration
1.	Tab. BGR 34	1 bd	Usnodak	20 days
2.	Madhumehari Churna	Half tsp	Usnodak	20 days
3.	Madhumehadaman Churna	Half tsp	Usnodak	20 days
4.	Shivagutika (Chakra Datt)	1 bd	Usnodak	20 days
5.	Tarunikusumakar Ras	Half tsp	Usnodak	20 days

Table 2: Observation and Result

Symptoms	Score before treatment	Score after treatment
Backache (visual analog scale)	3	2
Heaviness in body	3	1
Lethargy	4	2
Swelling over legs	0	0
Burning sensation over palms and soles	2	0
Bad body odour	3	1

Table 3: Effect of Therapy on Clinical Features

Clinical Features	Grade					
	0	1	2	3	4	5
Backache (visual analog scale)	No pain	Mild pain	More than mild pain	Moderate Pain	More than moderate pain	Severe pain

Heaviness in body	No heaviness	Mild heaviness	More than mild	Moderate	More than moderate	Severe
Lethargy	No lethargy	Mild	More than mild	Moderate	More than moderate	Severe
Swelling over legs	No swelling	Mild	More than mild	Moderate	More than moderate	Severe
Burning sensation over palms and soles	No burning sensation	Mild	More than mild	Moderate	More than moderate	Severe
Bad body odour	No bad odour	Mild	Moderate	Severe	-	-

Table 4: Effect of Basti on Blood Sugar Level

Assessed on	Fasting BSL (mg/dl)	BSL (mg/dl) just after Basti	Postprandial BSL (mg/dl)
Day 1	250	200	356
Day 2	230	210	350
Day 3	200	198	344
Day 4	225	200	300
Day 5	198	180	280
Day 6	180	170	276
Day 7	160	150	250
Day 8	140	130	200

Effect of therapy was assessed on the basis of objective criteria such as BSL, body weight, anthropometric measures, body mass index (BMI); as well as subjective criteria such as *Karpadadaha* (burning sensation over

palms and soles), *Daurgandhya* (bad body odor), *Swedadhikya* (increased sweating), *Javoparodha* (lethargy), *Gurugatrata* (heaviness in body)

DISCUSSION

The biochemical composition of tissues changes with age, physiologic capacity decreases, the ability to maintain homeostasis in adapting to stressors decline, and vulnerability to disease processes increases with age.^[5] There is *Panchatikta Ksheer Basti* was planned for Diabetes mellitus type 2 in the form of *Yapna Basti*. *Yapana Basti* is acting *Srotoshodhaka* as well as *Brihmana* at the same time. *Panchatikta Ksheer Basti* mitigates *Vata-Pitta* and maintains stability of *Kapha*. It acts on *Rasa, Rakta, Mamsha, Medas, Asthi* and *Majja Dhatu*. It removes *Kleda* and does *Aampachan, Deepan* therefore normalizes *Medagni* and *Asthyagni* and hence work as *Srotoshodhan* as well as due to presence of milk, *Ghrita* does *Brihmana* and *Poshan*. *Panchatikta Ksheer Basti* containing milk, *Ghrita*, and honey are used to cure the disease of *Vata* and these increases strength of body.^[6] Its *Rasayana* property confirms its action on all body elements. *Dhatu Poshana* depends upon unimpeded *Srotas*. *Dhatvagni* and *Vayu* if nourishing factors are properly provided.^[7] In *Panchatikta Ksheer Basti Tikta* drugs are used and because of *Tikta* drugs this *Basti* decrease blood glucose level. Thus *Janan* (formation of body elements) property of *Yapana Basti* is due to *Srotoshodhana* quality and nourishing substances used in it.

CONCLUSION

The drugs selected for *Panchatikta Ksheer Basti* have the property of anti-inflammatory, analgesic, antibacterial, antitoxin, antioxidant and antitumor, immunomodulator, hepato-protective. The compound formed by these drugs contained glycosides, saponins, essential amino acids like isoleucine, methionine etc. On the basis of above facts, we can assume that the

drugs compound thus formed affected in the management of diabetes mellitus type 2.

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