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Ayurvedic management of *Prameha* - A Single Case Study

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ABSTRACT

Diabetes mellitus (DM) type 2 is one of the global problems of the present day and it is gaining more attention. It is expected to continue as a major health problem and leads to serious complications. India is one of the top 5 countries with the highest prevalence of DM. The IDF Diabetes Atlas (2021) reports that 10.5% of the adult population (20-79 years) has diabetes, with almost half unaware that they are living with the condition. By 2045, IDF projections show that 1 in 8 adults, approximately 783 million, will be living with diabetes, an increase of 46%.^[1] The signs and symptoms of diabetes can be correlated to *Prameha* of Ayurveda. The management of *Prameha* is mentioned in Ayurveda as preventive and curative aspects. Ayurveda has recommended an appropriate use of *Oushadha Yogas* along with proper *Pathya* (wholesome) *Ahara*, and *Viharas*. On the same principles a patient was treated at OPD basis, this case report analyses the same. A male patient, aged 45 years, diagnosed case of *Prameha* 5 years back presented with dryness in the mouth, increased frequency of micturition, Excessive thirst, weakness of the body, and burning sensation at the sole. The treatment planned was use of *Shamana Oushadhis* along with proper *Pathya* (wholesome) *Ahara*, and *Vihara* for three months. After three months of treatments results were compared. There was a marked reduction in signs and symptoms like burning sensation, numbness, excessive thirst, and increased micturition.

Key words: *Madhumeha, Type-2 diabetes mellitus, Prameha Chikitsa, Pathya Ahara Vihara.*

INTRODUCTION

Prameha, which is explained as increased frequency and altered turbidity of urine.^[2] According to Ayurveda *Prameha* is considered as one among the *Mahagada*.^[3] *Prameha* can be correlated with diabetes mellitus based on signs and symptoms. Over-indulgence in the pleasure of a sedentary lifestyle, excess sleep, a diet

like curds, soup of the meat of domesticated and aquatic animals and animals residing marshy land, milk and its preparations, freshly harvested food articles, preparations of jaggery and all *Kapha* aggravating factors are responsible for the causation of *Prameha*.^[4] It is classified into three types *Kaphaja*, *Pittaja* and *Vataja*, and again subdivided into 10, 6 and 4 types respectively.^[5] The types of *Doshas*, which have entered the urinary tract in vitiating the condition give rise to the respective types of *Meha* with their dominance.^[6]

The treatment of diabetes without adverse side effects remains a major challenge, and Ayurvedic science can play an important role in it. Ayurvedic treatment for diabetes includes using herbal medicines, lifestyle modifications, and dietary changes.

AIMS AND OBJECTIVES

To establish an effective Medicare for metabolic diseases which have chronic Systems illness.

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MATERIALS AND METHODS

Intervention

Table 1

SN	Medicines	Dosage	Duration
1.	<i>Amruthothara Kashaya</i>	15 ml + 45 ml Luke warm water, 2 times, empty stomach	First 15 days
2.	<i>Chandraprabha Vati</i>	1 BD with <i>Kashaya</i>	First 45 days
3.	Dia P tablet (<i>Saptachakra, Triphala, Asana, Guduchi</i> etc..)	1 Tid after food	90 days
4.	<i>Nishakatakadi Kashaya</i>	15 ml + 45 ml Luke warm water, 2 times, empty stomach	15 th day - 60 th day
5.	<i>Nishamlaki</i> tablet	2 bd before food	15 th day - 90 th day
6.	<i>Asanadigana Kashaya</i>	15 ml + 45 ml Luke warm water, 2 times, empty stomach	60 th day - 90 th day

Table 2

SN	Pathya Ahara	Pathya Vihara
1.	Barley <i>Ganji</i> for night	Light aerobic exercises
2.	Fenugreek mixed in water (10 glass water, roughly 1.5 liters mixed with 10 grams fenugreek, reduced to 6 glasses roughly, 1 liters) drink whenever feels thirst	<i>Yogaasanas</i> <i>Padahastasan,</i> <i>Setubandhasana,</i> <i>Vakrasana,</i> <i>Ardhamatsyendrasana</i>

OBSERVATIONS

Table 3: Subjective Criteria

Criteria	1 st day	15 th day	30 th day	45 th day	60 th day	75 th day	90 th day
Debility	+++	+++	++	++	++	+	-
Dryness in mouth	+++	+++	+++	++	++	+	-
Excessive thirst	+++	+++	++	++	+	+	-

Burning sensation at sole	+++	+++	+++	++	++	++	+
Increased frequency of micturition	+++	+++	+++	++	+	+	+

(+ Mild ++ Moderate +++ Severe)

Table 4: Objective Criteria

Crite ria	1 st day	15 th day	30 th day	45 th day	60 th day	75 th day	90 th day
FBS	160m g/dl	155m g/dl	150m g/dl	140m g/dl	120m g/dl	110m g/dl	102m g/dl
PPBS	180m g/dl	170m g/dl	160m g/dl	155m g/dl	145m g/dl	130m g/dl	125m g/dl
HbA 1C	7.5%						5.5%

RESULTS

Three months after treatments patient felt complete relief from previous problems and also attained a normal range of blood glucose levels.

DISCUSSION AND CONCLUSION

The treatment was planned considering 3 main factors Medicine, Diet, and Lifestyle modification. The present study includes medications *Amruthothara Kashaya, Chandraprabha Vati, Nisha Katakadi Kashaya, Asanadi Kashaya, Tab. Nishamalaki* and *Tab Dia P.*

Amruthotharam Kashayam (AK) was taken as the drug of choice as it is *Amahara* and *Vatanulomana* due to the presence of *Shunti* (*Zingiber officinale*) and *Haritaki* (*Terminalia chebula*), hence bringing *Margavishodhana* (clearing the pathways) since patient initially presented with indigestion and hard stools, so for the *Pachana* of *Ama*, *Amruthothara Kashaya* was advised.^[7]

Asanadi Gana Kashaya contains *Asana* (*Pterocarpus marsupium*), *Tinisha* (*Ougeinia dalbergioides*), *Bhurja* (*Betula utilis*), *Meshashringi* (*Gymnema sylvestre*), *Daruharidra* (*Berberis aristata*) etc. It is indicated in

Prameha, *Medo Roga* since it has *Kaphahar*, *Mehaghna*, and *Medohara* properties.^[8]

Many pharmacological studies, on the drugs of *Asanadigana*, has proved that almost all the constituents of *Asanadigana*, possess antihyperglycemic, hypolipidemic, antioxidant, and other therapeutic properties.^[9]

Nishamalaki tablet, contains *Nisha* (*Curcuma longa*), *Amalaki* (*Phyllanthus emblica*), *Nimba Patra* (*Azadirachta indica*), *Jambu Beeja* (*Syzygium cumini*), *Madhunashini* (*Gymnema sylvestre*). All the drugs possess *Mehahara Karma* and it is indicated in *Prameha*^[10] and also it is for attenuation of hyperglycemia like insulin-mimetic properties, enhancement of peripheral tissue glucose uptake, improvement of insulin sensitivity, regulation (reduction) of Hepatic glucose production, regulation of glucose production by kidneys etc.^[11]

Nisha Katakadi Kashaya contains *Kataka* (*Strychnos potatorum*), *Khadira* (*Acacia catechu*), *Dhatri* (*Embolica officinalis*), *Vairi* (*Salacia chinensis*), *Darvi* (*Berberis aristata*), *Samanga* (*Mimosa pudica*), *Vidula* (*Salex caprea*), *Rajani* (*Curcuma longa*), *Patha* (*Cissampelos pespariera*), *Chutabija* (*Mangifera indica*), *Haritaki* (*Terminalia chebula*) and *Mustaka* (*Cyperus rotundus*). The majority of the drugs having *Kashaya Tikta Rasa*, hence it helps to reduce *Kapha* and *Medas* thus helping to alleviate the disease.^[12]

Dia P, Ayurveda patent medicine which contains *Salacia reticulata*: 200 mg, *Vijayasara* : 100 mg, Mass extracts of (*Triphala*, *Khadira Kramukadi Kashaya*, *Salasarasadi Gana Kashaya*): 200 mg, It helps in stimulating β cells of the pancreas for the secretion of insulin to balance blood sugar level.^[13]

Forward bending *Aasanas*, massage the pancreas and stimulate the secretion of insulin. Twisting poses, such as *Vakrasana* and *Ardhamatsyendrasana* (seated spinal twist) squeeze the intestines and massage them to prevent the stagnation of colonic contents.^[14]

Yava Prayoga is highlighted by all the Acharyas in the context of *Prameha Chikitsa*. *Kashaya Rasa*, *Ruksha Guna*, and *Lekhana Karma* reduce excess *Kleda* and excess *Medho Dhathu* respectively.^[15]

The soluble fiber β -glucan and micronutrients in Barley are effective in lowering blood glucose.^[16]

The use of *Methika* (*Trigonella foenum-graecum*) in *Prameha* is an ancient traditional practice, which is a folklore practice in India. Fenugreek contains galactomannan and as of the viscous property it has the potential to reduce the intestinal absorption of low or high concentrations of glucose and; therefore, for the benefit of blood glucose control.^[17]

If all these measures are undertaken in an early stage of borderline blood sugar diabetes mellitus type 2 patients the course of illness can be efficiently managed with the least clinical symptoms.

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