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Role of *Virechana* and *Neelakantha Rasa* as *Rasayana* with *Phalatrikadi Kwatha Anupana* in *Madhumeha* (DM2) - A Single Case Study

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ABSTRACT

Madumeha is a progressive both *Avaranajanya* and *Dhatukshayajanya Vyadhi*^[1] it is correlated with diabetes mellitus, with the involvement of *Tridosha*. Diabetes mellitus is a metabolic, autoimmune, stress induced impaired hyperglycemia. It is due to either deficiency of insulin or combination of insulin resistance and inadequate insulin secretion. *Virechana* and *Rasarasayana Yogas* are stated as the best in *Madhumeha*. In the present study *Virechana* was selected. For *Deepana Pachana*, *Abhayadi Kwatha* was selected, *Snehana* was done with *Murchita Sarshapa Taila*, during *Vishramakaala*, *Sarvanga Abhyanga* was done with *Murchita Sarshapa Taila* and *Baspa Sweda* was done for 3 days. *Virechana* was given with *Vishalapippali Yoga*, followed by *Rasarasayana Yoga*, *Neelakantha Rasa* with *Phalatrikadi Kwatha*. Result showed that, there was very good improvement in the subjective parameters and objective parameter, FBS was reduced from 102.7 mg/dl to 98 mg/dl. PPBS were reduced from 145.6 mg/dl to 132 mg/dl. HbA1C was reduced from 8.4% to 5.8% after the intervention. In the contest of *Madhumeha Chikitsa*, *Virechana* is highlighted. In practice the newly diagnosed case of *Madhumeha* is reversible with timely Ayurvedic classical intervention. A significant improvement, in subjective and objective parameter of *Madhumeha* (DM2) has made it necessary to make a single case study.

Key words: *Madhumeha*, *Diabetes mellitus*, *Sarshapa Taila*, *Virechana*, *Abhayadi Kwatha*, *Vishalapippali Yoga*, *Neelakantha Rasa*, *Phalatrikadi Kwatha*.

INTRODUCTION

Madhumeha is one among the 'Mahagada' .^[1] As it involves *Tridoshha*, almost all *Dhatus*, *Srotas*, *Ojus* as well. *Madhumeha* is classified under *Vataja Prameha* by *Acharyas*. It is also *Swatantra Roga*. *Acharya*

Vagbhata explained about 2 types of *Madhumeha*. The vitiated *Kapha* and *Pitta* obstruct the path of *Vata* and due to *Kshaya* of *Dhatus Vata* gets provocation which can be correlated to *Avaranajanya* and *Dhatukshaya* Respectively.^[2] *Sushruta* mentioned it as *Medapradoshaja Vyadi*.^[3] The global diabetes prevalence in 2019 is estimated to be 9.3% (463 million people), rising to 10.2% (578 million) by 2030 and 10.9% (700 million) by 2045. The prevalence is higher in urban (10.8%) than rural (7.2%) areas, and in high-income (10.4%) than low-income countries (4.0%).^[4]

Madhumeha due to *Dhatukshaya* is *Krichra Sadhya* as *Vata* is in the stage of *Vruddi* by the *Kshaya* of *Dhatus*, which is dominant in *Krusha Madhumehi*. It becomes *Asadhya* as the disease attains chronicity. Therefore, timely intervention with *Shodana Aushadha*, *Pathya* and *Vyayama* is highly essential in the management of *Madhumeha*.

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The description of *Madhumeha* has many similarities with Diabetes mellitus. Diabetes mellitus is a clinical syndrome characterised by hyperglycaemia either due to absolute or relative lack of insulin. Type II Diabetes mellitus is the most common type accounting for almost 90% of all diabetes. Diabetes mellitus is a metabolic disorder characterised by the presence of hyperglycaemia due to defective insulin secretion, defective insulin action or both.^[5]

CASE REPORT

A 37-year-old male patient (COPD No. - 5871, DOPD NO. -2175) visited Kayachikitsa OPD, Pandith Taranth Government Ayurvedic Medical College and Hospital, Bellary on 10/04/2022 with complaints of *Kara-Pada Daha*, *Kara-Pada Suptata*, *Pipasa*, *Muhurmuhur Mutrapravrutti*, *Kshudhaadhikya*, *Dourbalya*. Since 2 month.

As per Past history, the patient was diagnosed as T2DM by modern system of medicine and started with OHA drug METFORMIN 500 mg since 1 month. But patient stopped the drug when ayurvedic intervention was started. No H/o of Hypertension/Thyroid dysfunction/surgical history. On General physical Examination, Built: Moderate, Height: 5'11", Weight: 75kg, Nourishment: Moderate, Pulse: 79/min, Blood Pressure: 110/80, Temperature: 98.5F, Respiratory rate: 19/min, Tongue: Clear. On Systemic Examination, CNS: Well oriented, conscious. CVS: S1 S2 Normal, No added sounds. RS: Normal breath sound. P/A: Umbilicus centrally placed, Soft, non-tenderness, no organomegaly.

Astasthan Pareeksha showed, *Nadi: Vata Pittaja*, *Mutra: 6-7 times a day, 2-3times/night*, *Mala: 1/day*, *Jiwha: Liptata*, *Shabda: Prakruta*, *Sparsha: Anushana Sheeta*, *Druk: Prakruta*, *Akriti: Madhyama*. On *Dashavidha Pareeksha*, *Prakriti- Vata Pittaja*, *Vikriti- Vata Pitta Kapha*, *Sara- Pravara*, *Samhana- Pravara*, *Satmya- Pravara*, *Satwa-Pravara*, *Pramana- Madhyama*, *Ahara Shakti- Madhyama*, *Vyayama Shakti- Madhyama*, *Vaya- Madhyama*. Baseline Investigations showed FBS- 102.7 mg/dl, PPBS-145.6 mg/dl, HbA1C- 8.4%

MATERIALS AND METHODS

Prospective Ayurveda intervention only, open labeled clinical observational study

Deepana Pachana was done with *Abhayadi Kwatha*^[6] 20ml with warm water *Anupaana* twice a day for 3 days.

Snehapaana was done with *Murchita Sarshapa Tail*^[7] during *Vishramakaala*, *Sarvanga Abhyanga* was done with *Murchita Sarshapa Taila* and *Baspa Sweda* was done for 3 days. *Virechana* with *Vishalapippali Yoga*^[8] 10gm with *Madhu* given early in the morning, warm water was given to drink intermittently and total 9 *Virechana Vegas* observed. *Samsarjana Krama* was followed for 5 *Annakaala*. *Rasayana* in *Vatatapika* method was with *Neelakantharasa*^[8] 250mg 2 cap with *Phalatrikadi Kashaya*^[9] 15ml bd as *Anupaana* for 45 days.

OBSERVATION AND RESULTS

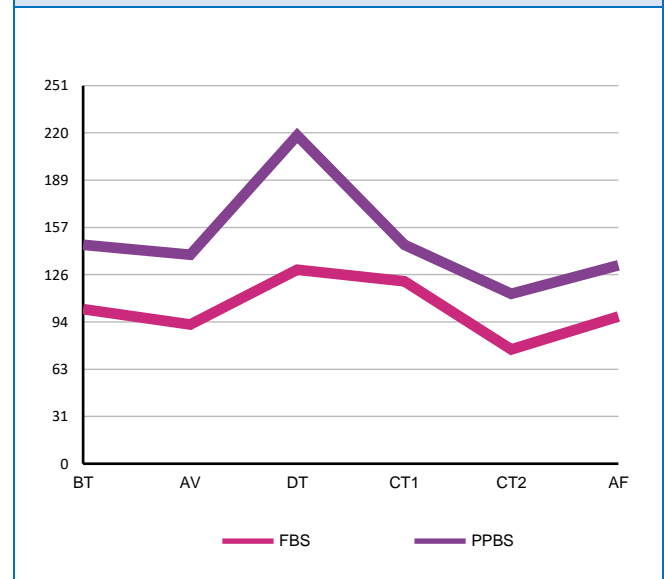
There was change in the subjective parameters and objective parameters. All the subjective parameters such as *Kara-Pada Daha*, *Kara-Pada Suptata*, *Pipasa*, *Muhurmuhur Mutrapravrutti*, *Kshudhaadhikya*, *Dourbalya* were completely reduced after the treatment. FBS was reduced from 102.7 mg/dl to 98 mg/dl. PPBS was reduced from 145.6 mg/dl to 132 mg/dl. HbA1C was reduced from 8.4% to 5.8% after the intervention.

Subjective Assessment

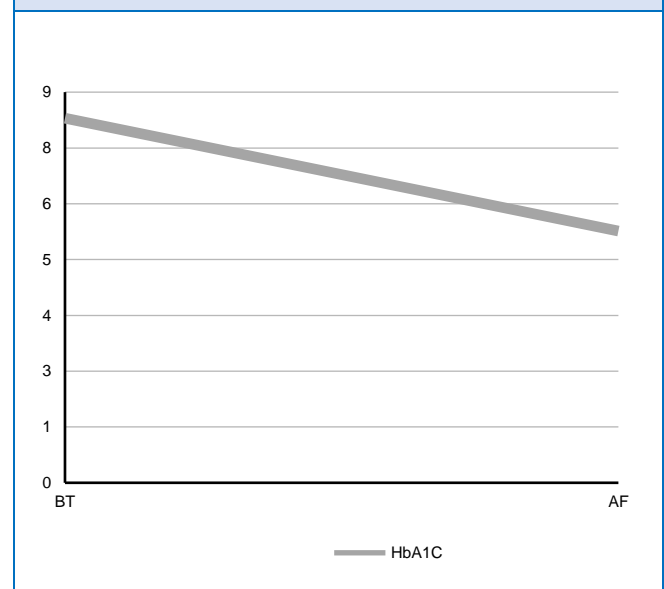
S N	Assessment Criteria	Grade	B T	A V	CT 1	CT 2	A T	A F
1.	<i>Kara-Pada Daha</i> (Burning sensation in Hands & Feet)	0				✓	✓	✓
		1			✓			
		2		✓				
		3	✓					
2.	<i>Kara-Pada Suptata</i> (Numbness In hands & feet)	0		✓	✓	✓	✓	✓
		1						
		2						
		3	✓					

3.	Pipasa (Polydipsia)	0					✓	✓
		1		✓	✓	✓		
		2	✓					
		3						
4.	Muhurmuhur Mutrapravrutti (Polyuria)	0		✓	✓		✓	✓
		1				✓		
		2						
		3	✓					
5.	Aalasya (Fatigue) /Dourbalya	0		✓	✓	✓	✓	✓
		1						
		2						
		3	✓					

Graph 2: Objective Assessment



Graph 3: Objective Assessment

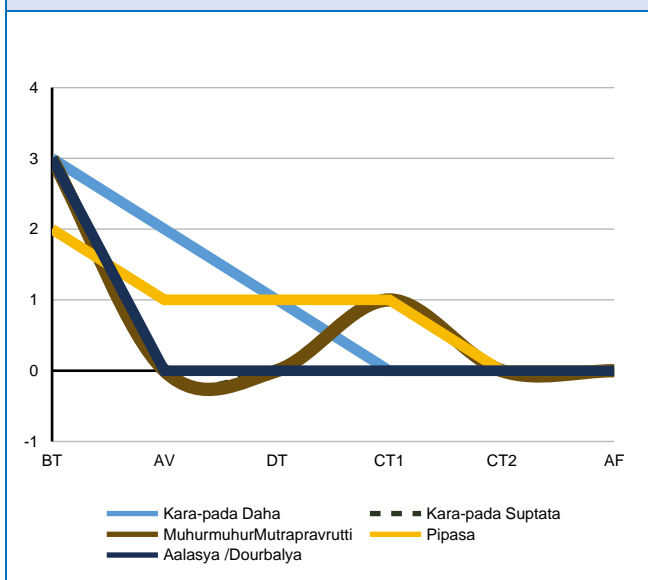


Objective Assessment

	BT	AV	CT1	CT2	AT	AF
FBS	102.7	92.6	129	121.3	76	98
PPBS	145.6	139	218.3	145.6	113	132

	BT	AF
HbA1C	8.4%	5.8%

Graph 1: Subjective Parameters



DISCUSSION

Abhayadi Kwatha is told as *Deepanam*, *Pachanam Param* and *Jwara Hara*. This Yoga contains 4 *Dravyas* are *Katu Rasa* i.e., 100%, and 2 *Dravyas* contains *Katu*, *Madhur*, *Amla Rasa* i.e., 50%. All the *Dravyas* are predominance of *Laghu Ruksha Guna*. 3 *Dravyas* are *Ushna Veerya* i.e., 75%. And all the *Dravyas* are *Madhura Vipaka* i.e., 100%. 2 *Dravyas* are *Tridoshagna* and 2 *Dravyas* are *Vatashlema Hara* and *Deepana Pachana* property. Inflammation is one among the cause for the T2DM, the *Ushna Guna* of *Pippali* and *Chitraka* reduce the inflammatory markers. Several

studies showed that *Chitraka* improves the mechanism of glucose transport by improving activity of glucose transporter. Activeness was due the *Rasayana* effect of *Amalaki*.

Murchita Sarshapa Taila contains 58.33 % of *Tikta Rasa*, 50% contains the *Kashaya Rasa*, 41.66% contains *Katu Rasa*, 33.33 5 drugs contains *Madhura Rasa*, 8.3 % contains *Amla Rasa*. Majority of drugs are having *Laghu Ruksha* property 2 *Dravyas* had *Guru Guna*. 66.66 % *Dravyas* are *Ushna Veerya*. 33.33% are *Sheeta Veerya*. 75% of *Dravyas* are *Katu Vipaka* and 25% of *Dravyas* are *Madhura Vipaka*. 4 *Dravyas* are having *Kapha Vatahara* property, 4 *Dravyas* are *Kapha Pitta Hara*, 2 *Dravyas* are *Vata Pitta Hara*, 2 *Dravyas* are have *Tridoshagna* property. This formula is *Katu, Tikta Rasa Ushna Guna Pradana* due to *Katu and Ushna* property *Kleda* and *Kapha Vilayana* occurs and *Srotoviroda* will get reduced. *Snehana* also helps in the coating of intestine and reduces the absorption of glucose from the intestine to blood stream. Due to *Ushna* property, *Vata* is also comes in normal state. *Ushna Guna* of *Taila* helps to vasodilatation due to this effect microvascular blood circulation improves and clears obstruction in case of *Avarana*. *Ushna Snigdha* effect of *Taila* makes effort to normalize the function of *Vata* and further helps in breaking of *Dhatukshayajanya* pathology of *Madhumeha*. *Ushna Teekshna Guna* and *Snehatwa* of *Taila* helps to production of insulin.

Virechana *Dravyas* having *Katu, Tikta Rasa Ushna Guna Pradana* removes *Bahudrava Shleshma* and *Pitta* from *Vayu Sthana* which leads to *Deepana* of *Dhatwagni* which in turn results in maintenance of *Dosha-Dhatu* in normal state. *Virechana* directly acts on Liver which is the main site of all enzymatic activities thereby increasing the metabolic activity. Thus, *Virechana Karma* help to reduce hepatic glucose production and overcome the impaired insulin secretion and brings a normalcy in the blood glucose level thus reduces the signs & symptoms of *Madhumeha*.

Neelakantha Rasa is herbomineral compound, It is made up of 60% of *Tikta Rasa*, 55% of *Katu Rasa*, 45%

of *Kashaya Rasa*, 45% of *Madhura Rasa*, 20% of *Amla Rasa* and 5% of *Lavana Rasa*. This compound having 65% of *Laghu Guna*, 55% having *Ruksha Guna*, 30% having *Tikshna Guna*, 25% having *Snigdha Guna*, 20 % having the *Sara Guna*, 15% having the *Guru Guna*. 70% of drugs are having *Ushna Veerya*, 30% of drugs having the *Sheeta Veerya*. 60% of drugs are having *Madhura Vipaka*, 40% of *Dravyas* are having *Katu Vipaka*. In this formula 8 drugs are having *Kaphavata Hara* property, 4 drugs are having *Kaphapitta Shamana* property, 4 *Dravyas* having *Tridhoshagna* property, 2 *Dravyas* having *Vatapitta Hara* property, and 1 *Dravya* having the property of *Pitta Shamana*. *Kajjali* acts as *Yogavahi* it helps to reach the drug to target area. Administering *Tamra* will ward off *Agnimandhya* and adores the health. *Tamra* stimulates and corrects the all the *Dhatwagni* and *Bhutwagni*. *Loha* gives strength to the body, administering the *Loha* will increase *Ayu* thus gives *Bala* to body. Compound contains *Vatsanabha* which helps in secretion of insulin. *Chitraka* stimulates the glucose transporter further normalize the glucose transporter mechanism, which makes availability of glucose to every cell and further metabolism of glucose takes place. *Pippali* having property of *Katu Ushna* and *Madhura Vipaka* helps in normalizing the hepatic gluconeogenesis process. *Triphala* and *Trikatu* helps in normalizing the metabolic activity.

Phalatrikadi Kashaya contains highest of *Tikta Rasa* i.e., 83.33%. 66.66% contains *Kashaya Rasa*, 33.33% contains *Madhura* and *Amla Rasa* each. 6 drugs having the *Laghu Guna*, 5 *Dravyas* having *Ruksha Guna* and only 1 *Dravya* contains *Snigdha Guna*. 66.66 *Dravyas* having *Ushna Veerya*, 33.33 *Dravyas* having *Sheeta Veerya*. When it comes to *Vipaka* it contains both *Madhura* and *Katu Vipaka* with 50% each. 3 *Dravyas* have the *Kapha Pitta Shaamaka* property, 1 *Dravyas* has the *Vatashleshma Hara* property and 2 *Dravyas* are having *Tridoshahara* property. This formula contains drugs *Triphala*, which helps in normalizing the *Agni* and gives *Bala* as it is *Rasayana*. *Triphala* increases the micro vascular circulation and improves health. *Darvi* acts on liver and normalize the enzymatic activity of liver by this it regulates the gluconeogenesis. *Vishala* having property of purgation the improves the

peristaltic movement of the intestine further reduces the glucose uptake from the intestine to blood stream. Both *Neelakanta Rasa* taken along with *Phalatrikadi Kashaya* as *Anupana*, action of the drug improves. *Phalatrikadi Kashaya* normalize the glucose uptake and formation of hepatic glucose and *Neelakanta Rasa* metabolizes the remaining glucose by helping in production of insulin and transporting the glucose with improving *Dhatwagnis*. Further gives *Bala* to the body

CONCLUSION

Madhumeha is *Sadhya* for *Chikitsa*, but in practice the patients with newly diagnosed, those who do not take modern intervention not more than 6 months can be reversible with the *Shodhana*, *Shamana* and *Rasayana* therapies.

Table 1: Ingredients and Rasa Panchaka of Abhayadi Kwatha.

Dravya	Rasa						Guna	Virya		Vipaka		Karma
	Madhura	Amla	Lavana	Katu	Tikta	Kashahya		Ushna	Sheeta	Madhura	Katu	
Abhaya	+	+	-	+	+	-	Laghu, Ruksha	+	-	+	-	Tridoshagna
Amalaki	+	+	-	+	+	-	Laghu, Ruksha	-	+	+	-	Tridoshagna
Pippali	-	-	-	+	-	-	Laghu, snigdha, Tikshna	+	-	+	-	Vatashlesmahara, Deepana
Chitraka	-	-	-	+	-	-	Laghu, Ruksha, Tikshna	+	-	+	-	Vatashlesma Hara, Deepana Pachana

Table 2: Ingredients & Rasa Panchaka of Neelakantharasa

Dravya	Rasa						Guna	Virya		Vipaka		Karma
	Madhura	Amla	Lavana	Katu	Tikta	Kashahya		Ushna	Sheeta	Madhura	Katu	
Parada	+	+	+	+	+	+	Snigdha, Sara, Guru	+	-	+	-	Yogavahi
Gandhaka	+	-	-	-	-	-	Snigdha, Sara	+	-	-	+	Vatakaphahara
Tamra Bhasma	+	+	-	-	+	+	Laghu, Sara	+	-	+	-	Pittakapha Hara
Loha Bhasma	-	-	-	-	+	+	Guru, Rooksha, Lekhana and Sara.	-	+	+	-	Tridoshagna

Vatsanabha	+	-	-	+	+	+	Tikshna, Laghu, Vikasi, Sukshma & Vyavayi	+	-	+	-	Tridoshagna
Chitraka	-	-	-	+	-	-	Laghu, Ruksha, Tikshna	+	-	+	-	Vatashlesma Hara, Peedana Pachana
Padmaka	-	-	-	-	+	+	Laghu, Snigdha	-	+	-	+	Vatapittahara
Veranga	+	-	-	-	+		Laghu, Ruksha	+	-	-	+	Vatapittahara
Renuka	-	-	-	+	+	+	Laghu, Ruksha,	+	-	-	+	Vatakaphahara
Musta	-	-	-	+	+	+	Ruksha, Laghu.	-	+	-	+	Kaphapittahara
Granti	-	-	-	+	-	-	Laghu, Tikshna, Snigdha	+	-	+	-	Vatakaphahara
Ela	+	-	-	+	-	-	Laghu, Ruksha	-	+	-	+	Kaphavatahara
Nagakesara	-	-	-	-	+	+	Ruksha, Tikshna, Laghu	+	-	-	+	Kaphapittahara
Pippali	-	-	-	+	-	-	Laghu, Snigdha, Tikshna	+	-	+	-	Vatashlesma Hara,
Maricha	-	-	-	-	+	-	Tiksna, Laghu	+	-		+	Vatakaphahara
Shunti	-	-	-	+		-	Guru, Ruksha, Tikshna	+	-	+	-	Vatakaphahara
Abhaya	+	+	-	+	+	-	Laghu, Ruksha	+	-	+	-	Tridoshagna
Amalaki	+	+	-	+	+	-	Laghu, Ruksha	-	+	+	-	Tridoshagna
Bibitaki	-	-	-	-	-	+	Ruksha, Laghu.	+	-	+	-	Kaphapittahara
Purana Guda	+	-	-	-	-	-	Laghu, Abhishyandi	-	+	+	-	Pittahara

Table 3: Ingredients & Rasa Panchaka of Phalatrikadi Kashaya

Dravya	Rasa						Guna	Virya		Vipaka		Karma
	Madhura	Amla	Lavana	Katu	Tikta	Kashaya		Ushna	Sheeta	Madhura	Katu	
Abhaya	+	+	-	+	+		Laghu, Ruksha	+	-	+	-	Tridoshagna

<i>Amalaki</i>	+	+	-	+	+		<i>Laghu, Ruksha</i>	-	+	+	-	<i>Tridoshagna</i>
<i>Bibitaki</i>	-	-	-	-		+	<i>Ruksha, Laghu</i>	+	-	+	-	<i>Kaphapittahara</i>
<i>Musta</i>	-	-	-	+	+	+	<i>Ruksha, Laghu.</i>	-	+	-	+	<i>Kaphapittahara</i>
<i>Vishala</i>	-	-	-	-	+	+	<i>Laghu, Snigdha</i>	+	-	-	+	<i>Vatakaphahara</i>
<i>Darvi</i>	-	-	-	-	+	+	<i>Laghu, Ruksha</i>	+	-	-	+	<i>Kaphapittahara</i>

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