



ISSN 2456-3110

Vol 3 · Issue 1

Jan-Feb 2018

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

JAIMS



**Charaka**  
Publications

Indexed

# Role of combined effect of *Samsamani Vati* & *Darvyadi Kwatha* in the management of *Madhumeha* w.s.r. to Type - II Diabetes Mellitus - A Case Study

Archana Kashid Zende

Assistant Professor, Dept. of Kayachikitsa, D. Y. Patil School of Ayurveda, Nerul, Navi Mumbai, Maharashtra, India.

## ABSTRACT

**Background:** Diabetes Mellitus is a metabolic disorder in which carbohydrate utilization is reduced and that of lipid and protein enhanced; it is caused by an absolute or relative deficiency of insulin and is characterized by Hyperglycemia. The mortality rate due to Diabetes mellitus is very high and is ranked fifth amongst the ten major causes of death in southern part of India. The prevalence of Diabetes in adults globally was estimated to be 150 million and this figure is expected to double by 2025. *Ayurveda* has described that a rational treatment is one where the medicine modifies the disease; on the other hand it doesn't provoke new complaints. Due to all these things it has become a challenge for *Ayurvedists* to search for an additional safe and effective treatment. **Objective:** To evaluate the combined effect of *Samsamanivati* & *Darvyadi Kwatha* in the management of *Madhumeha* w.s.r. to type-II Diabetes Mellitus. **Method:** A 55yr old female patient presenting symptoms of *Prabhutmutrarta*, *Naktamutrata*, *Trushna*, *Hastapadadaha*, *Alasya* since two years. Patient was k/c/o DM since 2yrs. Patient was treated with *Samsamanivati* - 250mg (2 tab) two times a day after meal and *Darvyadi Kwatha* - 40ml. after meals two times a day for three months. BSL(F) and BSL (PP) was done before and after treatment. **Result:** The combination of these medicines has also shown highly significant in subjective parameters and moderately significant in objective parameters. **Conclusion:** These selected combination of medicines were found to be highly significant in treating type II Diabetes mellitus.

**Key words:** *Samsamani Vati*, *Darvyadi Kwatha*, *Madhumeha*, *Type - II Diabetes Mellitus*.

## INTRODUCTION

Diabetes mellitus is metabolic disorder of carbohydrate, fat and protein characterized by hyperglycemia with or without glycosuria. It is caused by defective insulin secretion, resistance to insulin action, or a combination of both. Hyperglycaemia and

inevitable consequence of diabetes are the source of most deleterious effects, along with alteration in glucose and lipid metabolism and modification in liver enzyme levels. Type II diabetes mellitus is prone to have several lipid abnormalities, including elevated plasma cholesterol, triglycerides (due to increased VLDL and lipoprotein remnants), elevated levels of dense LDL, and decreased plasma levels of HDLC with secondary manifestations namely Atherosclerosis, Ischemic Heart Disease and Stroke.

Two third of Type II diabetic patients die of macrovascular disease.<sup>[4]</sup> These are referred to as *Santarpanjanya Vyadhis* in classical text like *Charaka Samhita* with causative factors like over-nutrition, stress, lack of exercise along with impaired metabolism.<sup>[1]</sup> The treatment goals have evolved significantly over the past decades from preventing imminent mortality, to alleviating symptoms, to normalize glucose levels with the intent of forestalling

### Address for correspondence:

Dr. Archana Kashid Zende

Assistant Professor, Dept. of Kayachikitsa, D. Y. Patil School of Ayurveda, Nerul, Navi Mumbai, Maharashtra, India.

E-mail: suhas\_vjti@rediffmail.com

Submission Date : 03/01/2018 Accepted Date: 15/02/2018

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.v3i01.11647

diabetic complication. It is fairly convincing that the herbal or mineral remedies stated in *Ayurveda* used singly or in combination have potency to reduce the blood sugar level. As per the *Charaka Samhita*, *Prameha* is generally *Kaphapradhan Tridoshaj Vyadhi*, and *Madhumeha* has been classified under *Vataja* type of *Prameha*. So Drug used for T/t of *Prameha* should be *Kapha-Vataghna* and *Santarpaka*.

### OBJECTIVE OF THE STUDY

To evaluate the combined effect of *Samsamani Vati* & *Darvyadi Kwatha* in the management of *Madhumeha* w.s.r. to type -II Diabetes mellitus.

### CASE REPORT

A 55yr old female patient presenting symptoms of *Prabhutmutrarta*, *Naktamutrata*, *Trushna*, *Hastapadadaha*, *Alasya* since two years came to D. Y. Patil Ayurvedic Hospital Nerul, Navi Mumbai. Patient was k/c/o DM since 2 yrs, she has been advised certain medication by local practitioner, detail of which are unavailable but she didn't get relived. Again she had consulted allopathy professional who prescribed with oral hypoglycaemic agent but she didn't follow explicitly. Then she visited to *Kayachikitsa* OPD for further management Patient was treated with *Samsamani Vati* - 250mg (2 tab) two times a day after meal and *Darvyadi Kwatha* - 40ml after meals two times a day for three months BSL(F) and BSL (PP) was done before and after treatment. Patient was thoroughly examined and detailed history was taken. Patient was housewife by occupation, In examination patient was afebrile, PR was 80/min, regular, BP - 130/88mm of Hg, no pallor, no icterus was present BSL(F) and BSL (PP) was done to know current status of blood sugar level.

### MATERIALS AND METHODS

**Ingredients of Samsamani Vati (Siddha Yoga Sangraha, Jwara Adhikara, AFI vol. II)**

| Sanskrit Name  | Latin Name                  | Parts used | Proportion |
|----------------|-----------------------------|------------|------------|
| <i>Guduchi</i> | <i>Tinospora Cordifolia</i> | Stem       | 1 part     |

### Preparation of Drug

*Guduchi* coarse powder is taken. It is added with 16 times water and boiled, reduced to quarter parts. It is filtered and further boiled till it gains a semisolid paste form. It is then rolled into pills form.

### Administration of Drug

*Samsamani Vati* -250mg (2 tab) two times a day for three months.

***Darvyadi Kwatha (Sharangdhara Samhita, Kwatha Kalpana)***

| Sanskrit Name   | Latin Name  | Parts used                     | Proportion                   |
|---|---|--------------------------------|------------------------------|
| <i>Darvi (Daruharidra)</i>  | <i>Berberisaristata D.C.</i>  | <i>Kanda (Rhizome)</i>         | 1 part                       |
| <i>Devdaru</i>  | <i>Cedrusdeodara (Roxb) Loud.</i>   | <i>Twak</i>                    | 1 part                       |
| <i>Triphala</i><br>1. <i>Amalaki</i><br>2. <i>Haritaki</i><br>3. <i>Bibhitaki</i> | <i>Emblica officinalis Gaertn.</i><br><i>Terminalia chebula Retz.</i><br><i>Terminalia bellerica Roxb</i> | <i>Phalamajja except Beeja</i> | 3 part (1 part of each drug) |
| <i>Musta (Nagarmotha)</i>   | <i>Cyperus rotundus Linn</i>  | <i>Kanda (Rhizome)</i>         | 1 part                       |

**Preparation of Drug :** *Darvyadi Kwatha* was prepared according to *Sharangdhara Samhita, Kwatha Kalpana*.

**Administration of Drug:** Patient was administered Trial Drug in dose of 40 ml two times a day, after meal for 3 months duration.

**Study Design:** Single Case Study

### RESULTS

| Follow up                                    | Symptoms  | Treatment                        | Investigation   |
|--|---|----------------------------------|-----------------|
| On day 1 <sup>st</sup> (0 <sup>th</sup> day) | <i>Prabhutmutrata</i> +++<br><i>Hastapadadaha</i> | <i>Samsamani Vati</i> - 250mg (2 | BSL Fasting PP, |

|  |   |  |                          |
|--|---|--|--------------------------|
|  | +++<br>Naktamutrata +++<br>Trushna ++<br>Alasya++                               | tab) two times a day<br>Darvyadi Kwatha - 40ml after meals two times a day                           | HbA1C                    |
| After one month (30 <sup>th</sup> day)   | Prabhutmrata ++<br>Hastapadaldaha ++<br>Naktamutrata ++<br>Trushna +<br>Alasya+ | Samsamani Vati - 250mg (2 tab) two times a day<br>Darvyadi Kwatha - 40ml after meals two times a day | -                        |
| After two month (60 <sup>th</sup> day)   | Prabhutmrata +<br>Hastapadaldaha +<br>Naktamutrata +<br>Trushna +<br>Alasya+    | Samsamani Vati - 250mg (2 tab) two times a day<br>Darvyadi Kwatha - 40ml after meals two times a day | -                        |
| After three month (90 <sup>th</sup> day) | No symptoms   | Samsamani Vati - 250mg (2 tab) two times a day<br>Darvyadi Kwatha - 40ml after meals two times a day | BSL Fasting PP,<br>HbA1C |

|                          |                           |
|--------------------------|---------------------------|
| Post prandial - 334mg/dl | Post prandial - 189 mg/dl |
| HbA1C - 10.3 %           | HbA1C - 7.1 %             |

## DISCUSSION

Madhumeha is a Kapha-Vata dominated Tridoshaj Vyadhi; involving the Dushyas i.e. Meda, Rasa, Rakta, Mamsa, Majja, Shukra, Oja, Vasa, Lasika, Ambu.<sup>[5]</sup> In Madhumeha due to Nidana Sevana, Dhatvagnimandya develops and improper nourishment of Dhatu's sets in all the Dushya. Guduchi is Tikta, Kashaya Rasatmaka, having Madhura Vipaka, Ushna Virya and Guru, Snigdha, Tridoshaghna, Deepana and Pachana Guna.<sup>[6]</sup> It acts as Vrushya, means corrects the Shukra Dushti ultimately Ojo Dusthi and works as a Dhatubalyakara. As Guduchi is Rasayana in nature, it helps to recover the Dhatukshaya and Ojakshaya because of Dhatupushti. Guduchi has anti diabetic activity.<sup>[7]</sup> The aqueous extract of stem of *Tinospora cordifolia* (TC), Commonly known as Guduchi Sattwa in Ayurveda, is recommended for the treatment of diabetes mellitus.<sup>[3]</sup> In the pathogenesis of Madhumeha, the Kapha and Pitta are the main Dosha, where as the most important Dushyas are Meda and Kleda. So, in it's management such drugs have to be selected which are against Meda and Kleda as well as have the Rasayana effect. Darvyadi Kwatha having reference in Charaka Samhita, has been prescribed. This preparation contains six drugs. They are Darvi, Devdaru, Haritaki, Amalaki, Bibhitaki and Musta. Darvyadi Kwatha has been advocated by Acharya Charaka for management of Kaphaja Prameha i.e. Santarpanjanya Vikara in CharakaSamhita Prameha Chikitsa.<sup>[2]</sup> All these six drugs have Kaphahara and Vatahara properties and as Madhumeha is a Vata-Kapha Pradana Vyadhi, this medicine is useful in the disease. Haritaki and Devdaru is a good nervine and helps in nervous weakness and nervous irritability and promotes the receiving power of the five senses. Bibitaki helps in lowering cholesterol and blood pressure. Musta and Triphala along with Darvi has property of Mootra Sangrahana action which is considered as the cardinal feature of the disease

| Before Treatment          | After Treatment          |
|---------------------------|--------------------------|
| BSL – Fasting - 202 mg/dl | BSL – Fasting -144 mg/dl |

*Madhumeha*. Even the drugs like *Darvi*, *Dhatri*, *Haritaki*, *Bibhitaki* and *Musta* have a direct reference of anti-diabetic action. The drug *Dhatri* has also got a specific action in Hypercholesterolemia, and *Darvi* and *Musta* has got the action of *Lekhana*. So these two drugs will be helpful in the patients of *Madhumeha* who are *Sthula*. *Dhatri*, *Darvi*, *Triphala*, *Musta* have the actions like *Raktaprasadana*, *Kushtahara* and *Sothahara*. Because of these *Gunas* it will be helpful for the skin lesions which are produced in the disease *Madhumeha*. Particularly the drug *Dathri* is having the actions *Rasayana* and *Chakshusya*, because of which it will be helpful in the *Madhumeha* patients who will be having the symptoms of *Daurbalya*. Even the *Chakshusya* effect will be helpful for the diabetic patients to avoid the complications like Diabetic Retinopathy etc. *Haritaki* does *Shoshana* of *Drava Kapha* and *Kledha*; there by reduces *Mootradhikya Lakshana*. *Haritaki* has *Dipana-Paachana* property so the *Dooshta Meda* in *Prameha* gets *Pachana* action and *Dipana* action on *Medagni* and there by reduces *Meda*, *Shaithilyata*, *Kleda* and *Dushta Kapha* is destroyed by *Haritaki* and thereby results in decrease in *Avilmootrata* and *Prabhoota Mutrata*. Similarly, *Haritaki* acts as a *Rasayana*. It reduces *Shaithilyata* due to *Vikruta Kapha* and destroys the *Strotorodha* there by resulting in normal *Rasadhaatu Karma* so that the remaining *Dhaatu* get *Tarpan* and improvement in *Bala* of *Sharira* and *Manas*. Similarly *Haritaki* acts in *Rasa Dhaatu* and *Indriya* for *Rasayana Karma* by action on *Dhaatwagni* and *Shodhana* of *Mala* in a *Rasa Vikshepan Karma*. *Amalaki* does the *Pachana* of *Kleda* and *Shodhana Karma*. *Amalaki* acts as a *Rasayana* by doing the *Shodhana Karma* of *Dhaatus* and also by doing *Utsarjana Karma* of *Kaphaadi Dosha* and *Mala*. By making the proper channels through which *Prakruta Dhatu Poshakaunsha* carried by this channel by

*Kedarkulyanyaya* and by the *Khaleykapot Nyaya Dhaatu* accepted their *Dhaatwagni Aunsha* and converted into proper *Dhaatu* with the help of *Kshiradadhi Nyaya*.

## REFERENCES

1. Shastri Kashinath, Gorakhnath Chaturvedi. Charaka Samhita of Agnivesha elaborated Vidyotini Hindi commentary, Sutrasthana 23rd chapter Santarpaniya Adhyaya, Chaukhambha Bharati Academy, Varanasi, Twelfth edition, 1984. pg. 436,437.
2. Shastri Kashinath, Gorakhnath Chaturvedi. Charaka Samhita of Agnivesha elaborated Vidyotini Hindi commentary, Chikitsasthana 6th chapter Prameha Chikitsa, Chaukhambha Bharati Academy, Varanasi, Twelfth edition, 1984. pg. 237.
3. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4016101>
4. Practical diabetes mellitus. P G Talwalkar 4th edition; page no. 221.
5. Agnivesha, Charaka, Dridhabala, Charaka Samhita, Part 2nd, edition Chaukhamba Sanskrit Prathishthan, Delhi 2009;pg no.168
6. Prof. Shanth Kumar Lucas, Chaukhamba Vishwasbharti Varanasi, First edition:2008.
7. Khedekar, et al.: Anti-diabetic activity of *Tinosporacordifolia*, International Journal of Green Pharmacy, Oct-Dec 2015; (Suppl), 9(4): S33-34

**How to cite this article:** Archana Kashid Zende. Role of combined effect of Samsamani Vati & Darvyadi Kwatha in the management of Madhumeha w.s.r. to Type - II Diabetes Mellitus - A Case Study. J Ayurveda Integr Med Sci 2018;1:95-98.  
<http://dx.doi.org/10.21760/jaims.v3i01.11647>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*