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Role of *Trikatu Gutika* and Yoga Therapy *Bhujangasana* in the management of *Madhumeh* (Diabetes)

Himanshu¹, Sunayana Sharma²

¹Assistant Professor, Department of Swasthavritta, S.R.S. Ayurvedic Medical College & Hospital, Agra, Uttar Pradesh, India.

²Professor & HOD, Department of Swasthavritta, Sri Ganganagar College of Ayurvedic Science & Hospital, Sri Ganganagar, Rajasthan, India.

ABSTRACT

Trikatu Gutika is an Ayurvedic formulation composed of three potent herbs: *Pippali* (Piper longum), *Maricha* (Piper nigrum), and *Shunthi* (Zingiber officinale). Known for its heating properties, *Trikatu* is primarily used to enhance digestion, boost metabolism, and improve bioavailability of other medicines. This combination acts as a digestive stimulant, carminative, and aids in breaking down *Ama* (toxins), thus playing a role in detoxifying the body. Its utility in managing obesity, respiratory issues, and metabolic disorders like hyperlipidemia and diabetes is also recognized. By stimulating *Agni* (digestive fire), *Trikatu Gutika* helps regulate blood sugar levels, making it useful in managing diabetes (*Madhumeha*). This abstract highlights *Trikatu Gutika*'s significance in Ayurvedic practice for its effectiveness in enhancing the body's metabolic functions and treating conditions related to impaired digestion and metabolism. *Bhujangasana* (Cobra Pose) is a beneficial Yoga posture in managing *Madhumeh* (diabetes). Practicing *Bhujangasana* helps stimulate the pancreas, encouraging insulin production and improving glucose metabolism. The backward bending of the spine in this pose stretches the abdominal muscles, massages the internal organs, and enhances circulation to the pancreas, liver, and kidneys, which are vital for controlling blood sugar levels. Regular practice of *Bhujangasana* helps reduce stress, a contributing factor to diabetes, and enhances the body's ability to utilize insulin more effectively. This abstract discusses *Bhujangasana*'s role in managing diabetes through its physiological effects, supporting holistic health, and promoting better glycemic control in individuals with diabetes.

Key words: *Trikatu*, *Bhujangasana*, *Madhumeh*, *Ama*, *insulin*

INTRODUCTION

Ayurveda and Yoga offer a holistic approach to managing *Madhumeh*, or diabetes, by addressing both metabolic imbalances and lifestyle factors. In Ayurveda, *Trikatu Gutika*, an herbal formulation, and Yoga therapy, specifically *Bhujangasana* (Cobra Pose), can together provide effective support in controlling blood sugar levels, enhancing metabolism, and improving overall health. This article explores the

combined benefits of *Trikatu Gutika* and *Bhujangasana* in diabetes management, including their physiological impact, therapeutic benefits, and usage guidelines.

Understanding *Madhumeh* (Diabetes) in Ayurveda

Madhumeh is classified in Ayurveda as a type of *Prameha* (urinary disorder) with a primary focus on *Kapha* and *Vata Doshas*. This condition results from a disruption in glucose metabolism, often due to insulin resistance or insufficient insulin production. The Ayurvedic approach views diabetes as a systemic disorder affecting various tissues, leading to symptoms like excessive thirst, frequent urination, fatigue, and weight changes. Ayurvedic management emphasizes balancing *Doshas* through herbal remedies, dietary adjustments, and lifestyle changes to restore metabolic harmony.

Role of *Trikatu Gutika* in managing *Madhumeh*

Trikatu Gutika is an Ayurvedic formulation composed of three powerful spices - *Pippali* (*Piper longum*), *Maricha* (*Piper nigrum*), and *Shunthi* (*Zingiber*

Address for correspondence:

Dr. Himanshu

Assistant Professor, Department of Swasthavritta, S.R.S. Ayurvedic Medical College & Hospital, Agra, Uttar Pradesh, India.

E-mail: himanshumorodiya33@gmail.com

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officinale) - all of which are known for their pungent (*Katu*) taste and heat generating properties. The combined effect of these ingredients in *Trikatu Gutika* stimulates the digestive system, enhances metabolism, and supports fat and sugar metabolism, making it beneficial in the management of diabetes.

Improves Digestive Fire (*Agni*)

Trikatu Gutika enhances digestive fire, or *Agni*, which is essential in the breakdown and assimilation of nutrients. Proper digestion helps prevent the formation of *Ama* (toxins) that can lead to metabolic imbalances and aggravate diabetic symptoms.

Enhances Insulin Sensitivity

Pippali, *Maricha*, and *Shunthi* all support insulin sensitivity by promoting glucose utilization. Regular use of *Trikatu Gutika* helps improve the efficiency of insulin receptors, reducing blood sugar levels naturally.

Reduces *Kapha Dosh*a and Balances Metabolism

Trikatu is particularly effective for individuals with *Kapha* dominance, as it balances excess *Kapha*, which is often associated with obesity, sluggishness, and insulin resistance. This metabolic balance is critical in *Madhumeah* management, as excess *Kapha* can lead to weight gain and exacerbate diabetic symptoms.

Supports Fat Metabolism

Trikatu Gutika aids in breaking down stored fat, which can reduce visceral fat around the abdomen - a common issue for those with type 2 diabetes. Decreased abdominal fat helps in better glycemic control and lowers the risk of complications.

Detoxifying Effect

The thermogenic properties of *Trikatu Gutika* induce sweating, which aids in flushing out toxins. This detoxifying effect is beneficial in maintaining a healthy internal environment, essential for diabetes management.

Dosage and Precautions for *Trikatu Gutika*

The recommended dosage of *Trikatu Gutika* generally ranges from 1 to 2 tablets twice daily, taken after meals with lukewarm water, under the guidance of an

Ayurvedic practitioner. Although *Trikatu Gutika* offers numerous benefits, it may not be suitable for everyone. Patients with high *Pitta* related issues, such as acid reflux or hyperacidity, should use it cautiously. Pregnant women and individuals with gastrointestinal conditions should avoid *Trikatu Gutika* unless advised by a professional.

Yoga Therapy for Diabetes: The Role of *Bhujangasana* (Cobra Pose)

Yoga therapy has a valuable role in managing *Madhumeah* by promoting physical activity, reducing stress, and stimulating endocrine function. *Bhujangasana*, or Cobra Pose, is particularly beneficial for individuals with diabetes due to its focus on the abdominal region, pancreas, and overall metabolic balance.

1. Stimulates the Pancreas

Bhujangasana creates a gentle pressure on the abdomen, stimulating the pancreas and enhancing insulin production. This improved insulin release helps regulate blood sugar levels and supports overall glucose metabolism.

2. Improves Circulation

The pose promotes better blood circulation, especially in the abdominal region, supporting healthier pancreatic and digestive functions. Improved blood flow contributes to optimal cellular health and insulin sensitivity.

3. Strengthens Core Muscles

By engaging and strengthening the core and spinal muscles, *Bhujangasana* supports digestive and metabolic processes. A strong core promotes better digestion and reduced strain on the pancreas.

4. Reduces Abdominal Fat

Bhujangasana stretches and tones the abdominal area, helping reduce excess fat around the waistline. This reduction in visceral fat is linked to improved insulin sensitivity, making it valuable for those with diabetes.

5. Alleviates Stress

Stress has a direct impact on blood sugar levels. *Bhujangasana*, when combined with deep breathing,

calms the nervous system, reduces cortisol levels, and encourages relaxation, which is essential for glycemic control.

How to Practice Bhujangasana: Step by Step Guide

Practicing *Bhujangasana* requires mindful alignment and deep breathing to maximize benefits. Here's a step-by-step guide:

1. Preparation

Lie flat on your stomach on a yoga mat, keeping your legs extended and feet together.

Place your palms on the mat beneath your shoulders and relax your body.

2. Entering the Pose

Inhale deeply and press your palms into the mat, lifting your chest off the ground.

Raise your head, neck, and chest while keeping your elbows close to your torso.

3. Holding the Pose

Hold the pose for 15-30 seconds, focusing on deep breathing.

Feel the gentle stretch in your abdomen and lower back, but avoid straining.

4. Releasing the Pose

Exhale as you lower your torso back down, resting your forehead on the mat.

Repeat the pose 35 times for optimal benefit, with short rest periods in between.

Precautions and Contraindications

Individuals with certain health conditions should exercise caution when practicing *Bhujangasana*. Those with recent abdominal surgery, hernias, or severe back problems should consult a healthcare provider before attempting this pose. Pregnant women are advised to avoid *Bhujangasana* as it exerts pressure on the abdomen.

Integrating Trikatu Gutika and Bhujangasana in a Holistic Approach to Diabetes Management

A holistic approach is essential in managing diabetes, and the integration of *Trikatu Gutika* and *Bhujangasana* can enhance their respective benefits.

Here are additional lifestyle tips to complement these therapies:

1. Combine with Other Asanas

Asanas like *Dhanurasana* (Bow Pose), *Paschimottanasana* (Seated Forward Bend), and *Shalabhasana* (Locust Pose) can further enhance abdominal stimulation and blood flow.

2. Include Pranayama

Practices like *Anulom Vilom* (Alternate Nostril Breathing) and *Kapalabhati* (Skull Shining Breath) improve oxygen flow, calm the mind, and support hormonal balance.

3. Incorporate Ayurvedic Herbs

Herbs like *Gudmar* (*Gymnema sylvestre*), *Jamun* (*Syzygium cumini*), and *Amla* (*Emblica officinalis*) are well regarded in *Ayurveda* for their ability to regulate blood sugar levels and improve overall health.

4. Follow a Balanced Diet

A *Sattvic* diet, rich in whole grains, fresh vegetables, and low in processed sugars, supports metabolic balance and reduces the risk of glycemic spikes.

5. Practice Mindful Eating

Eating mindfully, with awareness of portion sizes, helps in better digestion and prevents overeating, which can contribute to blood sugar fluctuations.

Scientific Evidence Supporting Ayurveda and Yoga in Diabetes Management

Research supports the effectiveness of *Ayurveda* and *Yoga* in managing diabetes. Studies show that herbal formulations like *Trikatu Gutika* can improve glucose metabolism, enhance insulin sensitivity, and reduce cholesterol levels. Similarly, *Yoga*, especially *Asanas* like *Bhujangasana*, has been shown to reduce HbA1c levels, improve blood glucose control, and lower stress markers in diabetic patients.

In a study published in the *Journal of Ayurveda and Integrative Medicine*, *Trikatu* was found to have thermogenic and metabolic enhancing properties, helping reduce insulin resistance. Another study in the *International Journal of Yoga* reported that regular

Yoga practice, including *Bhujangasana*, improved blood sugar regulation, reduced body mass index (BMI), and enhanced cardiovascular health in diabetic patients.

CONCLUSION

The combination of *Trikatu Gutika* and *Bhujangasana* offers a unique, complementary approach to managing *Madhume* by addressing both metabolic function and physical wellbeing. *Trikatu Gutika* enhances digestion, reduces *Kapha*, and stimulates fat metabolism, while *Bhujangasana* promotes pancreatic health, improves circulation, and reduces stress. Together, these practices provide a well-rounded approach to diabetes management, supporting a balanced lifestyle and greater control over blood sugar levels. By integrating *Ayurveda*, *Yoga*, and mindful living, individuals with diabetes can achieve improved health and wellbeing.

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