



Panchakarma management of Diabetic Peripheral Neuropathy - A Case Report

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Diabetic peripheral neuropathy is a type of nerve damage that can occur with uncontrolled diabetes. It affects 50% to 90% of patients and out of these 15-30% will have painful diabetic neuropathy. Conventional medicine has less than satisfactory result, hence there is need to find out safer & effective treatment from the sources other than the conventional medicine. Aim: The aim was to evaluate the role of Panchakarma treatment modalities in Diabetic peripheral neuropathy. Method: A 60-year-old female patient suffering from Type 2 Diabetes mellitus for 5 years, then she gradually developed Tingling sensation over bilateral lower limb, burning sensation, pain, sense of numbness, constipation for 3 years. There was no any Straightforward correlation with Ayurveda so treatment was done as per associated Dosha condition. Panchakarma procedure such as Nitya Virechana with Castor oil and Milk was given as per Agni and Kostha of the patient, Utsadana with Triphala-Nimba Churna with Nimba Taila and Dashamoola Ksheera Parisheka was done for 15 days. Assessment was done with Fasting and post-prandial blood sugar level, MTCNS (Modified Toronto clinical neuropathy score), Vibration perception threshold, Hot threshold, Cold threshold, Mono filament test was done by Neuropathy analyzer machine before and after completion of treatment. Result & Conclusion: Significant improvement was seen in subjective as well as objective parameters after the treatment. The study suggested that Nitya Virechana along with Bahirparimarjana Chikitsa can be useful to relieve the symptoms of Diabetic peripheral neuropathy.

Keywords: Bahirparimarjana Chikitsa, Diabetic peripheral neuropathy, Nitya Virechana

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Introduction

Diabetic neuropathy is a type of nerve damage that can occur with uncontrolled diabetes. High blood sugar can injure nerves throughout the body. Diabetic neuropathy most often damages nerves in the legs and feet. Depending on the affected nerves, diabetic neuropathy symptoms include pain and numbness in legs, feet and hands. It can also cause problems with the digestive system, urinary tract, blood vessels and heart. Some people have mild symptoms. But for others, diabetic neuropathy can be quite painful and disabling.[1]

No medical treatment has proven effective in preventing or arresting the disease process. The goal of the management is to prevention of diabetic foot or amputation. In *Ayurveda*, it can't be straightforwardly correlated with any disease, but can be analogous with the symptoms of *Prameha Upadrava* or *Madhumeha* or *Prameha Poorvarupa*. Other scattered references are available in text, which are mainly *Vata-Pitta* dominant. So, treatment which is *Vata-Pitta Shamaka* should be initiated.

Case Report

Presenting Complaint

A 60-year-old female patient residing in Gujarat, Jamnagar district, belonging to middle economic class reported the Panchakarma outpatient department (OPD) ITRA, Jamnagar, with the chief complaints of tingling sensation and numbness over bilateral lower limbs, pain, burning sensation over bilateral soles for 3 years, chronic constipation, reduced appetite and psychological stress.

History of present illness

Patient was apparently healthy 5 years back. She was detected with diabetes mellitus 5 years ago. From past 3 years patient started complaining of tingling sensation and numbness over bilateral lower limbs, pain sensation over bilateral lower limbs, burning sensation over bilateral soles, generalised weakness, constipation, reduced appetite for which she consulted and took allopathy medicine but had not noticed any relief. Later, with *Ayurveda* treatment she had relief. Later, the complaints again aggravated from past 2 months, and hence patient got admitted for better management in ITRA *Panchakarma* hospital, Jamnagar.

Past medical history

She was under medication of Type 2 Diabetes mellitus and multi vitamins. Patient had previously consulted a private hospital 1 year back (details of medications were not available) where she has not noticed any relief. Later took *Ayurveda* treatment and felt temporary relief.

Personal history

Appetite: reduced

Bowel: irregular, Hard stool, non-satisfactory once/day

Micturition: regular 4-5times/day, 1-2 times/night

Sleep: Disturbed

Addiction: 3-4 cups tea/day

Habits: outside food weekly thrice

General examination

On physical examination, appearance was moderately built.

Complexion: whitish

B.P.: 130/90mmhg

Pulse: 78/min

Respiratory rate: 18/min

Temperature: Afebrile

Systemic examination

CVS: S1S2 heard, no murmurs

CNS: conscious & oriented to time, place & person

RS: NVBS heard, no added sounds

The investigations like haematology, urology analysis were normal, Vitamin B12 level was normal, biochemistry analysis as Fasting Blood sugar and Post prandial Blood sugar were 267mg/dl and 163mg/dl respectively.

Diagnostic Criteria

Known case of Type 2 Diabetes mellitus along with clinical presentation of Diabetic peripheral neuropathy: Tingling sensation, pricking type of pain, burning sensation over bilateral lower limbs, generalised weakness present, impairment of any one: Vibration perception threshold, hot threshold test, cold threshold test, monofilament test.

Assessment Criteria

Modified Toronto clinical neuropathy score (mTCNS), Vibration and thermal threshold test by Neuropathy analyser Biothesiometer, Monofilament test., Fasting and Post prandial Blood sugar level.

Treatment Given

(On-going mediations of Diabetes mellitus type 2 were allow to continue during treatment)

Nitya Virechana with Castor oil and Cow milk, *Utsadana* with *Triphala-Nimba Churna* with *Nimba Taila*, *Parisheka* with *Dashamoola Ksheera Kashaya* for 15 days.

Days	Treatment given - Nitya Virechana with Castor oil and Milk (As per Agni and Koshtha of patient)	Observation
Day 1	Dose - 20ml Time - 7:15am Vega - 01	Udarshoola, Shirogaurav
Day 2	Dose - 20ml Time - 7:15am Vega - 01	Udarshoola, Shirogaurav
Day 3	Dose - 20ml Time - 7:15am Vega - 02	Udarshoola, Shirogaurav
Day 4	Dose - 30ml Time - 7:15am Vega - 03	Vatanulomana, Laghuta
Day 5	Dose - 30ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta
Day 6	Dose - 50ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta
Day 7	Dose - 50ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta
Day 8	Dose - 50ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta
Day 9	Dose - 50ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta
Day 10	Dose - 50ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta
Day 11	Dose - 50ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta
Day 12	Dose - 50ml Time - 7:15am Vega - 02	Vatanulomana, Laghuta, Agnideepti
Day 13	Dose-50ml Time- 7:15am Vega-03	Vatanulomana, Laghuta, Agnideepti
Day 14	Dose - 50ml Time - 7:15am Vega - 03	Vatanulomana, Laghuta, Agnideepti
Day 15	Dose - 50ml Time - 7:15am Vega - 03	Vatanulomana, Laghuta, Agnideepti

Days	Treatment given - Bahirparimarjana Chikitsa (Utsadana with Triphala Nimba Churna with Nimba Taila), (Parisheka with Dashamoolaksheera)Duration: 20-30 minutes	Observation
Day 1	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	-
Day 2	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	-
Day 3	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	-
Day 4	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	-
Day 5	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Angamardavta
Day 6	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka Mridugatrata, Angamardavta
Day 7	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Angamardavta, Susnigdhavaka, Mridugatrata, Angamardavta
Day 8	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani
Day 9	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani
Day 10	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani
Day 11	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani
Day 12	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani
Day 13	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani
Day 14	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani
Day 15	Utsadana with Triphala-Nimba Churna with Nimba Taila followed by Parisheka with Dashamoola Ksheera.	Susnigdhavaka, Mridugatrata, Angamardavta, Shooluparam, Vyadhihani

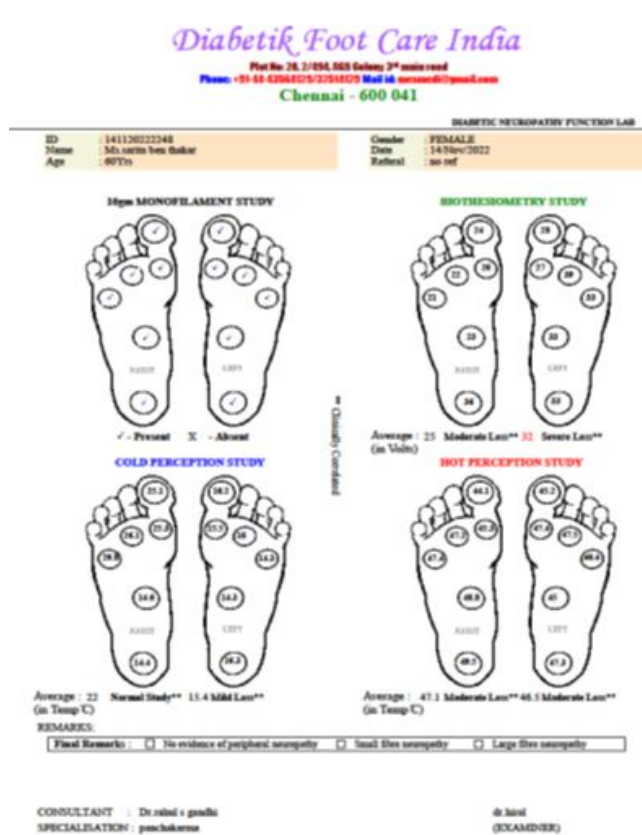
Assessment

Fasting blood sugar (mg/dl)		Post prandial blood sugar (mg/dl)	
Before treatment	After treatment	Before treatment	After treatment
267	105	163	152

Modified Toronto clinical neuropathy score:

Symptoms scores score	BT	AT	Scoring
Pain	1	0	1= Present
Numbness	1	0	0= Absent
Tingling	1	0	
Weakness	1	0	
Ataxia	0	0	
Upper limb symp	1	1	
Reflexes			
Knee reflex (Rt.)	1	0	0=Normal
Knee reflex (Lt.)	1	0	1= Reduced
Ankle reflex (Rt.)	1	0	2=Absent
Ankle reflex (Lt.)	1	0	
Sensory Test Score			
Pin prick	1	0	0= Normal
Temperature	1	0	1= Abnormal
Light touch	1	1	
Vibration	1	0	
Position sense	0	0	
Total score	13	2	

Neuropathy Analyzer's readings



Before Treatment

Diabetik Foot Care India

Plot No. 28, 2/654, 653 Colony 3rd main road
Phone: +91 44 42064075/27918079 Mail id: oscaruadi@gmail.com
Chennai - 600 041



After Treatment

Discussion

The disease Diabetic peripheral neuropathy cannot be straightforwardly correlated with any disease in ayurveda,

But comparable to *Lakshana* of *Poorva Rupa* & *Upadrava* of *Prameha/ Madhumeha*. & some other scattered references in text. Diabetic peripheral neuropathy symptoms include: Pain at B/L lower limbs, tingling sensation, numbness at B/L L/L., Burning sensation at B/L soles so treatment should be initiated which pacifying *Vata* & *Pitta dosha*. In Diabetic neuropathy symptoms incorporate Lancinating pain, Numbness, tingling sensation are indicating association of *Vata dosha*, as per Ayurvedic classics Any kind of Pain which is always associated with *Vata*.^[2] whereas burning sensation is because of *Ushna Guna* of *Ashayapkarshita Pitta Dosha*.^[3] Tingling sensation i.e., *Harsha* is included in *Vata Nanatmaja Vyadhi*.^[4] Here, *Chala guna* of *Vata* is responsible for *Hasha*. Numbness i.e., *Supti*^[5] is a symptom of *Snayu, Kandara, Sira Dushti*^[6] & also it is *Vata Nanatmaja Roga. Supti* is produced by *Sheeta* & *Chala guna* of *Vata*. Hence drugs & treatment pacifying *Vata* & *Pitta dosha* are valuable in treatment of diabetic neuropathy. (For Assessment of *Nitya Virechana, Utsadana* & *Parisheka* - *Samyakadi lakshana* of classical *Virechana, Snehana, Swedana* were adopted respectively, as it is not validated yet.)

Nitya Virechana

As DPN considered as an Advance stage of Diabetes mellitus, & considered it as *Bahudosha Avastha* with predominance of *Vata Dosha*. & for treatment of *Vata* in text mentioned as *Abhyanga, Swedana, Mridu Samsodhana*.^[7] If *Shodhana* like *Vamana, Virechana* if done, it will further aggravate *Vata* & worsens condition. So, treatment like *Vata Shamaka* or *Brimhana* should be initiated. & in *Vata Pradhana Vyadhi Mridu Samsodhana* is line of treatment & *Nitya Virechana* is a *Mridu samsodhana*. So, in this study *Eranda Taila* & Milk was selected for *Nitya Virechana* purpose. *Virechana* with *Eranda Taila* & cow's milk is indicated in *Vatavyadhi*^[8] & *Vata Rakta Chikitsa Adhyaya*,^[9] Ratio of 1:2 was taken. *Eranda Taila* possess *Adhobhagdosha Harana* (downward expulsion of *Doshas*), *Bhedana, Ushna* (hot), *Tikshna* (sharp) like properties along with ricinolic acid in chemical composition having tendency to active prostaglandin & act as an irritant which produces purgation.^[10]

Utsadana

In *prameha Tridosha* -*Vata, Pitta, Kapha* and 10 *Dushyas* (*Rasa, Rakta, Mamsa, Meda, Vasa, Majja, Ambu, Lasika, Shukra, Oaj* are involved).^[11]

So, *Ruksha Udvartana* is indicated for *Aptarpana* purpose.^[12] Increase *Kleda, Meda, and Kapha* are the root cause for developing *Prameha* so to break the *Samprapti* from the root *Udvartana* is indicated.

^[13] *Ruksha Udvartana* may lead to small complications like small skin abrasions or skin damage or folliculitis, which may difficult to heal for diabetic patient. Numbness is there so patient may not sense it, if complication occurs, so to prevent a complication, *Utsadana* is advisable as it contains oil. For *Utsadana* purpose *Triphala Churna Nimba Churna* & *Nimba* oil is selected here, because *Triphala Churna* is *Tridosha Shamak* specifically *Kapha Shamak* & *Vata Shamak, Nimba Churna* & *Nimba* oil becoming *Pitta* & *Rakta Shamak*, helps to break the root pathology of Diabetes.

Parisheka

Acharya have told *Vata* is associated with *Pitta dosha, Drava Sweda* is advisable,^[14] therefore *Dashamoola Kashaya Ksheera Parisheka* was used, which is advised in *Vata Rakta Chikitsa* chapter.^[15] It improves the sensory perception of the skin as *Vayu* dominates the tactile sensory organ located in the skin. the main ingredient of *Ksheera Parisheka* treatment is Milk, benefits of *Ksheera Parisheka* are for proper blood circulation in the body as well as lubricating the joints, relieving pain, spasms & stiffness of muscles and joints. As the nerve cells are damaged, it results in loss of sensation of body. *Vata* is responsible for sensation in our body, so we have to consider the *Vata* also. *Ksheera* has properties like *Madhura Rasa, Madhura Vipaka, Snigdha Guna, Vata-Pitta Shamaka* & *Dhatu Vardhaka*. & Milk contains all the elements necessary for the growth & nutrition of bones, nerves, muscles & other tissues. It is rich in proteins, Fats, Carbohydrates, Vitamins & Minerals. The drugs used in *Dashamoola Kwatha* are effective on the basis of *Dosha, Dushya* & *Srotasa* involved in the pathogenesis of the disease. So, Combinedly *Dashamoola Ksheera Dhara* helps in *Vata* dominant symptoms i.e., reduction of pain, tingling sensation, Numbness as well as burning sensation also.

Conclusion

Diabetic peripheral neuropathy patients had a significant improvement in both Subjective and objective parameters in the present case study. Neither during treatment nor the follow-up period were any un intended effects of therapy observed.

Thus, it can be said that these treatments are effective in managing, but further study including a larger sample size and a longer duration will be required to prove this impact.

Informed consent: Informed consent for the publication of the data was taken from the patient.

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