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Management of *Prameha* with *Mustadi Kwatha* - A Case Study

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ABSTRACT

Diabetes is a major health problem in whole world. In spite of many drugs available, uncontrolled diabetes remains a challenge. Moreover, some anti-diabetic drugs are on the verge of withdrawal due to its adverse effects. So, there is an acute need for a new effective and safe drug. So in this case study we used Ayurvedic medicine '*Mustadi Kwatha*' mentioned in *Bhaishajya Ratnawali* in *Prameha Chikitsa*. A single case study was done on use of *Mustadi Kwatha* on Type II Diabetes Mellitus. Significant reduction was seen in blood sugar level fasting and post-prandial.

Key words: Diabetes, Madhumeha, Prameha, Mustadi Kwatha.

INTRODUCTION

Diabetes mellitus (DM) is a chronic progressive metabolic disorder characterized by hyperglycemia mainly due to absolute or relative deficiency of insulin hormone. The worldwide prevalence of DM has risen dramatically over past two decades. Increase frequency and quantity along with turbidity of urine is the cardinal symptoms of *Prameha*.^[1] It is one of the disease which has been given prime importance in Ayurvedic literature as it is included *Mahagadas*^[2] i.e. diseases difficult to treat. It is the most common metabolic disorder encountered in clinical practice. However in spite of tremendous achievement of modern science, i.e. oral hypoglycemic agent (O.H.A)

and insulin they are not free from side effects and also are unable to prevent long term complication despite the availability of effective and well tolerated allopathic treatments, many patients do not achieve recommended glycemic control, there by causing primary or secondary failure. Hypoglycemic medication even at maximum doses fail to control blood glucose markers which is known as 'primary failure' and secondary failure is a condition in which glycemic control is achieved initially but in later stage there is failure of treatment cause uncontrolled sugar levels.^[3]

Ayurveda is the traditional system of Indian medicine which aims to promote and maintain balance in order to prevent disease or cure disease. Management of diabetes aims not only to achieve glycemic control but also treat root cause of a disease and prevent further complication. In spite of using O.H.A. in treatments as it can't achieve the glycemic markers properly and also many of cases even though achieving biochemical markers patient can't have significant relief in clinical symptoms. So with the curiosity, is there any better option to achieve good glycemic markers along with reduced clinical symptoms. We have selected the Ayurvedic formulation *Mustadi Kwatha*^[4] in the management of *Prameha*.

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AIM AND OBJECTIVE

- To study the effect of *Mustadi Kwatha* in the management of *Prameha*.
- To study etiopathogenesis of *Prameha*.

CASE REPORT

A 37 year, male patient came to OPD with complaints of frequent nocturnal urination (4-5 times), excessive thirst and hunger, generalized weakness and excessive sweating since two months. Blood investigation showed increased level of blood sugar and urine. Blood sugar fasting - 198 mg/dl and post prandial - 241 mg/dl and urine routine and microscopic showed trace sugar. He was not taking any oral hypoglycemic agent. So we treated this patient with freshly prepared decoction of *Mustadi Kwatha*, 50ml twice a day before food. This treatment was advised for two months. The patient showed good glycemic control and clinically improvement, after one month of treatment.

MATERIALS AND METHODS

- Drug - Freshly prepared *Mustadi Kwatha*
- Dose - 50 ml twice a day before food (*Pragbhakta*)
- Duration - two months.
- Follow up - for every 15 days

Subjective Criteria

- *Prabhutmutrata*
- *Kshudhahikya*
- *Pipasadhikya*
- *Daurbalaya*.
- *Naktamutrata*.

Objective Criteria

- Blood sugar - Fasting > 126mg/dl and post prandial > 200mg/dl
- Urine sugar

OBSERVATION AND RESULTS**Table 1: Effect of *Mustadi Kwatha* on subjective parameters.**

Follow-up	<i>Prabhutmutrata</i>	<i>Kshudhahikya</i>	<i>Pipasadhikya</i>	<i>Daurbalaya</i>	<i>Naktamutrata</i>
1 st day	11-12 Times a day	+++	+++	++	4-5 times
15 th day	9-10 Times a day	++	++	++	3-4 times
30 th day	7-8 Times a day	++	+	+	2-3 times
45 th day	6-7 times a day	+	-	-	1-2 times
60 th day	5-6 times a day	-	-	-	1 time.

Table 2: Effect of *Mustadi Kwatha* on objective parameters.

Follow-up	BSL(fasting)	BSL(Post prandial)
1 st day	198mg/dl	241mg/dl
15 th day	175mg/dl	202mg/dl
30 th day	161mg/dl	189 mg/dl
45 th day	145mg/dl	162 mg/dl
90 th day	121mg/dl	144 mg/dl

This observation shows that *Mustadi Kwatha* shows significant result in management of *Prameha*.

DISCUSSION

Ayurveda the science of life having the great heritage of healing disease and protect the life. *Prameha* is a *Kaphapradhana Tridoshaj Vyadhi*. According to Ayurveda, *Samprapti* of *Prameha* occurs due to

Strotodusthi (vitiation of channels) mainly *Mutravaha Strotas* caused by vitiation of all *Doshas* mainly *Bahudrava Shleshma* and it shows *Prabhut Avil Mutrata*.^[5] The indigenous compound drug *Mustadi Kwatha* selected for a study is a combination of *Musta* having *Lekhana, Shoshak* and *Pachak* properties, *Triphala* having *Kaphapittashamaka, Mehagna, Deepana, Pachana* and *Rasayana* properties., *Haridra* having *Mehagna, Ruksha Guna, Lekhaniya* and *Indaryava* having *Rechak, Mehagna* properties, *Devdaru, Murva* and *Lodhra* are having *Mehaghna* properties.^[6]

As the number of diabetic patients is growing in India as well as worldwide, number of patients suffering from complications will also rise. Hence it is high time to improvise our treatment plans and help to answer complicated situation. It is an observation in a single case and more studies in this direction would help in establishing Ayurvedic treatment in this condition.

After 2 months of treatment, patient showed significant relief in symptoms and drop down was seen in blood sugar levels. For improve the quality of *Dhatu* advised to continue *Mustadi Kwatha* for 3 month with regular follow up with reports.

CONCLUSION

Significant relief can be achieved in patient of diabetics by applying principles of diagnosis and treatment of *Prameha*. It is a single case study and can lay down road ahead for further research.

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