



ISSN 2456-3110

Vol 3 · Issue 5

Sep-Oct 2018

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

A clinical study on the effect of *Bilvapatra Ghana* in the management of *Madhumeha* with respect to Type II Diabetes Mellitus

Dr. Prashant P. Budhwat,¹ Dr. Rajendra G. Wagh,² Dr. Pravin A. Patil³

¹Assistant Professor, Dept of Kaychikitsa, ³Assistant Professor, Dept of Rasa Shastra and Bhaishajya Kalpana, ASPM's Ayurvedic College Hospital Research Institute, Buldana, Maharashtra, ²Ex.Professor, Dept of Rasa Shastra and Bhaishajya Kalpana, Govt. Ayurved College, Nagpur, Maharashtra, INDIA.

ABSTRACT

In the course of evolution of human life, man has struggled a lot to obtain the best of living standards. Among all necessities, health care is given the best attention because, only healthy individual can enjoy the benefits of beauties of the nature. Positive health doesn't mean only physical but physiological, mental, social and spiritual wellbeing also. If the principles of Ayurveda are studied in modern scientific way, both in respect of its approach to disease and therapy, especially in relation to *Madhumeha*. Diabetes results when the body makes too little insulin or does not use insulin properly, allowing sugar levels to build up in the blood stream. The free radicals are one of the important etiological factors for the development of diabetes and its complications. Antioxidants capable of protecting against the damage induced by free radicals and it also have a role in reducing the effects of diabetes. There are many herbal medicinal plants like *Babul*, *Bilva*, *Davana*, *Neem*, *Jambu* etc. with proven antidiabetic and related beneficial effects. *Bilvapatra* is effective in the treatment for diabetes by reducing blood glucose level. So in present study *Bilvapatra Ghana* is used in the management of *Madhumeha*.

Key words: *Madhumeha*, *Diabetes Mellitus*, *Bilvapatra Ghana*.

INTRODUCTION

Madhumeha is one of the diseases which has been given prime importance in Ayurveda literature as it is included in 'Mahagadas' i.e. diseases difficult to treat.^{[1],[2]} Increased frequency and quantity along with turbidity of urine is the cardinal symptom of *Prameha*. *Prameha*^[3] has been mentioned as

'*Anushangiroga*' by *Charakacharya* and *Santarpanjanya Vyadhi* by *Ashtanga Hridaya*.^[4] *Chakrapanidatta* further explain the term *Anushangi* as *Anushangipurnabhavi* which indicates recurrent tendency of disorder. That's why *Madhumeha* is regarded as *Yapya* disease. In present study *Bilvapatra Ghana* is used for the treatment of *Madhumeha*. In this study the role of *Bilvapatra Ghana* was studied in 30 patients of *Madhumeha* and its effectiveness is seen.

OBJECTIVES

1. To evaluate the role of *Bilvapatra Ghana* in *Madhumeha*.
2. To evaluate the BSL lowering and anti-diabetic effect of *Bilvapatra Ghana*.

MATERIALS AND METHODS

Present study is Open randomised uncontrolled clinical study. In this study was done on 30 randomly

Address for correspondence:

Dr. Prashant P. Budhwat

Assistant Professor, Dept of Kaychikitsa, ASPM's Ayurvedic College Hospital Research Institute, Buldana, Maharashtra, India.

E-mail: dr.prashantkumar2810@gmail.com

Submission Date : 12/08/2018 Accepted Date: 25/09/2018

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v3i5.13815

selected *Madhumeha* patients between age group 25 to 65 years of both sexes. Assessment was done after completion of therapy.

| Drug | <i>Bilvapatra Ghana</i> |
|-------------------------|-------------------------|
| Route of administration | Oral |
| Dose | 2 tab B.D. |
| <i>Kala</i> | Before meal |
| Duration | 12 weeks |
| Follow up | Every 2 weeks |

Inclusion Criteria

1. Random selection of patients.
2. Confirmed case of DM (NIDDM / TYPE II Diabetes Mellitus)
3. Both sexes
4. Uncomplicated
5. Age between 25 yrs to 65 yrs old
6. Fasting blood sugar level > 125 mg/dl
7. PP Blood sugar level >200 mg/dl

Exclusion Criteria

1. BSL PP > 400 mg/dl
2. Age below 25 yr and above 65 yr
3. Pregnancy and lactating mothers
4. All patients having acute complication like, Hyperglycaemic coma, keto acidosis, Infections like gangrene, cellulitis.
5. All pt. having chronic complication of DM like nephropathy, retinopathy, neuropathy etc.

Assesment Criteria

Assesment criteria is done on the basis of following symptoms,

1. *Daurbalya*.
2. *Pipasatipravrutti*.
3. *Nakta Mootrata*.

4. *Hastapadataldaha*.
5. *Pipilika Sancharavat Prachiti*.
6. *Prabhut Avil Mootrata*.
7. *Pindikodweshtan*.
8. *Swedapravrutti*.
9. *Kshudhavrudhi*.

OBSERVATION AND RESULTS

The analysis of these patients is being presented here,

Table 1: Showing percentage relief in major symptoms of *Madhumeha*

| SN | Symptom | B.T | A.T | Diff | % Relief |
|-----------------|--------------------------------------|-----|-----|------|----------|
| 1 | <i>Daurbalya</i> | 43 | 18 | 25 | 58.14% |
| 2 | <i>Pipasatipravriti</i> | 27 | 6 | 21 | 77.80% |
| 3 | <i>Nakta Mootrata</i> . | 44 | 17 | 27 | 61.36% |
| 4 | <i>Hastapadataldaha</i> | 34 | 12 | 22 | 64.71% |
| 5 | <i>Pipilika Sancharavat Prachiti</i> | 35 | 13 | 22 | 62.86% |
| 6 | <i>Prabhut Avil Mootrata</i> | 51 | 20 | 31 | 60.78% |
| 7 | <i>Pindikodweshtan</i> | 28 | 11 | 17 | 60.71% |
| 8 | <i>Swedapravrutti</i> | 27 | 10 | 17 | 63% |
| 9 | <i>Kshudhavrudhi</i> | 20 | 3 | 17 | 85% |
| n - 30 patients | | | | | |

Table 2: Showing effect on Haematological parameters of 30 patient of *Madhumeha*.

| SN | Parameter | Mean | S.D | S.E | t | p |
|----|-----------------------|-------|-------|-------|-------|---------|
| 1. | B.S.L. Fasting | | | | | |
| | B.T | 154.6 | 22.10 | 4.035 | 5.341 | <0.0001 |
| | A.T | 132.0 | 23.53 | 4.297 | | |
| | Diff. | 22.56 | 23.14 | 4.225 | | |

| | | | | | | |
|----|----------------------------|-------|--------|--------|-------|---------|
| 2. | B.S.L.Post Prandial | | | | | |
| | B.T | 234.4 | 35.804 | 6.537 | 5.451 | <0.0001 |
| | A.T | 205.5 | 38.628 | 7.052 | | |
| | Diff. | 28.93 | 29.073 | 5.308 | | |
| 3. | Urine sugar | | | | | |
| | B.T | 1.53 | 0.8193 | 0.1496 | 5.950 | <0.0001 |
| | A.T | 0.56 | 0.6261 | 0.1143 | | |
| | Diff. | 0.96 | 0.8899 | 0.1625 | | |
| 4. | HbA_{1c} | | | | | |
| | B.T | 8.08 | 1.052 | 0.1920 | 6.380 | <0.0001 |
| | A.T | 7.45 | 0.902 | 0.1647 | | |
| | Diff. | 0.63 | 0.540 | 0.0987 | | |

DISCUSSION

In present study out of 30 patients of *Madhumeha* 4 (13.33%) patients were markedly improved, 26 (86.67%) patients were improved. No one patient was cured completely or remains unchanged This shows that *Bilva Patra Ghana* is effective in relieving sign and symptoms of both *Madhumeha* and *Diabetes Mellitus* type 2. But it is not perfect master treatment to cure neither *Madhumeha* nor *Diabetes Mellitus* in 12 weeks. Longer duration assessment is required for that. But these effects definately give us hope in cure of either *Madhumeha* or *D M* type2.

CONCLUSION

In symptom wise statistical analysis, it is found that *Bilvapatra Ghana* is significantly effective in symptoms of *Madhumeha* and also found that *Bilvapatra Ghana* has significant hypoglycemic action. So *Bilvapatra Ghana* can be used as adjuvant therapy in type 2 *Diabetes Mellitus*.

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How to cite this article: Dr. Prashant P. Budhwat, Dr. Rajendra G. Wagh, Dr. Pravin A. Patil. A clinical study on the effect of *Bilvapatra Ghana* in the management of *Madhumeha* with respect to Type II *Diabetes Mellitus*. J Ayurveda Integr Med Sci 2018;5:27-29. <http://dx.doi.org/10.21760/jaims.v3i5.13815>

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