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Concept of Avarana in Diabetic Neuropathy

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ABSTRACT

Diabetes has become one of the largest global health-care problems of the 21st Century. Diabetic neuropathy is nerve damage that can occur in people with Diabetes. Different type of nerve damage cause different symptoms. Symptoms can range from pain and numbness in feet to problem with the functions of internal organs. In Diabetic Neuropathy, due to the involvement of *Tridosha's* and *Ten Dushya's* many *Avarana* manifest simultaneously and hence, *Dhatu Avritta Lakshana* are seen in neuropathy. The *Margavarana* of *Vyana Vata* results in its inability to provide proper nutrition to *Dhatu*s. This condition if persists for a longer time leads to *Dhatukshya*. *Mamsa* provides *Bala* and *Sneha* to the body. In the individuals of Diabetic Neuropathy, this *Sneha Karma* is not seen due to which the patient's *Bala* is reduced and in later stage, the motor symptoms will be manifested like *Kevala Vata Vikara* like *Stambha*, *Kampa*, *Sosha*, etc.

Key words: *Tridosha*, *Dushya*, *Avarana*, *Dhatu*, *Neuropathy*, *Dhatu Kshaya*.

INTRODUCTION

In *Prameha* due to various *Nidan*as excessive *Kapha*, *Pitta* and *Medha* and *Mamsa* produces *Avarna* to *Gati* of *Vata Dosha* this *Vata Dosha* becomes vitiated and takes *Ojas* out of the body through *Basti* and produces *Madhumeha* and when this *Avarna Janya Samprapti* continue for longer period attains *Dhatu Kshaya Avastha* and continue further stages of disease process and produces many symptoms like burning sensation (*Daha*), pricking sensation (*Shoola*), tingling (*Chumchumayana*) and numbness etc. These are the main sensory symptoms produced in diabetic neuropathy. Most presenting clinical

features like *Daha* and *Chumchumayana* are attribute to *Prakupita Pitta* and *Vata Dosha* and *Shoola* is due to *Prakupita Vata Dosha*, numbness is due to *Kapha* and *Vata Dosha*. In later stages some symptoms are produced like *Daurbalya* (weakness), *Mamsa Shosha* (wasting), *Kampa* (tremors) due to *Vata Prakopa* and *Dhatu Kshaya*.

As *Acharya* has explained about *Vataja Nanatmaka Vikara's*, some of these can be co-related with Diabetic neuropathy like,^[2]

- *Pada Bhramsha* - foot drop
- *Padasuptata* - numbness in feet
- *Gridrashi* - sciatica
- *Kampa* - tremors
- *Mukhasosha* - dryness of mouth
- *Hridrava* - tachycardia
- *Bhrama* - giddiness

Vata when vitiated produces *Lakshana's* which are similar to that of Diabetic neuropathy.^[3]

- *Harsha* - tingling sensation
- *Tarsha* - dryness of mouth

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- *Kampa* - tremor
- *Toda* - pricking pain
- *Supti* - numbness

In the *Purvarupa* of *Prameha*, *Acharya* explain about excessive sweating, foul smelling, heaviness in heart, dryness of throat and palate, burning sensation of the palms and soles, *Pipeelika Samchara* towards *Mutra*. All these symptoms are present in Diabetes mellitus out of which some are seen in Diabetic Neuropathy.^[4]

DISCUSSION

Following symptoms of Diabetic Neuropathy are found in terms of *Ayurveda*,^[5]

Sensory symptoms: Numbness, *Daha*, Different *Vedana Vishesa*, *Pipeelika Samchara*, *Chumchumayanam*, *Harsha* etc.

Motor symptoms: *Angasada*, *Sosha*, *Daurbalya*, *Alasya* etc.

Autonomic symptoms: *Avipaka*, *Aruchi*, *Baddhapurisha* etc.

On analyzing every symptom it can be found that more symptoms belong to *Vata* with an *Anubandha* of *Pitta* and *Kapha*. Diabetic neuropathy is the most common complication in Diabetic Mellitus patients where the condition pathologically shows axonal degeneration.^[6]

Metabolic Neuropathy is secondary to Metabolic disturbance, related with duration and degree of hyperglycemia and subsides with proper management of Diabetes.^[7]

Mononeuritis multiplex is produced due to occlusion of *Vasa Nervosum* of the nerve trunks. Ulnar Femoral, Sciatic and common Peroneal trunks may be affected.^[8]

Causes

- Hyperglycemia
- Vascular damage

Symmetrical distal sensory neuropathy with pain, numbness, parasthesia glove and stocking sensory loss is the common pattern of clinical presentation.

Classification

1. Peripheral Neuropathy
2. Autonomic Neuropathy

Peripheral Neuropathy

- Earliest and commonest Diabetic Neuropathy
- Gradual and Progressive
- Sensory Motor Neuropathy

Clinical features

Paresthesia

Acharya Sushruta explain about *Sparshadwasha* in *Raktavritta Vata*,^[9] *Sparshadwasha* means altered functions of *Vata* which may be hypo-functioning of *Vata* or Hyperfunctioning of *Vata*. Parasthesia can be compared with hyperfunctioning of *Prakupita Vata* due to occlusion by *Pitta*.

Burning sensation

Daha, *Vidaha*, *Plosha*, *Paridaha*, *Santapa* are the terms which can be co-related with burning sensation. *Vidaha* states the burning sensation in *Pani*, *Pada* etc. The burning sensation without sweating is termed as *Plosha* which has been mentioned in *Pitta Nanatmaka Vikara*.^[10] *Daha* is explained in *Pittatavrittavata*,^[11] where as *Vidaha* is explained in *Pittavritta Prana*, *Udana* and *Samanavata*.^[12] These all symptoms can be included under Diabetic Neuropathy.

Numbness

Numbness means *Supti*, *Karasupti*, *Padasupti* or *Swapnam*. It seen that *Suptata* is explained as *Sparsha Agyana* by *Chakrapani*. *Acharya Sushruta* mentions a condition caused by *Kapha* and *Vata* called *Padaharsha* in which *Supti* and *Harsha* are the symptoms. The symptoms include severe pain and burning sensation associated with loss of sensation. All the three features are seen in Diabetic Neuropathy. Where as, *Suptagatrata* (numbness in body) is explained by *Acharya Charaka* in *Prakarana* of *Vyanavritta Prana*^[13] and *Medakaphavarana*.

Decreased vibrations and touch sense

Decreased vibrations and touch sense can be compared with *Sparshadwasha* and *Prasuptatata*, *Acharya* explain this condition in *Raktavritta Vata*,^[14]

when *Vata* gets occluded by *Dusta Rakta*, then function of *Vata* gets impaired and produces *Sparshadwasha* and *Prasupti*.

Muscle weakness and atrophy

Weakness can be compared with *Sadana*, *Tandra* and *Chestahani* and *Balakshya*. In *Madhumeha Rogi*, all *Dhatu*sara will be lost through *Mootra*, which ultimately leads to *Daurbalyata* or *Balakshaya*. *Daurbalya* known by in action is a result of *Mamsapachaya* in chronic *Vyadhi* as told by *Chakrapani*. *Sadana* is described by *Acharya Sushruta* in *Kaphavritta Pranavata*,^[15] *Tandra* is explained in *Pittavritta Pranavata* and *Chestasanga* or *Chestahani* is explained in *Kaphavritta Vyana* by *Acharya Sushruta*.^[16]

Wasting

Wasting can be compared with *Sosha*, *Mamsopachaya*, *Angasosha*. *Sosha* and *Mamsapachaya* are included under *Updrava* of *Prameha*,^[17] where as *Angashosha* comes under *Vataja Nanatmaka Vikara* according to *Bhavaprakasha*.

Autonomic Neuropathy

Autonomic neuropathy is manifested by the impairment of both Sympathetic and Parasympathetic nerves.^[19]

Cardiovascular

Resting tachycardia and postural hypotension are the classic signs of autonomic neuropathy.^[20] *Astanga Hridayakara* explained cardiac disorders in *Sarvadhatwavyavritavata*. In this condition, *Vata* gets occluded by *Sarvadhatu* like *Rasa*, *Rakta*, *Mamsa* etc. which alters the function of all *Dhatu*s eg. in the case of altered functions of the *Rasa Dhatu*, tachycardia and *Hritshoola* are produced which is explained by *Acharya Charaka* in *Rasakshya Lakshanas*^[21] and in *Malavritta Vata*.^[22]

Gastro Intestinal Tract

Secondary to lack of peristalsis in the stomach or intestine produces symptoms like;

- Early satiety
- Anorexia
- Bloating
- Belching
- Abdominal distension
- Nausea
- Vomiting
- Constipation and Diarrhea.

Acharya Charaka explains GIT disorder in *Annavritta Vata*^[23](c.ci.28/69) and *Malavritta Vata*, when *Anna* and *Mala* both are occluded due to *Vata*, then peristaltic movements of stomach and intestine get altered and such type of symptoms are produced.

Genitourinary Tract

Bladder dysfunction causing incontinence or urinary retention and impotency. *Acharya Charaka* has explained bladder dysfunction under *Mutravritta vata*,^[24] In this condition, *Vata* gets *Avarana* of *Mutra* and probably disturbed sacral spinal reflex or develop some pathology in Nucleus of Onuf and may produce bladder incontinence and urinary retention.

Acharya explains impotency under *Shukravritta Vata*,^[25] where *Shukra Avega*, *Ativega* and *Nisphalatwa* (Impotency) are explained.

Treatment protocol for Diabetic Neuropathy^[27]

- *Pramehahara Chikitsa*
- *Kledashoshana Chikitsa*
- *Srotorodhahara Chikitsa*
- *Dhatwagnideepana Chikitsa*
- *Vatanulomana Chikitsa*
- *Rasayana Chikitsa*

Role of Panchakarma

- *Virechana*
- *Ksharavasti*
- *Yapanavasti*
- *Madhutailikavasti*

- Raktamokshana

Internal Medicine

- Nishakatakadi Kwatha
- Astavarga Kwatha
- Asanadi Kwatha
- Bhunimbadi Kwatha
- Varanadi Kwatha

Rasaushadhi

- Abhraka Bhasma
- Yashada Bhasma
- Vasant Kusumakara Rasa

Rasayanas

- Guduchi
- Dhatri-Nisha
- Shilajitha
- Guggulu - preparations
- Jeevaneeya Ghrita

CONCLUSION

Diabetes Mellitus being a disease affects *Agni* and multiple *Srotas*. There will be multifocal lesions in different *Srotomoolas* and *Srotomargas*. The features of Autonomic neuropathy are similar to *Samanya Upadravas* of *Prameha*. They are associated with *Kostha*, *Vasti*, *Hridaya*, *Mehana*.^[26] Diabetic sensory neuropathy leads to burning sensation in soles of feet and palm. In many diseases, our life style may be an important causative factor which may aggravate the disease. Prevention and management of sensory neuropathy is of utmost importance. Diabetic Sensory Neuropathy is one of the life threatening issues of today's life, which is a result of uncontrolled blood sugar level. The permutation and combination of *Tridosha's* with ten *Dushya* of *Madhumeha* can cause manifestation of any *Upadrava*. The association of *Madhumeha* Samprapti, *Doshas*, *Dushyas* and *Nidana* can be seen in Diabetic Neuropathy. Diabetic Neuropathy is considered as the *Upadrava* of

Madhumeha and is analysed under *Vikara-Prakruti*, *Samuthana Vishesha* and *Adhithana*.^[27]

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