CASE REPORT

A 51 year old, married, Hindu male patient visited Ayurvedic Herbal Healthcare Clinic in Delhi on 4th September 2013, with the chief complains of sarvangavedana (body ache), madhuryamasyata (Sweet taste of mouth), karapadadaha (Burning sensation at sole), pipasadhikya (polydipsia), moottroadhikya (polyurea) for more than 2 to 3 month, and other associated complains were kshudha vriddhi (excessive hunger).
**achinta** (excessive mental stress), and **nidra vriddhi** (excessive sleepiness) for last 1 month.

Personal history revealed that the patient is lacto-vegetarian but used to take extra oily and fatty diet, with a habit of intake of junk food and diurnal sleep. Frequency of micturition is 8-9 times during day and 4-5 times at night, bowel habits are irregular with mild constipation (once/2-2 days, hard stool) and the patient has no addictions. Past history revealed that patient was suffering from type 2 Diabetes mellitus for one year. He was on metformin but was very irregular in taking medicines and routine check-up of blood sugar levels. Family history revealed that his mother is diabetic.

The General examinations of the patient revealed dryness of tongue, as for vitals, pulse rate was 84/min, respiratory rate of 18/min and blood pressure of 120/80 mm of Hg. His body weight was 82 kg, height 175 cm and BMI of 26.8 Kg/m².

His Respiratory system examination, Gastro-intestinal examination, Cardiovascular examination, Central Nervous System Examination and Locomotor examination did not uncover any abnormality. His blood investigations on 2nd September 2013 showed Fasting Blood sugar level as 276 mg/dl (70-110 mg/dl Normal), Post prandial Blood Sugar level as 294 mg/dl (70-140 mg/dl Normal) and Glycosylated haemoglobin (HbA1c) as 8.4% (4-6% Normal). Based on this presentation, the patient was diagnosed as a case of **Madhumeha** (Diabetes mellitus type-2).

An allopathic doctor had advised him to take Injection Humalog 25/75 (Insulin Lispro) 16 units before breakfast and 8 units before dinner for the above complaints and investigations results, but instead he wanted to try **Ayurvedic** medications and visited this clinic on 3rd Sept 2013 for the first time.

**Treatment Plan:**

The following oral medicines were administrated for 20 days:

- A combination of **Vasant Kusumakar Rasa** (100 mg), **Trivanga bhasma** (125 mg), and **Giloy satva** (500 mg) with honey twice a day before meal.
- **Madhunashani Vati** (1 tab) four times a day with lukewarm water before meal.
- **Madhukalpa Vati** (2 tab) and **Chandraprabha Vati** (2 tab) twice a day with lukewarm water administrated after meal.

After 20 days the following treatment schedule was followed:

- **Madhunashani Vati** (2 tab) three times a day with lukewarm water before meal.
- **Madhukalpa Vati** (2 tab) and **Chandraprabha Vati** (2 tab) twice a day with lukewarm water administrated after meal.

Along with the above medications patient was advised to take **Amla juice** (20ml) with **Haridra churna** (1g) in the morning, daily outdoor walk for 1 hour and avoidance of **divaswapna** i.e. sleeping during day.

On the first follow up (after 7 days of the treatment) patient reported reduction in previous mentioned symptoms. Mild to moderate improvement was noted in body ache, sleep, thirst, hunger and the frequency of micturition was reduced. On the second follow up (14th day) patient had much improvement in above symptoms. On third follow up (21st day) patient felt lightness and energetic in routine activity, mental stress and burning in feet was also reduced. On the fourth follow up (28th day) after changing the medications any of the above mentioned symptoms did not reappear, he felt energetic and frequency of urine was 0-1 times during night and 4-6 times during day.

**Table 1:** shows the improvement in blood sugar levels of the patient.

| Follow Up | Fasting blood Sugar | Post prandial blood Sugar |
|-----------|---------------------|--------------------------|
| Baseline (0 Day) | 176 mg/dl | 294 mg/dl |
| Follow up-1 (7th Day) | 110 mg/dl | 145 mg/dl |
| Follow up-2 (14th Day) | 97 mg/dl | 110 mg/dl |
| Follow up-3 (21st Day) | 88 mg/dl | 105 mg/dl |
| Follow up-4 (28th Day) | 95 mg/dl | 117 mg/dl |

On 2nd Sep 2013 patient’s Serum Creatinine was 0.9 mg/dl, S. Cholesterol was 159 mg/dl, S. Triglycerides were 191 mg/dl, VLDL was 15 mg/dl, HDL was 26 mg/dl, SGOT(ALT) was 200 U/L. On 18th Sep 2013 (after taking medicines) his total bilirubin was 0.8 mg/dl, total proteins were 7.0 g/dl, alkaline phosphatase was 218.7 IU/L and SGOT, SGPT improved to 57 U/L and 66 U/L respectively.

Improvement in subjective symptoms and signs along with reduction in Fasting Blood sugar levels, Post prandial Blood sugar levels, SGOT and SGPT levels.

**DISCUSSION**

**Madhumeha** is **Vata-Kapha pradhan tridoshaja vyadhi. Sahaja** (type-1) and **Apathyanimitta** (type-2) are types of **Madhumeha**. Other types explained in various classical texts like **Krisha, Dhatushayajaya** and **Apatharpanjanya** can be correlated with **Sahaja Madhumeha** while **Shthu, Avaranjanya and Santarpanjanya** can be correlated with **Apathyanimitta Madhumeha**. This patient was having **apathyanimitta Madhumeha**, so the drugs acting upon main component of pathology like **meda dhatu, kleda, kapha, meda dhatvagni** and having **deepana, pachana, lekhana, vata-kaphahara, and medohara** properties are essential for treatment.

**Yogaratnakar** has mentioned **Vasant Kusumakar Rasa** in **Prameha Chikitsa Adhaya**. It is a potent anti-diabetic drug which possibly acts due to the combined effects of each of the ingredients of drug. It pacifies **tridosh** i.e. vata, pitta and kapha as it contains **Praval Pishi, Ras Sindoor, Mukta Pishi, Abhrak Bhasma, Swarna Bhasma, Rajat Bhasma, Loha Bhasma, Naga Bhasma, Vanga Bhasma, Vasa, Haldi, Ikshu, Kadali, Kamal, Chameli, Shatavari and Chandan. Trivanga bhasma** is an **Ayurvedic** formulation prepared from Lead, Zinc and Tin. It is also a potent antidiabetic as mention in classical texts and proved by various research works. **Guduchi** again is an anti-diabetic or hypoglycaemic drug. Hence, the combination of **Vasant kusumakar rasa, Trivanga bhasma** and **Giloy satva** effectively reduced the blood sugar levels.
**CONCLUSION**

*Madhumeha* is a multifactorial silent killer which needs to be treated as early as possible to avoid complications. From the above data it can be concluded that Ayurvedic management of *Madhumeha* can be achieved by proper use of *Shamana aushadha* and following proper dietary habits and lifestyle changes. In this case *Shamana aushadhas* have given excellent results and within one week of starting the treatment, raised blood sugar levels dropped to pre diabetic range while after 14 days, the sugar levels were in normal range. Further study can be carried out on a large population to validate the treatment plan. Further study can be carried out on a large population to validate the treatment plan.

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