


CLINICAL EFFICACY OF AYURVEDIC INTERVENTION IN PRAMEHA: A CASE REPORT
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ABSTRACT

Diabetes mellitus is a major burden on the world population, as it is the leading cause of death worldwide. It is a chronic metabolic disease characterized by high blood sugar levels that can damage the heart, blood vessels, eyes, kidneys, and nerves. The most common type of diabetes among all patients is type 2 diabetes. It is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body is unable to properly use insulin, a hormone that regulates blood sugar. Hyperglycemia, or high blood sugar, is one of the most common complications of uncontrolled diabetes and over time can damage many body systems, especially the nerves and blood vessels. The global prevalence of diabetes among adults aged 18 years and older increased from 4.7% in 1980 to 8.5% in 2014. In this article a 54 years old male patient with H/O T2DM with Dyslipidemia since 10 year came to the Jeena Sikho Lifecare Limited Hospital, Ambala, Haryana with the chief complaints of continuous weight loss, weakness, loss of appetite for last 4-5 months. A proper Shamana Chikitsa was planned for 5 months with Ayurvedic medicines and results and observations were noted. From this study it was concluded that, Ayurvedic Shamana Chikitsa is significantly effective in the management of diabetes while further research and trials are needed.

KEYWORDS: Diabetes Mellitus, Prameha, Panchakarma, Basti.

INTRODUCTION

Diabetes mellitus is a major burden on the world population, as it is the leading cause of death worldwide. It is a chronic metabolic disease characterized by high blood sugar levels that can damage the heart, blood vessels, eyes, kidneys, and nerves. The most common type of diabetes among all patients is type 2 diabetes.^[1]

It is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body is unable to properly use insulin, a hormone that regulates blood sugar. Hyperglycemia, or high blood sugar, is one of the most common complications of uncontrolled diabetes and over time can damage many body systems, especially the nerves and blood vessels.^[2]

The global prevalence of diabetes among adults aged 18 years and older increased from 4.7% in 1980 to 8.5% in 2014.^[3]

Following is the Samprapti of Prameha^[4]

Aggravated Kapha spreads all over body - Causes looseness

↓

Vitiated Kapha + Vitiated Meda

Both get mixed with muscle tissue & Dhatus of body

↓

Dhatus of body further vitiated and transformed into urine.

↓

Kidney & bladder are controlling organs of channels carrying urine

↓

Vitiated Kapha when comes in contact & opening of channel obstruct them

↓

Prameha

In this paper *Shamana Chikitsa* was done as the treatment for diabetes mellitus. Therefore this paper

highlights the role of *Shamana Chikitsa* in the management of *Prameha*.

CASE REPORT

A 54-year-old male patient with a history of Type 2 Diabetes Mellitus (T2DM) and dyslipidemia for the past 10 years presented to Jeena Sikho Lifecare Limited Hospital, Ambala, Haryana, with chief complaints of continuous weight loss, weakness, and loss of appetite for the past 4–5 months. The drug history revealed that he was on allopathic medications, and the family history indicated that both his mother and father had a history of T2DM.

Table 1: A detailed assessment of her vital signs on the day of the visit.

Parameters	Findings
BP	120/80 mmhg
P/R	82/min
Weight	65kg
PPBS	249 mg/dl
<i>Nadi</i>	<i>Vaat-kaphaja</i>
<i>Mala</i>	<i>Avikrita</i>
<i>Mutra</i>	<i>Avikrita</i>
<i>Jivha</i>	<i>Saam</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Anushnsheetta</i>
<i>Akriti</i>	<i>Madhyam</i>

Treatment Plan

❖ *Shamana Chikitsa*

Table 2: Treatment given during 5 months.

Ayurvedic Medicine	Doses	Anupana	Duration
JS Diab Capsules	1 cap BD	<i>Adhobhakta with Koshnajal</i>	1 Month
<i>Prameh Roghar Churna</i>	1 tsp BD	<i>Pragbhakta with Koshnajal</i>	1 Month
<i>Dr Immune Tablet</i>	1 tab BD	<i>Adhobhakta with Koshnajal</i>	1 Month
<i>Madhumehanashak Syp</i>	2 tsp BD	<i>Adhobhakta with samamatra koshnajal</i>	1 Month
<i>Dhatuposhak Tablet</i>	1 tab BD	<i>Adhobhakta with Koshnajal</i>	1 Month
DM + Syrup	1 tsp BD	<i>Adhobhakta with samamatra koshnajal</i>	1 Month

Follow-up-

Patient was called for follow-up after every 1 month and the medicines in table 2. were given every month to the patient.

OBSERVATION AND RESULTS

Table 3: Vitals during 5 months of treatment.

Day	Weight (kg)	Temperature (°F)	Pulse (/min)	BP (mmHg)	Fasting Blood Sugar (mg/dl)	Post Prandial Blood Sugar (mg/dl)
1 month	68	98.2	82	120/80	200	-
2 month	-	98.2	86	110/70	105	-
3 month	-	98	88	120/80	155	-
4 month	67	98.2	78	120/80	150	168
5 month	-	98.2	82	130/80	120	132

❖ Diet Plan^[5]

Dietary Guidelines

- Avoid wheat, refined foods, dairy/animal, coffee, tea, and packaged foods.
- Do not eat after 8 PM.
- When eating solid foods, take small bites and chew each bite 32 times.
- Brisk walking 30 minutes barefoot
- 10 minutes slow walk after every meal
- One day fasting
- Sleep should be proper (6-8 hours)

Meal Timing and Structure:

- Early Morning (5:45-7:15 AM): Herbal Tea + Curry leaves (can be upgraded with raw ginger and raw turmeric)
- Breakfast (9 – 10AM): Fruits + sprouts (Red juice)
- Lunch (12:30 - 2:00 PM): Salad (steamed) + Millet recipes
- Evening Snacks (4 - 4:20 PM): Green juice (100-150 ml) + 4 to 5 soaked almonds
- Dinner (6:15 – 7:30 PM): Salad (steamed) + Millet recipes

Table 4: Score assessment before and after IPD treatment.

Symptoms	Score Before Treatment	Score After Treatment
Weight loss	4	0
Weakness	3	0
Loss of appetite	1	0

Table 5: Effect of Therapy on Clinical Features.

Clinical features	Grade					
	0	1	2	3	4	5
Weight loss	No Weight loss	Mild	More than mild	Moderate	More than moderate	Severe
Weakness	No weakness	Mild	More than mild	Moderate	More than moderate	Severe
Loss of appetite	No loss of appetite	Mild	More than mild	Moderate	More than moderate	Severe

Table 6: Assessment of reports before treatment and after treatment.

Parameter	22-06-2024	23-06-2024
HbA1C	11.4 %	6.96 %
Average Glucose	280 mg/dl	153 mg/dl

The effect of the *Shamana Chikitsa* was assessed by the objective criteria such as sugar levels, weight and other investigations tests as well as objective criteria such as weight loss, weakness, and loss of appetite.

DISCUSSION

Integrative Ayurvedic treatment for Diabetes Milletus offers a viable alternative to conventional medical methods. This case study describes the application of Ayurvedic treatments to a 57 years old Diabetic patient who underwent these Ayurvedic Shamana Chikitsa for 5 months.

Shamana Chikitsa

- **Prameha Rog har Powder**
- **Key Ingredients**

Kutki (*Picrorhiza kurroa*), *Chiraita* (*Swertia chirata*), *Neem* (*Azadirachta indica*), *Karela* (*Momordica charantia*), *Rasonth* (*Berberis aristata*), *Imli Beej* (*Tamarindus indica*), *Kala Namak* (Black Himalayan salt), *Giloy* (*Tinospora cordifolia*), *Sonth* (*Zingiber officinale*), *Babool Chaal* (*Vachellia nilotica*), *Sarpagandha* (*Rauvolfia serpentina*), *Trivang Bhasam* (Traditional metallic preparation containing tin, lead, and zinc), *Yashad Bhasam* (Zinc calx), *Revend Chinni* (*Rheum emodi*), *Sodhit Guggulu* (*Commiphora mukul*), *Methi* (*Trigonella foenum-graecum*), *Jamun* (*Syzygium cumini*), *Babool Fruit* (*Vachellia nilotica*), *Karanj* (*Millettia pinnata*), *Shilajit* (*Asphaltum*), *Haldi* (*Curcuma longa*), *Harad* (*Terminalia chebula*), *Inderjaun* (*Holarrhena antidysenterica*), *Banshlochan* (*Bambusa arundinacea*), *Bahera* (*Terminalia bellirica*), *Amla* (*Phyllanthus emblica*), *White Musli* (*Chlorophytum borivilianum*), *Gurmar* (*Gymnema sylvestre*).

• Therapeutic Benefits

Helps in lowering blood sugar levels, Reduces sugar cravings, Beneficial in relieving constipation, headache, acidity etc, Rich source of antioxidants, vitamins & minerals

• Dr Immune Tablets

• Key Ingredients

Kesar (*Crocus sativus*), *Shudh Kuchla* (*Strychnos nux-vomica*), *Ashwagandha Ext.* (*Withania somnifera*), *Shatavari Ext.* (*Asparagus racemosus*), *Pipali* (*Piper longum*), *Tulsi* (*Ocimum sanctum*), *Laung* (*Syzygium aromaticum*), *Choti Elaichi* (*Elettaria cardamomum*), *Sonth* (*Zingiber officinale*), *Haldi* (*Curcuma longa*), *Loh Bhasam* (*Ferrum*), *Swaran Makshik Bhasam* (*Chalcopyrite*), *Mukta Shukti Bhasam* (*Pinctada margaritifera*).

• Therapeutic Benefits

Helps to flush out toxins from the body, Improves digestion, Helps in balancing the hormones, Boost immunity and Improves the blood flow.

• Dhatuposhak Cap

• Key Ingredients

Chuna Shudh (*Calcium carbonate*), *Shankh Bhasm* (*Turbinella pyrum*), *Mukta Shukti* (*Pinctada margaritifera* or *Pinctada radiata*), *Praval Pishti* (*Corallium rubrum*), *Kapardika* (*Cypraea moneta*), and *Loh* (*Ferrum* or *Iron oxide*).

• Therapeutic Benefits

Rasayana, *Ojasvardhaka*, *Vyadhikshamatva* *Vriddhi* and *Dhatu Pushtikara*.

• DM+ Syrup

• Key Ingredients

Kumari (*Aloe barbadensis*), *Papita* (*Carica papaya*), *Giloy* (*Tinospora cordifolia*), *Saptrangi* (*Salacia oblonga*), *Karela* (*Momordica charantia*), *Jamun* (*Syzygium cumini*), *Neem* (*Azadirachta indica*), *Gurmar* (*Gymnema sylvestre*), *Kalmegh* (*Andrographis paniculata*), *Arjun* (*Terminalia arjuna*), *Pipal* (*Ficus religiosa*), *Dalchini* (*Cinnamomum zeylanicum*), *Tulsi* (*Ocimum sanctum*), *Vijaysaar* (*Pterocarpus marsupium*), *Ashwagandha* (*Withania somnifera*), *Sorbitol Base* – (Sorbitol, a sugar alcohol used as a base or sweetener)

- **Therapeutic Benefits**

Restores systemic balance, enhances vitality and promote holistic well-being through natural care.

- **JS- Diab Cap**

- **Key Ingredients:** *Karvellak* (*Momordica charantia*), *Gurmar* (*Gymnema sylvestre*), *Paneer dodi* (*Withania coagulans*), *Jambu* (*Syzygium cumini*), *Methi* (*Trigonella foenum-graecum*), *Neem* (*Azadirachta indica*), *Kalmegh* (*Andrographis paniculata*), *Bilva* (*Aegle marmelos*), *Guduchi* (*Tinospora cordifolia*), *Jarul* (*Lagerstroemia speciose*), *Mamejak* (*Enicostemma littorale*), *Twak* (*Cinnamomum zeylanicum*), *Yashad Bhasma*, *Bhang Bhasma*.

- **Therapeutic Benefits:** Helps in lowering blood sugar levels, Reduces sugar cravings.

- **Madhumeha Nashak Syrup**

- **Key Ingredients:** *Chiraita* (*Swertia chirata*), *Neem* (*Azadirachta indica*), *Karela* (*Momordica charantia*), *Jamun* (*Syzygium cumini*), *Gurmar* (*Gymnema sylvestre*), *Kutaj* (*Wrightia antidysenterica*)

- **Therapeutic Benefits:** Helps in lowering blood sugar levels, Reduces sugar cravings.

Need for further research study

More research on Ayurvedic treatments for diabetes is needed to better understand their effectiveness and safety. This research could improve diabetes treatment and offer more options for people with the disease. More evidence is needed to assess the effectiveness of Ayurvedic treatments.

Research could compare the effectiveness of simple herbal treatments with more complex Ayurvedic formulas. Field studies could examine how Ayurvedic medicine can be used in clinical practice. Research may uncover how Ayurvedic medicine can help prevent, reverse, and manage diabetes.

CONCLUSION

This case study demonstrates the significant clinical effectiveness of Ayurvedic management in a patient with Type 2 Diabetes Mellitus. After five months of *Shamana Chikitsa* (palliative Ayurvedic therapy), both subjective symptoms and objective parameters showed marked improvement.

Notably, the patient's HbA1c levels reduced from **11.4% (22-06-2024)** to **6.96% (23-06-2024)**, and average blood glucose levels dropped from **280 mg/dL** to **153 mg/dL**, indicating improved glycemic control. Symptom scores also showed remarkable improvement:

- **Weight loss:** from 4 to 0
- **Weakness:** from 3 to 0
- **Loss of appetite:** from 1 to 0

Moreover, the patient's vitals remained stable throughout the treatment duration, further supporting the safety and sustainability of the Ayurvedic intervention.

These outcomes suggest that *Ayurvedic* therapy, when administered systematically and followed with lifestyle discipline, not only manages but may also help reverse Type 2 Diabetes Mellitus. Long-term adherence to *Ayurvedic* principles could potentially prevent recurrence, or if it does recur, facilitate easy management. However, to validate these findings on a broader scale, extensive data collection and well-structured clinical studies are essential to establish evidence-based *Ayurvedic* protocols for global diabetes care.

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