



**SPECIAL CASE REPORT ON PRAMEHA (PREDIABETES)**

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A male patient of age 46 yrs old coming to our ayurvedic Hospital with having complaints Bahumutrata 8-10 times in day & 2-3 times in night since 6 months.  
Weakness ++ since 6 months.  
Atitrushana + since 6 months.  
Dantadina maldyatwam (+) since 4 months.

He has taken allopathic medication but not get relief. He is advised to do investigation. No history of Diabetes and Hypertension. Patient was admitted in Kayachikitsa ward.

**General examination**

**Pulse:** 80/ min.      **Temp:** 98.8<sup>0</sup> F      **B. P.** 130/90 mm of Hg.      **R. R.** 23/min.

**Kshudha:** Prakrut      **Nidra:** Alpa      **Mala:** Badha

**Mutra:** Ati

**Dosha –** Vatapradhana Kapha.      **Dushya:** All except asthi.      **Mala:** Purisha

**Srotas:** Rasa, Meda, Mutra and Manovaha.

**Investigation:** Hb – 12.8 gm%, BSL Fasting: 122 mg/dl  
BSL PP- 186 mg/dl

**HbA1c:** 5.8

**Diagnosis:** Prameha. (Prediabetes)<sup>[1]</sup>

**Oral Treatment given**

- 1) T. Nisha Amalaki 500mg OD with Jal in early morning on empty stomach.
  - 2) T. Sarvapramehahar Kwathvati 500 mg BD with Jal.
  - 3) T. Vasant Kusumakar Ras 125 mg BD with jal.
  - 4) T. Jatamaunshi Ghana vati 250 mg 2 BD with Jal.
  - 5) T. Mehaabhaya 500 mg 1 BD with jal.
- For 90 days.

No Allopathic Medicine given for this patient because of newly detected prameha.

After 90 days of Treatment – The Bahumutrata decreased to 5-6 times in a day. No Night micturation. No weakness. Atitrushna and dantadina maladyatwam decreased.

Content: T. Nisha amalaki vati- Haridra & Amalaki

T. Sarvapramehahar Kwathvati- Daruharidra, Devdar, Triphala, Musta. Ref. Astang Hrudaya.

T. Meha abhaya- SDM Pharma, Udipi.

T. Vasant Kusumakar Ras- Dhoot papeswar

**Mode of Action:** T. Nisha amalaki vati- Act as a rasayan, so it is given in early morning i.e. rasayan kali.

T. Meha abhaya- Known to act as Pramehagna i.e. can Decrease blood sugar.

T. Sarvapramehahar Kwathvati- Known to act as Pramehagna.

**Triphala:** *Triphala* exerts hypoglycemic effects. Patients with type 2 diabetes are likely to have high postprandial blood glucose levels, especially after consuming carbohydrates. Elevated blood glucose results from the breakdown of carbohydrates by the digestive enzymes, *alpha*-amylase and *alpha*-glucosidase, and the reduced ability of cells to take in glucose from the blood.<sup>[2]</sup>

**Haridra:** Kaphahara karma and role in Pre-Diabetes: due to its Katu-Tikta rasa, Ruksha, Laghu Guna, Ushna veerya and Katu Vipaka it effectively reduces the dushit Kapha. All gunas of Haridra are antagonistic to Kapha. Thus Haridra acts at the base of Prameha. This Kaphahara karma of Haridra is especially useful in the Pre-Diabetes condition. Pre-Diabetes may be considered as Kaphaj type of Prameha where the disease shows the signs of progression.<sup>[3]</sup>

**Amalaki:** Studies have shown that the fruits of *Embllica officinalis* Gaertn or *Phyllanthus emblica* Linn, colloquially known as Indian gooseberry or amla and/or some of its important constituents (including gallic acid, gallotannin, ellagic acid and corilagin), possess anti-diabetic effects through their antioxidant and free radical scavenging properties. Amla has also been reported to prevent/reduce hyperglycemia and protein wasting.<sup>[4]</sup>

**Musta:** *Cyperus rotundus* have antidiarrheal, antipyretic, antiinflammatory, antihyperlipidemic and hypoglycemic activities.<sup>[5]</sup>

**Devdaru:** Useful in urinary tract infection and Diabetes.

**Daruharidra:** It is anti-diabetic in nature. Root powder of this herb triggers the extra formation of insulin and protect body from harmful effects of diabetes.<sup>[6]</sup>

**CONCLUSION:** In this Patient we have got good results by above mentioned treatment.

#### REFERENCES

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