

ROLE OF COMBINED EFFECT OF GUDUCHI KWATH & ADRAK SWARAS WITH ORAL HYPOGLYCAEMIC DRUG IN THE MANAGEMENT OF MADHUMEHA W.S.R. TO TYPE -2 DIABETES MELLITUS-A CASE STUDY.Vd. Sonali Halkare*¹, Vd. Sujata Mundkar², Vd. S. IPathan³, Vd. V. E. Gogate⁴^{1,2}(P.G Scholar, Department of Kayachikitsa, Gov. Ayurved College Nanded, Maharashtra).^{3,4}(Asso Prof Department of Kayachikitsa, Gov. Ayurved College Nanded, Maharashtra).***Corresponding Author: Dr. Vd. Sonali Halkare**

(P.G Scholar, Department of Kayachikitsa, Gov. Ayurved College Nanded, Maharashtra).

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ABSTRACT

As the man becomes civilized and designed things for his luxury, convenience, pleasure; But then soon he suited slave of them. As he was developing faster, his physical activity reduced and mental stress is increased. People have no time even for healthy food. This lifestyle causes lack of exercise, unnecessary intake of fast food, burden of mental stress, the overpowering race to survive in the race of world. This type of life style leads to number of diseases; one of them is *Prameha*. *Prameha* is disease which is difficult to treat. So, it has been included in *Mahagad*. That's why *Prameha* have crucial significance. On the basis of symptomatology, *Madhumeha* can be correlated to the feature of Diabetes mellitus. Diabetes mellitus is one of the common metabolic disorders and 2.8% of populations suffer from this disease throughout the world. In India the prevalence rate of diabetes is estimated to be 1-5%.^[1] Complications of diabetes mellitus lead to multisystem failure like nephropathy, neuropathy, retinopathy etc. Oral hypoglycemic agents and insulin which are used for the treatment of diabetes mellitus by the allopathic system of medicine have numerous side effects & limitations. It produces symptoms such as – Prabhutmrarta, Avilmutrata, Naktamutrata.^[2] A patient of Madhumeha was selected for case study. T/t given- Guduchi Kwath & Adak Swaras with Oral Hypoglycaemic Agent (OHA) for 30 days.

KEYWORDS: Prabhutmrarta, Naktamutrata, T/t, Kwath, Swaras, OHA.**INTRODUCTION**

Diabetes mellitus is metabolic disorder of carbohydrate, fat and protein characterized by hyperglycemia with or without glycosuria. It is caused by defective insulin secretion, resistance to insulin action, or a combination of both. Hyperglycaemia and inevitable consequence of diabetes are the source of most deleterious effects, along with alteration in glucose and lipid metabolism and modification in liver enzyme levels. The treatment goals have evolved significantly over the past decades from preventing imminent mortality, to alleviating symptoms, to normalize glucose levels with the intent of forestalling diabetic complication. It is fairly convincing that the herbal or mineral remedies stated in *Ayurveda* used singly or in combination have potency to reduce the blood sugar level. As per the *Charak samhita*, *Prameha* is generally *kaphapradhan tridoshaj vyadhi*, & *Madhumeha* has been classified under *vataj* type of *Prameha*.^[3] So Drug used for T/t of *Prameha* should be kapha-vataghna and santarpank.

Here, A single case study of Madhumeha is reported in which Guduchi Kwath & Adak Swaras with Oral

Hypoglycaemic Agent for 30 days days was given. Then after, patient had gotten symptomatic relief.

CASE REPORT

A 55yr old male patient came to the *kayachikitsa* OPD of govt. ayurved college nanded, Maharashtra with c/o, Prabhutmrarta, Naktamutrata. Patient is k/c/o DM since 2yr; on T/t, OHA Tb. Metformin 500 mg 1 OD. Patient was thoroughly examined and detailed history was taken. Patient was businessman by occupation, In examination patient was afebrile, PR was 80/min, regular, BP-130/88mm of Hg, no pallor, no icterus was present. His routine investigation such as CBC, ECG, urine routine, microscopic was within normal range. BSL(F) & BSL (PP) was done to know current status of blood sugar level. patient was treated with above mentioned T/t.

Treatment given**Dose and Drug Administration**

Dose of *Guduchi Kwath* – 1 *pala* (40 ml) after meal; Time = Twice a day.

Dose of *Adrak Swaras* – ½ *karsha* (5 ml) after meal;

Time = Twice a day With OHA.

(1 part) (16 part) → 1/8th part of mixture)

Preparation of Guduchi kwatha

mÉÉIÉIrÉÇwÉÉâQûzÉaÉÑhÉÇ
 æÉÑhhÉâSiurÉmÉsÉÇÍæÉmÉâiÉ |
 qÉ×imÉÉ§ÉâYuÉÉjÉrÉâSè
 aÉæÉ½qÉ¹qÉÉÇCuÉzÉâlwÉiÉqÉÇ || - zÉÉ.xÉÇ.qÉ.ZÉÇ.
 2/1.

Bharad form of Guduchi +Water boiled
 Guduchi Kwath.

Preparation of Adrak Swaras

AWûiÉÉiÉÇiÉiÉÉhÉÉScM×i¹ÉSè
 SiurÉÉsæÉÑhhÉÉsXÉqÉÑSkÉUâiÉÇ |
 uÉx§ÉIÉwmÉIÎQûiÉÉâÉÉ¶ÉxÉÉxuÉUxÉÉcrÉiÉæ || -
 zÉÉ. xÉÇ. qÉ.ZÉÇ. 2.

The extract of the paste of the drug which is pure, non-diseased, recently taken from the tree is called as swaras.

OBSERVATION

Symptoms & Sign	0 th day	15 th day	30 th day
Prabhutnutrata	5-7 time/day	5-7time/day	3-4 time/day
Naktanutrata	3-4 time/night	3-4 time/night	<2 time /night
BSL(F)	158mg/dl	150mg/dl	141mg/dl
BSL(PP)	224mg/dl	201mg/dl	198mg/dl

RESULT

Patient got relief within 30 days.

DISCUSSION

Madhumeha is a Kapha-vata dominated tridoshaj vyadhi; involving the dushyas i.e. meda, rasa, rakta, mamsa, majja, shukra, oja, vasa, lasika, ambu.^[4] In madhumeha due to nidana sevana, dhatvagnimandya develops and improper nourishment of dhatu's sets in all the dushya. Guduchi is tikta, kashay rasatmak, having madhur vipak, ushna virya & guru, snigdha, tridoshaghna, deepan and pachan guna.^[5] It acts as vrushya means corrects the shukra dushti ultimately ojordusthi and works as a dhatu balyakara. Adrak is katu rasatmak, katu vipaki, ushna virya, ruksha guna; which has kaphavataghna action as well as deepan, pachan.^[6] So if we concentrate on the pathology of Madhumeha, these properties act against the properties of dushta and dravaguna kapha and vitiated vata. So step of basic pathology can stop. Due to their ushna veerya and deepan pachana gunas, the dhatvagnimandhya due to dushta kledak kapha can get back normal of agni's function. So there is proper formation of ahara rasa with proper dhatu poshana. Ultimately causes next functions normally with avoiding Kleda vriddhi. As Guduchi is rasayana in nature, it helps to recover the dhatukshaya and ojakshaya because of dhatupushti. Guduchi has anti diabetic activity.^[7] Adrak swaras has anti diabetic activity.^[8]

CONCLUSION

Thus by the above case study, it is concluded that Diabetes Mellitus can be correlated with Madhumeha. The line of T/t is deepan-pachan & kapha-vataghna. When this chikitsa was given to patient, he got symptomatic relief in every aspect of disease. It was an attempt to provide a safe and effective management of patient.

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