

## **CLINICAL STUDY OF JATAMANSI CHURNA WITH SHIRODHARA IN THE MANAGEMENT OF PRAMEHA WITH SPECIAL REFERENCE TO DIABETES MELLITUS.**

**\*Dr. Khot Varsha S<sup>1</sup>. and Dr. Deshmukhe P. N.<sup>2</sup>**

<sup>1</sup>Assistant Professor, Dept. of Kayachikitsa, Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Dist. Sangli, Maharashtra, India.

<sup>2</sup>Associate Professor, Dept. of Kayachikitsa, Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Dist. Sangli, Maharashtra, India.

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### **\*Corresponding Author**

**Dr. Khot Varsha S.**

Assistant Professor, Dept. of  
Kayachikitsa, Hon. Shri.  
Annasaheb Dange Ayurved  
Medical College, Ashta,  
Dist. Sangli, Maharashtra,  
India.

### **ABSTRACT**

Diabetes mellitus is serious global health concern. Etiology of this disease is multifactorial but nowadays stressful lifestyle concern with intellectual property is major cause of increasing number of patients of diabetes mellitus in young age. In ayurveda jatamansi churna with shirodhara is one of the management mentioned for stress induced diseases. Present clinical study was conducted on 40 newly diagnosed patients of Diabetes mellitus. In this study patients were subjected for jatamansi churna and shirodhara for twenty one days. The assessment was done before and after treatment among the blood sugar level. Study showed significant improvement after treatment.

**KEYWORD:** Diabetes mellitus In ayurveda jatamansi churna.

### **INTRODUCTION**

Diabetes is fast gaining the status of potential epidemic in India with > 62 millions diabetic individuals currently diagnosed with the disease.<sup>[1]</sup> India topped the world with highest number of people with diabetes mellitus. Many influence affects prevalence of disease throughout a country and identification of those factors are necessary to facilitate change when facing health challenges. The etiology of diabetes in India is multi factorial and includes genetic factors. Obesity associated with rising lifestyle changes and one hidden factor is stress related with intellectual property. Rough estimates shows that the prevalence of diabetes in rural population is one quarter that of urban population for India.<sup>[2]</sup> Worryingly

diabetes is now being shown to be associated with spectrum of complications and to be occurring at relatively younger age within the country.<sup>[3]</sup> Ayurveda explain this disease under the broad heading of prameha. Each medicine for prameha mentioned in ayurvedic classics is effective provided that it is used in proper phase of disease. Understanding samprapti is very much important to perform treatment. For prameha samprapti based on various etiological factors like doshik, aharaj, viharaj, manas. Intellectual stress is one of the main and important causative factors for diabetes. Considering this etiological factor present study is performed under ayurvedic perspective. Jatamansi churna is drug of choice and shirodhara is line of treatment mentioned in ayurveda for stress induced disorders. This study effort is made to evaluate buddhijanya prameha i.e. intellectual stress induced diabetes mellitus and its management by ayurveda.

### AIM

To study the effect of jatamansi churna with shirodhara in prameha.

### OBJECTIVES

1. To study buddhijanya hetu as etiological factor in prameha.
2. To study effect of jatamansi churna with shirodhara on blood sugar level.

### Inclusion Criteria

1. Newly diagnosed patients of diabetes mellitus.
2. Patients having age 30yrs – 60yrs.
3. Either sex
4. Patients having BSL Fasting: 110 mg/dl – 140 mg/dl  
BSL Post Prandial: 140 mg/dl – 200 mg/dl
5. Subjects having intellectual stress occupations like professors, IT engineers, Doctors businessman and so on.

### Exclusion Criteria

1. Patients prediagnosed as major illness like cancer, AIDS, T.B.
2. Pregnant and lactating mother.

### MATERIALS AND METHODS

#### 1. Jatamansi churna (*Nardostychnus jatamansi*)

Kalpana: churna.

Matra: 1gm.

Anupan: kosha jal.

## 2. Shirodhara

Drug used: Til Tail.

Time: Daily once at 8 am.

Material used: Shirodhara table, shirodhara patra, cotton, induction plate.

## RESULTS AND OSERVATIONS

Among the 40 patients 60% were belongs 41-50 yrs age group. This indicates young generation suffers by diabetes mellitus due to intellectual stress earlier. In concerns with occupational status businessman and professionals shows more percentage (65%) than others. The percentage of patients who have a history of stressful lifestyle were more 80% as compare to patients who have less or absence of stress. In this study treatment showed a significant improvement among blood sugar level. Both group showed approximately similar effect on budhijanya prameha.

### Effect of therapy on fasting blood sugar

Group	Mean +-SD Before Treatment	Mean +-SD After Treatment	Significance
A	139.58+- 34.01	112.39+- 32.75	P<0.001
B	144.75+-31.80	131.81+-28.09	P<0.001

### Effect of therapy on post prandial blood sugar

Group	Mean +-SD Before Treatment	Mean +-SD After Treatment	Significance
A	244.36+- 52.19	185.63+-48.28	P<0.001
B	258.66+-53.33	196.03+-40.61	P<0.001

Statistically significant p (<0.001) reduction in fasting blood sugar and pp blood sugar was observed in both groups.

## DISCUSSION

In samprapti of *prameha agnimandya* is main entity. *Saman vayu dushti* leads to derangement in metabolism i.e. *sara kitta vibhajan*. Improper *kitta* formation and *apandushti* limits *malavisarjan*. Due to obstruction to *apan vayu* it gets upwards direction which disturbs gati of *prana vayu*. This disturbance or abnormality in *gati* and direction of *vata*, it increases *ruksha guna* and decreases *snigdha guna* of *prana vayu*. As intellectual properties (*budhi indrya karma*) are comes under function of *pran vayu*. Intellectual stress affects *doshamyta*.

By considering this *samprapti* many people having intellectual stress and *hetusevan* of *agnimandya* leading to *dosha dhatu vaishmy* in body ultimately converts into *prameha*. Ayurveda aims to re establish *dhatusamya* as a whole not only lowering blood sugar level. For this ideal treatment should be given to patient. It can be achieved only when *samprapti* should be separately learnt patient to patient by considering etiological factor. But a puzzle arises as in routine clinical practice that physician see patients of diabetic mellitus without common etiological factors like over nutrition or reduced physical activity or genetic predisposition. Rather the opposite of the above etiological factor are seen in certain patients. Stress is found to be common cause in all types of disease. Nowadays class of people doing intellectual work like professionals and businessman are more prone to suffer from diabetes mellitus. Intellectual stress is believed to cause metabolic derangement and increased insulin requirement in diabetes mellitus. As in ayurveda says *atichinta* leads to *rasdushti*. *Ojakshya* resulting in *sarvdehik shukrakshya* and also *vyandushti*. All this affects *dhatuparinaman* can lead to *prameha*.

Mode of action of shirodhara: Human body is tree whose roots are above and branches below. Head is seat of all sense organs, intellect and prana.<sup>[4]</sup> *Prameha* may cause due to oversaturating or reducing factors. *Aptarponatth prameha* due to reducing causes starts from the roots (heads) and spread to branches. So shirodhara is choice of treatment in this perspective. *Shirodhara* includes *shiroabhyang* mentioned in ayurveda which controls *prana dushti* action on sense organ, shirodhara performs overlies cortical arterial branches improves circulation and regularizing blood supply of brain. Shirodhara may have sedative effect on hyperactive limbic system caused by stress. It leads to facilitates inhibitory presynaptic action of GABA and also reduces high level of noradrenaline which are found high in anxious state of mind.<sup>[5]</sup> In intellectual stress induced or *budhijanya prameha* it acts on three subtypes of *dosha*. Stress causes imbalance of *prana udan* and *vyan vayu*, *sadhak pitta* and *tarpak kapha*. Shirodhara reestablishes the functional integrity between three *dosha* through its positive effect.<sup>[6]</sup>

Mode of action of Jatamansi: Jatamansi is *medhya rasayan* (intellectual property stimulating rejuvenation) mentioned in ayurveda. It is well known for stress management. It possesses significant anti stress activity which may be due to its anti oxidant activity.<sup>[7]</sup> Jatamansi has significant anti hyperglycemic effect in experimental model of diabetes mellitus.<sup>[8]</sup>

## CONCLUSION

On the basis of observations and results, patients of prameha treated with shirodhara and jatamansi churna have shown the anxiolytic as well as anti hyperglycemic effect. It appears that both treatment acts synergistically producing remarkable effect in prameha. In modern era intellectual stress is common cause of diabetes mellitus which can be correlated with buddhijanya prameha it is emerging new concept in ayurveda. Therefore it can be concluded that shirodhara with jatamansi churna can be used effectively in combination together for the management of buddhijanya prameha.

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