

AYURVEDIC MANAGEMENT OF PRAMEHA (DIABETES MELLITUS) - A SINGLE CASE STUDY**Dr. Hemant Kumar^{1*}, Dr. Manisha Tiwari²**

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ABSTRACT

Diabetes Mellitus (DM) Type 2 stands as one of the major global health challenges of our time. It is expected to persist as a significant health concern, accompanied by severe complications. India ranks among the top five nations with the highest prevalence of DM patients. According to the IDF Diabetes Atlas (2021) report, 10.5% of the adult population (aged 20–79 years) has diabetes, and nearly half of them remain unaware that they are living with this condition. Based on IDF projections, by 2045, one in every eight adults—totaling approximately 783 million people—will be living with diabetes; this represents a projected increase of 46%.^[1] Diabetes can be correlated with the Ayurvedic concept of Prameha. In Ayurveda, both preventive and curative approaches are outlined for the management of Prameha. Ayurvedic practice recommends the judicious use of Ayurvedic medications

alongside the adoption of an appropriate Pathya Ahara (diet) and Vihara (lifestyle). Based on these very principles, a patient was treated in an outpatient department (OPD) setting; this case report presents an analysis of that treatment. A 42-year-old male patient, diagnosed with Prameha five years prior, presented with complaints including dryness of the mouth, frequent urination, excessive thirst, generalized body weakness, and a burning sensation in the soles of his feet. The treatment plan entailed the administration of Shamana Chikitsa (palliative therapy) for a period of three months, strictly accompanied by the adherence to a suitable

Pathya Ahara and Vihara. Following the three-month treatment period, the clinical outcomes were evaluated and compared. A significant reduction was observed in symptoms such as the burning sensation, excessive thirst, and frequent urination.

KEYWORDS: Madhumeha, Prameha, Type 2 Diabetes Mellitus, Prameha Chikitsa, Pathya Ahara Vihara.

INTRODUCTION

Prameha is defined as an increase in the volume of urine accompanied by increased turbidity (thickness).^[2] According to Ayurveda, Prameha is considered one of the Mahagadas.^[3] A specific variant of Prameha—'Madhumeha'—corresponds to 'Diabetes Mellitus' based on its signs and symptoms. Excessive indulgence in the comforts of a sedentary lifestyle, excessive sleep, and the consumption of curd, milk, soups made from the meat of domesticated and aquatic animals, meat of animals inhabiting marshy lands, milk products, freshly harvested wheat, jaggery-based items, and all other factors that aggravate 'Kapha' are considered responsible for the manifestation of Prameha.^[4] It is primarily classified into three types: Kaphaja, Pittaja, and Vataja; these are further subdivided into 10, 6, and 4 sub-types, respectively.^[5] The 'Doshas' that enter the urinary tract and disrupt the body's equilibrium give rise to the corresponding types of 'Meha' diseases, depending on their specific predominance.^[6] Treating diabetes without any adverse side effects remains a significant challenge even today, and Ayurvedic science can play a pivotal role in this domain. Ayurvedic treatment for diabetes encompasses the use of herbal medicines, necessary lifestyle modifications, and dietary changes.

AIM AND OBJECTIVE

To establish an effective therapeutic system for metabolic diseases—chronic conditions that affect various physiological systems of the body.

MATERIALS AND METHODS

Table 1.

Shamana Medicine	Dosage	Duration
1. Amruthothara Kashaya	15 ml + 45 ml Luke warm water, 2 times, empty stomach	First 15 days
2. Chandraprabha Vati	2 – 2 tablet BD	90 days
3. Nishamlaki tablet	2-2 tablet BD	First 45 days
4. Nishakatakadi Kashaya	15 ml + 45 ml Luke warm water, 2 times, empty stomach	First 45 days

5. Asanadigana Kashaya	15 ml + 45 ml Luke warm water, 2 times, empty stomach	90 days
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Table 2.

Pathya Ahara	Pathya Vihara
Barley Ganji for night Fenugreek mixed in water (10 glass water, roughly 1.5 liters mixed with 10 grams fenugreek, reduced to 6 glasses roughly, 1 liters) drink whenever feels thirst	Light aerobic exercises, Yogaasanas

OBSERVATIONS**Table 3: Subjective Criteria.**

Criteria	1 st day	15 th day	45 th day	60 th day	90 th day
Debility	+++	+++	++	++	-
Dryness in mouth	+++	+++	++	++	-
Excessive thirst	+++	+++	++	+	-
Burning sensation at sole	+++	+++	++	++	+
Polyuria	+++	+++	++	+	+

(+ Mild ++ Moderate +++ Severe)

Table 4: Objective Criteria.

Criteria	1 st day	15 th day	45 th day	60 th day	90 th day
FBS	160mg/dl	155mg/dl	140mg/dl	120mg/dl	102mg/dl
PPBS	180mg/dl	160mg/dl	145mg/dl	145mg/dl	125mg/dl

RESULTS

Three months after the commencement of treatment, the patient experienced 90% relief from their previous ailments, and their blood glucose levels also returned to the normal range.

DISCUSSION AND CONCLUSION

The treatment plan was formulated with three key factors in mind: medication, diet, and lifestyle modifications. The medications included in this study were: Amrutadi Kashaya, Chandraprabha Vati, Nisha Katakadi Kashaya, Asanadi Kashaya, and Nishamalaki Tablets.

Amrutadi Kashaya (AK) was selected as the primary medication because, owing to the presence of Shunthi (Ginger) and Haritaki, it functions as an 'Amahar' (eliminator of *Ama*—metabolic toxins) and a 'Vatanuloman' (regulator of Vata—bringing it into its proper direction). Thus, it facilitates 'Margavishodhana' (cleansing of the body's channels). Since the patient initially presented with complaints of indigestion and constipation

(difficulty in passing stool), the administration of Amrutadi Kashaya was advised to aid in the digestion of 'Ama'.^[7]

Asanadi Gana Kashaya comprises medicinal herbs such as Asana (*Pterocarpus marsupium*), Tinisha (*Ougeinia dalbergioides*), Bhurja (*Betula utilis*), Meshashringi (*Gymnema sylvestre*), Daruharidra (*Berberis aristata*), among others. It is utilized in the treatment of Prameha (diabetes) and Medo Roga (obesity-related disorders), as it possesses Kaphahara (Kapha-alleviating), Mehaghna (diabetes-eradicating), and Medohara (fat-reducing) properties.^[8]

Numerous pharmacological studies conducted on the medicinal herbs of the Asanadi Gana have substantiated that nearly all constituents of this group exhibit anti-hyperglycemic (blood sugar-lowering), hypolipidemic (cholesterol-lowering), antioxidant, and various other therapeutic properties.^[9]

Nishamalki tablets comprise medicinal ingredients such as Nisha (Turmeric), Amalaki (Indian Gooseberry/Amla), Nimba Patra (Neem leaves), Jambu Beeja (Jamun seeds), and Madhunashini (*Gymnema sylvestre*). All these herbs possess Mehahara Karma (the inherent ability to control diabetes); consequently, the formulation is employed in the management of Prameha (diabetes).^[10] Furthermore, it is also beneficial in regulating hyperglycemia (elevated blood sugar levels). It functions similarly to insulin, enhancing the capacity of body tissues to absorb glucose, improving the body's sensitivity to insulin, regulating (reducing) glucose production by the liver, and also regulating glucose production by the kidneys.^[11] Nisha Katkadi Kashaya comprises Katka (*Strychnos potatorum*), Khadira (*Acacia catechu*), Dhatri (*Emblica officinalis*), Vairi (*Salacia chinensis*), Darvi (*Berberis aristata*), Samanga (*Mimosa pudica*), Vidula (*Salix caprea*), Rajani (*Curcuma longa*), Patha (*Cissampelos pareira*), Chutabija (*Mangifera indica*), Haritaki (*Terminalia chebula*), and Mustaka (*Cyperus rotundus*). Most of these medicinal herbs possess Kashaya (astringent) and Tikta (bitter) tastes; consequently, they assist in reducing Kapha and Meda (adipose tissue), thereby aiding in the alleviation of the disease.^[12]

Forward-bending asanas (postures) massage the pancreas and stimulate the secretion of insulin. Twisting asanas—such as Vakrasana and Ardha Matsyendrasana (seated spinal twists)—compress and massage the intestines, thereby preventing the stagnation of accumulated matter within the large intestine.^[13]

All Acharyas (ancient authorities) have specifically emphasized the 'Yava Prayoga' (use of barley) in the context of treating Prameha (diabetes). Its astringent taste (Kashaya rasa), dry quality (Ruksha guna), and scraping action (Lekhana karma) collectively assist in reducing excess Kleda (bodily fluids) and excess Medha Dhatu (adipose tissue) present in the body.^[14] The soluble fiber known as 'beta-glucan' and the micronutrients found in barley are effective in lowering blood glucose levels.^[15]

The use of fenugreek (*Trigonella foenum-graecum*) in the treatment of Prameha is an ancient and traditional practice, widely prevalent as a form of folk medicine in India. Fenugreek contains a constituent called 'galactomannan'; owing to its viscous properties, it possesses the capacity to reduce the absorption of glucose by the intestines—whether the intake is in small or large quantities. Thus, it proves beneficial in regulating blood glucose levels.^[16]

If these measures are adopted at an early stage by patients with Type 2 Diabetes Mellitus whose blood sugar levels are currently at a 'borderline' (close to the normal range) status, the disease can be controlled with exceptional effectiveness while manifesting minimal clinical symptoms.

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