

CLASSICAL REVIEW MANAGEMENT OF DIEBTIES

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How control to diebties for ayurveda

Ayurveda is an ancient medicine paratice that is emerging in the united states as a complementry and alternative treatmemnt for chronic illness. Type 2 diabetes is a chronic illness that has major long term implication for individuals suffering from thre disease as well as health care system as whole. Mpdification in deit, exercise and life style are all important factors in successful treatment of type 2 diabetesand are incorporated into the ancient indian medicinal practice of ayurveda.

Summery:- This review summarizes the available evidence for the use of ayurvedic therapies in the treatment of type 2 diabets. For the the treatment of type 2 diabetes, ayurvedic practices primarily emphasize the use of herbal supplements; however, exercise, weight management, and various supplemental procedure are included in ayurvedic practices. The goal of ayurvedic practices on the treatment of type

diabetes like in wesetern medicine focuses on bringing the hemoglobin a1c value into a therapeutic range. Where ayurveda differs is that it looks at the functionality of a person in the context of striking a balance between the life forces or doshas that each individual posseses. **Conclusion:-** Patient with type 2 diabetes may inquire about current complementry and alternative tyherapies available for the teatment of their disease. Awareness of such modalities is necessary for effective patient counseling and care. The benefits of offering a wide array of treatment options include possible reduction of hba1c and or combprbidites with adjunct use of supplements and mind – body practices.

INTRODUCTION

Originating in ancient india, ayurveda is a traditional medicinal p[ractice with roots tracing back to 1000 bc it was first categorized as a religious or spiritual medicine, but curing the 6 th

to 4th century bc, the religious healing approach lost popularity, and it began to become systematically organized.

Translated from Sanskrit to mean “science of life” ayurveda connects physical (prakriti), spiritual (purusha), and physiological processes to promote a healthy relationship between the mind, body and soul. The primary goal of ayurveda is to maintain equilibrium between the 5 basic elements (panchamahabhutas) of earth, water, fire, air, and ether or vacuum within oneself through the theory of the life forces or doshas. The doshas consist of vata, which correlates to ether and air, pitta, which represents fire, and kapha, which equates to the elements of earth and water. Vata, pitta and kapha are the doshas of the body, while rajas, tamas and satva are the doshas of the mind. According to ayurveda, striking an equilibrium between the doshas corresponds to good health. Each living being has a tendency toward certain doshas structurally and physiologically, and such imbalance may lead to disease. Ayurvedic practitioners make use of individualized diet, exercise and lifestyle as well as procedural, medicinal, and herbal prescription in order to bring their patient’s doshas into optimal balance. The primary medicines used in ayurveda are derived from; however, metal, mineral as well as marine – and animal derived materials are also used. Currently, the Indian government controls all policy development, growth, and implementation of ayurveda programs. The World Health Organization began understanding the benefits of traditional medicine in the late 1970s, helping to improve the global acceptance of ayurveda. Ironically, popularity of ayurveda in the United States grew after westerners became increasingly aware of the inability to cure certain chronic illnesses while recognizing the side effects of western medications. Integrative medicine, which combines eastern and western practices, is on the rise with the hope of rebalancing health and wellness in the western population. Many case reports have shown the use of traditional medicine such as ayurveda as being beneficial and even curative to a number of chronic illnesses including but not limited to arthritis, low backache, neuropathy, Parkinsonism, thyroid imbalance, liver disease, dysmenorrhea, polycystic ovarian syndrome, irritable bowel syndrome, asthma, allergies, eczema, depression, anxiety, and many others. The use of ayurveda in type 2 diabetes, a chronic, yet treatable disease, has shown marked improvement on patient outcomes in numerous case reports. Type 2 diabetes involves a lack of sensitivity to insulin and the subsequent inability of the body to regulate blood glucose levels. Type 2 diabetes is the most common form of diabetes in the United States and primarily results from unhealthy lifestyle choices. According to the American Diabetes Association when possible, type 2 diabetes is treated

with exercise, diet and life style modification. However, progression to oral hypoglycemic agents and insulin will likely be necessary at same point during the course of a patient's disease process as their pancreas is unable to keep up with amount of insulin necessary to compensate for the body's resistance to insulin. Risk factors for type 2 diabetes are widely known and include being overweight or obese BMI of 25 or higher, family history of diabetes, lack of physical activity, poor diet including excessive calorie consumption, low fiber intake, high consumption of saturated and trans fats, high glycemic load, high glycemic index, cigarette smoking and alcohol consumption. Individual dietary and life style factors as indicators for type 2 diabetes, they found individuals with a low risk of the disease were under the BMI classification of overweight, engaged in vigorous or moderate exercise for 30 minutes each day, were no smokers, consume 5 g or more of alcohol per day with defined upper limit of alcohol consumption because study subjects did not consume more than 45 g of alcohol and ate a diet high fiber and low in trans – fat. They collected responses to questionnaires for nearly 85000 female nurses and did follow up 16 years. Their research suggests that the majority of cases of type 2 diabetes could be prevented by weight loss, regular exercise, modification of diet, abstinence from smoking and the consumption of limited amounts of alcohol with weight control appearing to offer the greatest benefits.

Over time, high blood glucose has major complication, including damage to the heart, blood vessels, kidneys, eyes peripheral nerves, digestive system, wound healing ability and sexual response and leads to complications during pregnancy. A small reduction in HbA1c of less than 1% has been shown to have a clear association with improved patient outcomes regardless of treatment with western alternative and complementary medicine. Type 2 diabetes are related to diet and life style. The ancient medicinal practice of ayurveda, which is rooted in diet and life style, is a traditional approach to the treatment of type 2 diabetes. Due to the large portion of the United States population suffering from type 2 diabetes and the serious complications that result from the disease, health care costs resulting from this illness are astronomical type 2 diabetes should benefit more than just those who are suffering from diabetes.

Methods

Medical management strategy treatments undergone

1. Udwartana is a powder massage often used for slimming and treatment of obesity that can be done daily.
2. Dhanyamladhara is often used in ayurveda to combat obesity, inflammation, muscular

pain, neuropathy, hemiplegia, and rheumatic complaints, it is derived from the word cereals (dhanya) and vinegar (amla). Dhanyamla involves preparation navara rice, horse gram, millet, citrus fruits, and dried ginger. During the treatment, the body is covered with this preparation and then by a heated cloth. The duration of the treatment is 45 to 50 minutes depending upon the condition of the patient.

3. Snehapana is a process of full body internal and external lubrication via drinking ghee and animal fat oil as well as massaging the oil on without any other oral intake.
4. Abhyanga is a warm oil massage. The oil is often premedicated with herbs for specific conditions.
5. Bashpasweda is a steam chamber in which the patient sits while steam emanates from a boiling herbal decoction.
6. Vamana (Induced vomiting) is targeted to expel increased kapha dosha from the body.
7. Virechana is the second procedure in the sequence of panchakarma (Ayurveda detoxification program) that involves using plant medicines that have a laxative effect, mainly aimed at reducing pitta Dosha and Toxic accumulation in the gastrointestinal tract, liver, and gallbladder.
8. Yogavasti is a type of medication given by enema, aiding in diminishing extra vata dosha present in the body. Vata is the force behind the elimination and retention of feces, urine, bile, and other excreta.
9. Shirodhara is a form of ayurveda therapy that involves gently pouring liquids over the forehead and can be one of the steps involved in panchakarma.

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Include

1. Follow timely meal schedule. Have freshly prepared warm food.
2. Churned butter milk and boiled cooled water to drink.
3. Cooked vegetables.
4. Broken wheat (Daliya), millets, and jowar should be included in the diet.
5. Moderate levels of exercise daily.

Avoid

1. Refrigerated, deep oily fried, salty, spicy, and canned food items.
2. Curd, paneer, cheese, sweets, and sour foods.
3. Reduce excess usage of potato, cauliflower, green peas, rajma (kidney bean), channa

(chickpea), peanut, and maida (white flour) products.

4. Daytime sleeping.
5. Exposure to cold water and cold weather.
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DISCUSSION

Disease management with ayurveda entails a prescription of personalized diet, lifestyle, predominantly herbal medicines, and systemic cleansing therapies. As population care for diabetes continues to evolve, future initiatives should consider ways to tailor population care to meet individual patient needs, while leveraging improvements in clinical information systems and care integration to optimally manage and prevent diabetes in the future. Ayurvedic treatment for type 2 diabetes involves an extensive inpatient treatment, which can often last for over 2 weeks, as was the case in the case description above. Health care in the United States is not currently structured for such extensive inpatient treatment for type 2 diabetes. At first glance, an inpatient treatment program for type 2 diabetes does not appear to be cost effective, yet, when looking at health-care dollars spent in the United States on future complications of type 2 diabetes, early inpatient therapy is not an unreasonable method of treatment.

Ayurvedic herbs

Of all of the ayurvedic treatments forms, herbal therapy is the most commonly studied. Some of the studied herbs that prove beneficial for the lowering of glucose levels include *Coccinia indica*, holy basil, fenugreek, *Gymnema sylvestre*, ayush-82, d-400, *Cinnamomum tamala*, *Eugenia jambolana*, and *Momordica charantia*. How these herbal supplements assist in treatment of type 2 diabetes depends on how the herbs.

Are prepared and used. For example, *abhyanga* is the use of herbs in a hot oil massage, and *udwartana* is a powder massage that incorporates herbs.

Traditional Indian medical herbs used for strengthening the body's immune system are known to have many essential and nutritional elements. Their excess or deficiency may disturb normal biochemical functions of the body. Each herb used in ayurveda has a different dominating or therapeutic elemental property. "Mechanisms such as the stimulating or regenerating effect on beta cells or extra pancreatic effects are proposed for the hypoglycemic action of these herbs." As such, depending on the symptoms presented by a patient, an

ayurvedic practitioner can select the appropriate treatment. For treatment of type 2 diabetes, the herbs m. Charantia, pterocarpus marsupium, and trigonella foenum greacum have been proven most successful.

The top 10 plants used in ayurvedic treatment of type 2 diabetes are bitter melon (m. Charantia), fenugreek, indian kino tree, gymnema, turmeric, tinospora, margosa tree, holy fruit tree, ivy guard, and pomegranate. Each plant helps treat diabetes in different ways. For example, studies have shown bitter melon reduces polyuria, which partially prevents renal hypertrophy, while also reducing urinary albumin excretion. Water extract of the indian kino tree has been used in treating diabetes since ancient times. "The water extract of these plants in a dose of 400 mg/dl reduced hyperglycemia and insulin levels." Each of the plants has been studied in groups of human or animal controls and has recommended uses. With each plant having vastly different properties and each person having a different manifestation of the doshas, their utilization is different for each patient.

Chromium is an element responsible for maintaining normal glucose metabolism and is found in the same area of the pancreas where insulin is produced. Plants and herbs contain elements which maintain glucose metabolism in similar fashion to the way in which insulin regulates blood glucose levels. As such, these natural resources have the ability to assist in treating type 2 diabetes. Lokhande et al. Completed a study on the curative properties of herbs frequently used in india medicine and found that fruits of babbul and seeds of karranj beej were among the most beneficial in the treatment of diabetes. These 2 fruits have high levels of chromium in them with fruits of babbul containing 2.71 ug/g and seeds of karranj containing 2.11 ug/g.

Chromium has been shown to aid in the action of insulin, and some studies have demonstrated a chromium deficiency in diabetic patients.

Practitioners of ayurveda do not recommend only 1 course of action for their patients. Each patient comes into the clinic with different symptoms, diets, lifestyles, medical complications, support systems, and spiritual beliefs. Thus, the treatment plan is often tailored toward these individualized aspects surrounding a patient's life in order to bring their doshas into a more perfect harmony. In their study on how ayurvedic medicine affected individuals with diabetes, sridharan et al. "postulated that ayurvedic medications may act through potential pancreatic as well as extrapancreatic effects," with probable mechanism of action

including.

Delaying gastric emptying, slowing carbohydrate absorption, inhibition of glucose transport, increasing the erythrocyte insulin receptors and peripheral glucose utilization, increasing glycogen synthesis, modulating insulin secretion, decreasing blood glucose synthesis through depression of the enzymes glucose-6-phosphatase, fructose – 1, and 6-bisphosphatase, and enhanced glucose oxidation by the enzyme glucose-6-phosphatase-dehydrogenase pathway.

Chronic medical conditions have major impacts on both an individual and the health-care system as a whole. The amount of health-care dollars spent due to type 2 diabetes alone is astronomical, and based upon recent trends, will continue to rise. Alternative and complementary medicines such as ayurveda present many treatment options for chronic illnesses such as type 2 diabetes. With a strong focus on mind-body connection, nutrition, exercise, lifestyle modifications, and herbal use, ayurveda has the power to truly make a large impact on patients suffering from diabetes as well as the health-care system. Often, chronic conditions are best treated with lifestyle modifications. The research around ayurveda and its treatment of type 2 diabetes is limited due to the individualized nature of the intervention. Funding for these types of studies can be sparse, as the treatments for ayurveda seek to eliminate the use of pharmaceutical agents by practicing a holistic approach to medicine and managing chronic conditions. Patients with diabetes and other “common chronic medical conditions are more likely to use complementary and alternative medications” as compared to the general population. Most studies on the use of ayurveda for the treatment of all medical conditions have only assessed some components of ayurvedic treatment individually without replicating ayurvedic Interventions in their entirety. Funding for future, controlled studies on the use of ayurveda and its relationship to treating type 2 diabetes is needed. The integration of ayurveda system of medicine in diabetes management may be helpful to prevent, reverse, and better control the glycemic burden and its sequelae beyond mere symptom management to comprehensive metabolism correction.

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