

## CLINICAL PERSPECTIVES ON DIABETES MELLITUS AND ITS MANAGEMENT THROUGH AYURVEDA

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### ABSTRACT

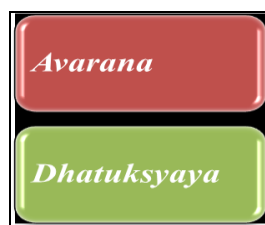
Diabetes is common conditions considered as very usual health issue affecting all age groups population world-widely. In Ayurveda it is described as *Madhumeh* that significantly affects quality of life of sufferer. It's become challenge now a day's to restrict prevalence of this issue since cases are increases due to the stressful pattern of life style. It largely affects the people of middle or elderly age group and spikes blood sugar levels that consequently resulting severe outcomes. Diabetes can triggers or worsen ocular disease, cardiovascular problems and renal diseases, etc. Ayurveda mentioned different therapies for the management of metabolic conditions including *Madhumeh*, this therapeutic regimen includes; herbs or herbal preparations, conduction of disciplinary dietary and daily routine and avoidance of stress along with purification measures, etc. In this regards Ayurveda drugs (herbs and classical formulations, etc.) are play significant role towards the management of diseases. Considering this present article mentioned clinical perspectives on Diabetes

Mellitus and its management through Ayurveda.

**KEYWORDS:** *Ayurveda, Diabetes, Madhumeh, Herbs, Drugs, Metabolic Disease.*

### INTRODUCTION

Diabetes mellitus described as *Madhumeha* in Ayurveda, *Madhumeha* also considered as a subtype of *Prameha* that is characterized by sweet urine along with other symptoms of diabetes. Primarily there are two types of *Prameha* as depicted in **Figure 1**.



**Figure 1: Two types of *Prameha*.**

As depicted in above figure *Avarana* and *Dhatukshaya* are main two types of *Prameha*. Blockage in the paths of channels causes *Avarana*, aggravated *Kapha* may causes blockage that further results *Avarana*. *Dhatukshaya* resembles depletion of tissues that is comparable with the juvenile diabetes. The weak digestive fire associated with *Dosha* imbalance can cause various metabolic issues including diabetes.<sup>[1-4]</sup>

### Pathogenesis

*Madhumeha* characterized by abnormal urination and *Doshic* imbalances mainly vitiation of *Kapha Dosha*. Lack of exercise, poor dietary habits including consumption of *Snigdha*, *Guru* and *Ushna Ahara* enhances *Kapha* and *Medhas* that further leads *Prameha*. Typical symptoms of diabetes are as follows

- ✚ Thirst
- ✚ Frequent urination
- ✚ Unusual weight loss/weight gain
- ✚ Fatigue
- ✚ Blurred vision
- ✚ Delayed wound healing

### Role of *Dosha*

1. Imbalance in *Vata* negatively affects the pancreas functioning
2. *Pitta* imbalance can cause metabolic issue.
3. *Kapha* imbalance impacts insulin resistance.

*Vataj Prameha* includes symptoms of frequent urination, insatiable thirst and dryness, etc. *Pittaj Prameha* is characterized by the symptoms of hunger, profuse sweating, thirst and burning sensation, etc. Ayurveda suggested therapeutic approaches according to the body constitution (*Prakriti*) of person. Ayurvedic treatment includes herbs that helps in maintaining blood sugar levels and also impact positively insulin sensitivity.<sup>[4-6]</sup>

### Ayurvedic Treatment of Diabetes

- ❖ Diet and life style modification
- ❖ *Panchkarma*
- ❖ Herbal preparations
- ❖ *Yoga* and exercises

The herbs such as *Turmeric*, *Shilajit*, *Amalaki*, *Bitter Gourd*, *Bilva*, *Cinnamon* and *Aloe Vera*, etc. are recommended for managing diabetes. Ayurveda formulations such as *Triphala*, *Amalaki Churna*, *Naag Bhasma*, *Chandraprabhavati* and *Vasanta Kusumakar Ras*, etc. also employed to lower the sugar level. The purification measures of *Panchkarma* eliminate morbid *Dosha* thereby restrict pathological progression of disease. *Yoga* and exercises prevent obesity induce diabetes similarly life and dietary modification improves hormonal and physiological functioning thus prevent chances of metabolic abnormalities.<sup>[6-8]</sup>

### *Rasayana chikitsa*

involves uses of *Swarnamakshika*, *Shilajita*, *Tuvaraka* and *Rajatmakshika* for *Prameha* since it is considered as *Anushangi vyadhi* associated with *Dhatukshaya*. The *Rasayana chikitsa* provides benefits in *Dhatukshaya* due to its rejuvenating and strengthening effects.

### Drugs for Diabetes<sup>[7-10]</sup>

- ✓ *Amalki Swaras* can be advises with *Haridra Churna*
- ✓ *Daruharidra*, *Yava* and *Triphala* should be used along with water, this helps to eliminate disease and its root causes.
- ✓ *Dadimadya ghrita*, *Trikantakadya Sneha*, *Mehamihir Taila*, *Salmali ghrita*, *Pramehanashak ghrita* and *Prameha nashak taila*, etc. also indicated to eradicate symptoms of dryness associated with diabetes.
- ✓ *Lodhrasava* prepared from *Lodhra*, *Pushkarmoola* and *Kachura*, etc. offer relief in disease pathogenesis.
- ✓ *Dantyasava* prepared from *Lodhra*, *Dantimula*, *Vidanga* and *Murva* also recommended.
- ✓ *Bhallatakasava* and *Devadarwadiarishta* improve potency of *Dhatu*s.
- ✓ *Vangaavleha* prepared from *Madhu*, *Vanga* and *Gandhaka* offers symptomatic relief.
- ✓ *Gokshurakadya avleha* also indicated for metabolic abnormalities.
- ✓ *Kushodaka*, *Madhukodaka* and *Sarodaka* used as paste formulation.
- ✓ *Sivagutika* prepared from *Triphala*, *Shilajatu* and *Kutaki*

- ✓ *Chandraprabha vati* consisted of *Shilajatu*, *Kachura* and *Triphala* also recommended for disease management.
- ✓ *Indra Vati* prepared from *Vanga*, *Arjuna* and *Rasa Sindur* considered good for such types of conditions.
- ✓ *Nyagrodadi churna* prepared from *Amaltas*, *Ashwatha* and *Asana*.
- ✓ *Karkatbijadi churna* and *Eladi churna* also prescribed for *Madhumeha*.
- ✓ *Vidangadi Lauha* prepared from *Vayavidanga*, *Pippala*, *Shunthi*, *Lauha Bhasma* and *Jeerakdvaya* helps to restore normal physiology of organs in *Madhumeha*.
- ✓ *Vasantakusumankar rasa* prepared from *Rajat*, *Abhrak* and *Suvarna* indicated as *Rasa* formulation.
- ✓ *Brikta Bangeshwar rasa* consisted of *Gandhaka*, *Parad* and *Vanga* also mentioned for diabetes control.
- ✓ *Trivanga bhasma* prepared from *Vanga*, *Naga* and *Yashada* considered useful for diabetes.
- ✓ *Harishankar rasa* helps to alleviate a disease symptom which is prepared from *Parada*, *Gandhaka* and *Swarnmakhik*.
- ✓ *Panchanana rasa* consisted of *Gandhaka*, *Abhraka* and *Parad* used for managing pathogenesis of *Madhumeha*.

### ***Pathya***

- Whole grains
- Fresh veggies
- Lean protein
- Exercise/Yoga

### ***Apathya***

- ✚ Processed foods
- ✚ Sugars and excessive carbohydrate
- ✚ Sour, salty and oily foods
- ✚ Heavy food/junk foods
- ✚ Late night awakening
- ✚ Stress, etc.

## CONCLUSION

Diabetes mellitus is metabolic abnormality that mainly arises due to the vitiation of *Kapha Dosha*. It is defined as *Madhumeha* in Ayurveda, which occurs as a resultant of poor dietary habits (*Snigdha, Guru* and *Ushna Ahara*), lack of exercise, indulgence in stress and predisposition of genetic factors. Thirst, frequent urination, fatigue, vision problem, delay healing process and abnormal weight tendency, etc. are major symptoms of disease. It affects the people of middle or elderly age group amongst the male population mainly. The condition involve rise in blood sugar levels that consequently resulting severe outcomes including ocular problems, cardiovascular ailments, high blood pressure, renal diseases and physical depletion, etc. Ayurveda mentioned different therapies for the management of *Madhumeh* which includes herbs, Ayurveda preparations, disciplinary dietary routine, exercise, *Yoga* and avoidance of stress, etc. In this regards Ayurveda drugs play significant role towards the management of diabetes. Ayurveda approaches not only treat diabetes but also prevent and cure complications associated with diabetes.

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