

## CLINICAL STUDY OF HARITAKI CHURNA WITH MADHU IN THE MANAGEMENT OF PRAMEHA

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### ABSTRACT

Diabetes is one of the major lifestyle disorders, it is a disease which grows rapidly ranking one of the most common chronic metabolic disorder, the worldwide prevalence of Diabetes Mellitus has raised dramatically over the past two decades, from an estimated 30 million cases in 1985 to 382 million in 2013. Globally an estimated 463 million adults are living with Diabetes Mellitus, according to the latest 2019 data from the World Health Organization. The Ayurveda describes a set of complex clinical conditions with frequent, abnormal miction, collectively called *Prameha*, that in many ways correlate with obesity, metabolic syndrome, and diabetes mellitus. Obesity, metabolic syndrome, and diabetes mellitus have in common that they are all three

metabolic disorders. In the pathogenesis of *Prameha*, the role of intermediate metabolites is vital because it is an acquired disease due to incorrect metabolism of nutrients. In spite of advanced technology and researches, the modern medicine is failing to give the best result for Diabetes, so there is need to find a natural and safe Ayurvedic medicine with no side effects and in economic range. Here is a single case study was done on patient of *Prameha* with drug *Haritaki Churna* with *Madhu* advised twice daily and assessment done before treatment and after treatment. Observations and results obtained during this case were reassuring and assessed on different parameters which are presented in full paper.

**KEYWORDS:** *Prameha*, Diabetes Mellitus, *Haritaki Churna*, *Madhu*.

## INTRODUCTION

Diabetes is one of the major lifestyle disorders, it is a disease which grows rapidly ranking one of the most common chronic metabolic disorder, the worldwide prevalence of Diabetes Mellitus has raised dramatically over the past two decades, from an estimated 30 million cases in 1985 to 382 million in 2013. Globally an estimated 463 million adults are living with Diabetes Mellitus, according to the latest 2019 data from the World Health Organization.<sup>[1]</sup> Although the prevalence of both Type 1 & Type 2 Diabetes Mellitus is increasing worldwide, the prevalence of Type 2 Diabetes Mellitus is rising much more rapidly, presumably because of increasing obesity, reduced activities.<sup>[2]</sup> According to WHO Diabetes Mellitus is a heterogenous metabolic disorder characterized by a common feature of hyperglycaemia with disturbance of carbohydrate, fat and protein metabolism.<sup>[3]</sup>

*Prameha* is one of the *Santarapanajanya Vyadhi*.<sup>[4]</sup> *Prameha* means increased quantity of urine along with its Turbidity.<sup>[5]</sup> All three *Dosha* are involved in the pathogenesis of *Prameha* but *Bahudrava Shleshma* is predominant in this disease.<sup>[6]</sup> In pathogenesis it involves 10 *Dushyas* which are *Meda*, *Mamsa*, *Shukra*, *Kleda*, *Shukra*, *Shonit*, *Vasa*, *Majja*, *Lasika*, *Rasa*, *Ojas*.<sup>[7]</sup>

Acharya Charak in *Chikitsasthan* have mentioned that sedentary lifestyle, excess sleep, curds, soup of the meat of domesticated and aquatic animals and animals inhabiting marshy land, milk and its preparations, freshly harvested food articles, freshly prepared drinks, preparations of jaggery and all *Kapha* aggravating factors are mainly responsible factors for the pathogenesis of *Prameha*.<sup>[8]</sup> It is classified into three types *Kaphaja*, *Pittaja* and *Vataja* which is subdivided into 10,6,4 respectively.<sup>[9]</sup> Different *Doshas* having entered the urinary tract in vitiated condition give rise to the respective types of *Meha* with their own dominance.<sup>[10]</sup> Based on treatment it is classified into *Sthoola Pramehi* which is should be treated with *Apatarpana Chikitsa* while *Krishna Pramehi* which treated with *Santarapana Chikitsa*.<sup>[11]</sup> Clinical features of *Prameha* can be correlates with diabetes mellitus. It is chronic, metabolic disease characterized by elevated levels of blood glucose which leads to serious damage to the heart, blood vessel, eyes, kidneys, nerves.<sup>[12]</sup>

## AIMS AND OBJECTIVES

To access the effect of *Haritaki Churna with Madhu* in management of *Prameha*.

**Case report**

A 52-year-old male patient having following complaints was came in OPD of Kayachikitsa Department, PMT'S Ayurvedic College Shevgaon.

**Chief complaints***Prabhoota-Mutrata**Avila-Mutrata**Ati-svedha**Daurbalya**Ati-Pipasa*

since last 3 years

Aggravated in last 1 month

**History of present illness**

Patient was healthy before 3 years. There was gradual increase in above symptoms, but above symptoms were aggravated in last 30 days. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

**Past history**

Known case of Diabetes Mellitus since last 3 years on irregular medication.

Known case of Hypertension since last 5 years on medication.

**Present medic inal history** Tab. Telmiking 40mg (Telmisartan 40mg) 1OD

**Family history:** *Matruj Kula:* Jeevit & healthy, *Pitruj Kula:* Jeevit K/C/O: Diabetes Mellitus.

**Vaiyaktik vrittant:** Occupation: Clerk (Desk Job); *Vyasana:* Chronic Smoker since last 10 years

**General examination**

<b>Temperature</b>	<b>98.4 F</b>
RR	20/ Min
Pulse rate	72 /Min
Blood pressure	130/70 mm of Hg

**Systemic examination**

<b>RS</b>	<b>AEBE &amp; Clear</b>
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft & Non Tender

*Ashtavidha parikshan*

<i>Nadi</i>	<b>72/Min</b>
<i>Mutra</i>	9-10 times a day
<i>Mala</i>	Once a day
<i>Jivha</i>	<i>Ishat Sama</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Druk</i>	<i>Vikrita</i>
<i>Akruti</i>	<i>Sthula</i>

*Dashvidh pariksha*

<b><i>Prakruti</i></b>	<b><i>Kapha-Vataj</i></b>
<i>Dosha</i>	<i>Kapha</i>
<i>Dushya</i>	<i>Rasa, Meda, Mansa</i>
<i>Sara</i>	<i>Hina</i>
<i>Samhanana</i>	<i>Madhyam</i>
<i>Pramana</i>	(170 cm)
<i>Dehabhara</i>	85 Kgs
<i>Satmya</i>	<i>Madhyama</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Ahara Shakti</i>	<i>Pravar</i>
<i>Vyayam Shakti</i>	<i>Hina</i>

**Management***Haritaki churna with madhu*<sup>[13] [14]</sup>

Sr. No.	Subject	Drug
1.	Drug	<i>Haritaki Churna</i>
2.	Dose	3gm BD
3.	<i>Anupana</i>	<i>Madhu</i>
4.	<i>Kala</i>	Before Meal (Vyano Udan)
5.	Treatment Duration	90 days
6.	Assisment Record on	0 <sup>th</sup> day BT 90 <sup>th</sup> day AT

**Table showing properties of *haritaki churna***

<b>Latin Name</b>	<b><i>Terminalia Chebula Linn.</i></b>
<i>Rasa</i>	<i>Kashaya, Madhura, Lavan, Tikta, Katu</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Guna</i>	<i>Laghu, Ruksha, Ushna</i>
<i>Doshaghnata</i>	<i>Tridoshaghna</i>
<i>Karmukatva</i>	<i>Doshanuloman, Dipan, Pachan, Rasayana, Strotomukhvishodhan,</i>

Table showing properties of madhu<sup>[15][16][17]</sup>

<b>Guna</b>	<b>Charak</b>	<b>Sashruta</b>	<b>Vagbhata</b>
<i>Rasa</i>	<i>Kashaya Madhura</i>	<i>Madhura, kashaya (Anurasa)</i>	<i>Madhura, kashaya</i>
<i>Guna</i>	<i>Guru, Ruksha</i>	<i>Laghu, Ruksha</i>	<i>Ruksha</i>
<i>Veerya</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Sheeta</i>
<i>Vipaka</i>		-	
<i>Dhoshghanta</i>	<i>Raktapitta Kapha</i>	<i>Tridosha</i>	<i>Kapha</i>
<i>Rogaghanta</i>	<i>Medoroga, Prameha</i>	<i>Medhirog, meha, swasa kasa Trishnahr</i>	<i>Kaphajaroga, Prameha, vrana</i>

## OBSERVATION AND RESULTS

<b>Symptoms</b>	<b>Gradation</b>	<b>Grade</b>	<b>BT</b>	<b>AT</b>
<i>Prabhoota-Mutrata</i>	5-6 times/day	0	2	1
	7-8 times/day	1		
	9-10 times/day	2		
	More than 10 times/day	3		
<i>Avila-Mutrata</i>	Crystal clear fluid	0	2	0
	Faintly cloudy or smoky	1		
	Turbidity clearly present	2		
	Darkly cloudy	3		
<i>Ati-Sveda</i>	Sweating after heavy work & fast movements or in weather	0	2	1
	Profuse sweating after moderate work & movements	1		
	Sweating after little work & movements	2		
	Sweating even in rest or in cold weather	3		
<i>Daurbalya</i>	Can do routine work	0	2	1
	Can do routine work but feels tired	1		
	Can do routine work with lots of tiredness	2		
	Can not do routine work	3		
<i>Ati-Pipasa</i>	Feeling of thirst 7-9 times/day (Quantity 1-1.5lit/day)	0	3	1
	Feeling of thirst 9-11 times/day (Quantity 2-2.5lit/day)	1		
	Feeling of thirst 7-9 times/day (Quantity 2.5-3lit/day)	2		
	Feeling of thirst 11-13 times/day (Quantity more than 3lit/day)	3		

## Investigations

<b>Sr. No.</b>	<b>Parameter</b>	<b>Assessment</b>	
		<b>Day 0 BT</b>	<b>Day 90 AT</b>
1	Fasting BSL	160 mg/dl	106 mg/dl
2	Post Prandial BSL:	266 mg/dl	182 mg/dl
3	HbA1C	8.6	7.2

## DISCUSSION

In this case study, there is significant reductions in symptoms score were seen in it was mostly due to reduction in Plasma Sugar level as well as reduction in glycosylated hemoglobin.

The excellent hypoglycaemic property of *Haritaki* plays a significant role in alleviating the blood sugar levels of the body. The production of insulin from the  $\beta$ -pancreatic cells becomes active. It helps to reduce the breakdown of starch into glucose.<sup>[18]</sup> Also its *Laghu*, *Ruksha*, *Ushna Guna*, *Ushna Virya* and *Kashay Rasatmak*, *Guru-Ruksha Gunatmak* and *Pramehaghna* Property of *Madhu* (Honey) helps to reduction of *Meda* and *Kapha* due to their *Ushna Virya*. it helps in *Samprapti Bhanga* and hence reduction in symptoms score and Plasma sugar level as well as HBA1C.

## CONCLUSION

*Prameha* is a very troublesome disease affecting the *Metabolism* and producing Lifestyle disorders and various life-threatening complications. *Shamana Chikitsa* in the form of *Haritaki Churna with Madhu* played an important role in the management of *Prameha*. Therapy was well tolerated by patient and no adverse effects were seen in patient. there is reduction in symptoms specifically in *Prabhoot Mutrata*, *Avil Mutrata*, *Ati-Sveda*, *Ati Pipasa*, & *Daurbalya*. This concept taking in mind the study should be carried out on large sample for serving the happiness to the mankind.

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