

THE ROLE OF LANKA TAIL IN DIABETIC NEUROPATHY

*¹Vd. Neha Subhash Bari, ²Vd. Sanjivani Rathod and ³Vd. Nitin Chavhan¹First Year PG Student, Kayachikitsa Department, Ayurveda Seva Sangh Ayurveda College, Nashik.²HOD and Associate Professor, Kayachikitsa Nashik.Article Received on
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Corresponding Author*Vd. Neha Subhash Bari**First Year PG Student,
Kayachikitsa Department,
Ayurveda Seva Sangh
Ayurveda College, Nashik.**ABSTRACT**

Diabetes mellitus is most commonly seen in human due to change in life style. It is raising day by day very fast and affect the health of normal people. In Ayurveda, Diabetes mellitus can be correlated with Madhumeha, which is a type of Vataj Prameha. Diabetic neuropathy is a loss of sensory function beginning distally in the lower extremities that is also characterized by pain and substantial morbidity. In diabetic neuropathy there is involvement of Vatadosha and Pitta Dosha and kapha dosha according to ayurveda. Clinical features of diabetic neuropathy in ayurveda is hastapada chimchimayana, hasta pada daha, vedana, kampa means there is numbness, tingling and burning

sensation in the hands and feet. Lanka consist chemical composition is Capsaicin and that act on neuropathic pain. **Hypothesis:** Is lanka tail effective in the management of diabetic neuropathy? **Objective:** 1) To study diabetic neuropathy according to modern and ayurveda aspect 2) To study the effect of lanka tail in diabetic neuropathy **Method:** five patient already diagnosed with diabetic neuropathy taken for clinical study. **Result:** Lanka tail having significant effect on the symptoms of numbness, tingling, burning sensation and pain in the patients of diabetic neuropathy **Conclusion:** Lanka tail contain mainly Capsaicin The research paper in modern science already proved that Capsaicin is effective in diabetic neuropathy.

KEYWORD: Diabetic neuropathy Lanka tail.**INTRODUCTION**

Changes in human behaviour and lifestyle over the last century have resulted in a dramatic increase in the incidence of diabetes worldwide. The prevention of diabetes and control of its

micro- and macrovascular complications will require an integrated, international approach if we are to see a significant reduction in the huge premature morbidity and mortality it causes. Neuropathy is a common and costly complication of both type 1 and type 2 diabetes. Diabetes mellitus is endocrine disorder which show various complication like nephropathy lower limb amputation retinopathy and the most common is diabetic neuropathy. Type 2 diabetes mellitus is more prone to suffer from diabetes neuropathy. In Ayurveda, Diabetes mellitus can be correlated with Madhumeha, which is a type of Vataja Prameha. Diabetic neuropathy is a loss of sensory function beginning distally in the lower extremities that is also characterized by pain and substantial morbidity in diabetic neuropathy. There is involvement of Vatadosha, Pitta Dosha and kapha Dosha according to ayurveda. Clinical features of diabetic neuropathy in ayurveda is hastapada chimchimayana, hastapada chimchimayana, hastapada daha, vedana, kampa. means there is numbness, tingling and burning sensation in the hands and feet.

AIMS AND OBJECTIVE

TO evaluate clinical efficacy of lanka tail local application in diabetes neuropathy.

MATERIAL AND METHOD

RESEARCH PLACE- Department of kayachikitsa opd and Ipd of ass ayurveda ruganalaya panchavati nashik.

SAMPLE SIZE -5.

INGREDIENT - lanka and til tail

- 1) Lanka – 5 -10
- 2) Til tail _ 100 ml

1	No of patient	5
2	treatment	Sthanik chikitsa
3	quantity	4ml
4	Route of administration	Local application of drug over foot and palm
5	Treatment of period	15 day

Inclusion criteria

1. Known case of diabetes mellitus with tingling sensation and numbness in distal foot and palm.
2. Age -20-70
3. Sex -male female

4. Diet -Advised by physician.

Exclusive Criteria

- 1) Severe acute complication of diabetes mellitus which required medical emergency management.
- 2) Patient with diabetic complication like retinopathy nephropathy.
- 3) Diabetic foot wound.
- 4) Injury to foot and palm.
- 5) Patient using pregabalin

OBSERVATION AND RESULT

	SYMPTOMS	NO SYMPTOMS	MILD 1	MODERATE 2	SEVERE
1	HASTA PADADA DAHA	+	++	+++	++++
2	HASTA PADA CHIMCHIMAYAN	+	++	+++	++++
3	VEDANA	+	++	+++	++++
4	KAMPA	+	++	+++	++++
5	DOURBALYA	+	++	+++	++++
6	VIKARA SPARSHA PRACHITI	+	++	+++	++++

Total effect of therapy upashaya and anupashaya were assessed by relief in symptoms of diabetic neuropathy.

Uttam upashaya	75% and above
Madhyam upashaya	50%to 75% relief
Heena upashaya	Upto 50% relief
anupashaya	No relief or increase in symptom

SR NO	SYMPTOMS	1 st patient		2 nd patient		3 rd patient		4 th patient		5 th patient	
		BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
1	HASTA PADADA DAHA	++++	++	+++	+	+++	++	+++	++	++	+
2	HASTA PADA CHIMCHIMAYAN	++	+	+++	+	+++	+	+++	+	+++	+
3	VEDANA	+++	+	++	++	+++	++	+++	+	+++	+
4	KAMPA	+	+	++	++	+	+	++	+	+++	+
5	DOURBALYA	+	+	+	+	+	+	+	+	+	+
6	VIKARA SPARSHA PRACHITI	+	+	+	+	+	+	+	+	+	+

CONCLUSION

Upashaya	% relief	Number of patients
Uttam upashaya	75% and above	3
Madhyam upashaya	50%to 75% relief	2
Heena upashaya	Upto 50% relief	1
anupashaya	No relief or increase in symptom	0

DISCUSSION

1. Three patient with diabetic neuropathy got uttam upashaya (75% and above)
2. Two patient with diabetic neuropathy got Madhyam upashaya (50%to 75% relief)
3. One patient with diabetic neuropathy got Heena upashaya (Upto 50% relief)

Capsaicin is known to mediate its effect by causing the de-functionalization of the C fiber nociceptors (neurolysis). It is a TRPV1 (transient receptor potential vanilloid 1) agonist and its prolonged activation of TRPV1 results in loss of receptor functionality, causing impaired local nociception for extended periods. Also de-functionalization of peripheral nerve fibers is partially as a result of capsaicin-induced substance P depletion, along with other sensory mediators (calcitonin gene-related peptide) in the spinal dorsal root ganglia. According to ayurveda vataj kaphaj and pitta are the cause of diabetic neuropathy. Lanka tail application over foot and palm show relief the symptoms from hastapada chimchimayan hastapada daha, Vedana, kampa by the action of lanka. lanka show ras katu vipak katu virya ushana that help in vatakapha dosha shaman, til tail having Ras Madhur, tikta, Kashaya vipak katu,virya ushana and tail having properties like vyavayi sukshma, and kaphaghana ushana tikshana due to that easily absorbed into foot and palm.

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