



A Clinical Study of Madhutailik Basti with Vidangadyam Lauha in the Management of Madhumeha W.S.R. to Diabetes Mellitus Type 2

Bhairav Tawshikar^{1*} and Jyotsna Adate²

¹Associate Professor, ARAC Ayurved College, Ahmednagar, Maharashtra, India

²PG Scholar, ARAC Ayurved College, Ahmednagar, Maharashtra, India

***Corresponding Author:** Bhairav Tawshikar, Associate Professor, ARAC Ayurved College, Ahmednagar, Maharashtra, India.

DOI: 10.31080/ASMS.2020.04.0536

Received: January 18, 2020

Published: January 21, 2020

© All rights are reserved by **Bhairav Tawshikar and Jyotsna Adate.**

Abstract

Ayurveda is the first medical science that identified, diagnosed and managed Madhumeha while claiming it is incurable much earlier to modern science. Prameha is mentioned as one of the eight major disease in Brihatrayi in Ayurveda Acharya Charaka has explained it as a life style disorder due to over indulgence in heavy and rich nutrition food, day time sleep, lack of exercises, other sedentary habits and not doing seasonal purification.

It can be correlated with Diabetes Mellitus type 2. It is a clinical syndrome characterized mainly by hyperglycemia due to absolute or relative deficiency of insulin. Lack of insulin affects the metabolism of carbohydrate, protein and fat causes significant disturbance of water and electrolyte homeostasis.

Madhumeha characterized by passage of excessive urine having similar to Madhu. Other symptoms are Prabhuta mutrata, pipasa vriddhi, pada tala daha, atisweda. Present study is carried out to know effective Ayurvedic treatment for Madhumeha. The combination of these medicines has shown highly significant in treating Madhumeha [Diabetes mellitus type 2].

Keywords: Madhumeha; Diabetes Mellitus; Madhutailik Basti; Vidangadyam Lauha

Introduction

Ayurved is a science of life [1]. The main aim of Ayurveda is to maintain health of the healthy person and to cure the illness of diseased person [2]. Madhumeha is described in ancient Ayurveda text like Charaka Samhita, Sushruta Samhita, ashtang hrudaya etc. Ayurveda referred Madhumeha as Ashtamahagad vyadhi [3]. Prameha is a tridoshaj kapha predominant disease [4]. It can be correlated with diabetes mellitus type 2.

The main causes are taking heavy caloric food with lack of exercise, eating frequently and in excess quantity, snigdha and guru gunatmak food like fish, cured, new rice and sweet items, butter, ghee, milk etc. increases kapha, meda and urine which are the main etiological factors [5].

Prameha is a disorder of kapha predominant tridoshaja. Classics emphasized its pathophysiology by intake of kaphakara nidana that's vitiate kapha dosha and gets localized in the urinary bladder. Produces Prameha by vitiating the body water, sweat, pitta, fats, plasma and muscle, even pitta and rakta dosha also produces Prameha by vitiating the residence of urine when vitiated. And even vata dosha vitiation can also cause Prameha by dragging the dhatus into the bladder. Kapha dosha in turn with meda dhatu gets impure. Then vata dosha take body's kapha, meda, kleda and vital elements and passes away through urine [6]. This causes increased quantity and turbidity of urine.

Its main feature according to Acharya Vagbhat is prabhuta and avil mutrata i.e. increased quantity and turbidity of urine and this

all causes due to vitiated kapha dosha [7]. Other symptoms are Prabhuta mutrata, pipasa vriddhi, kara-pada tala daha, atisweda, daurbalya.

The ancient Greeks coined the term ‘Diabetes’ meaning excessive urination with dehydration, but neither they nor the romans appreciated that the urine contained sugar. Diabetes mellitus is a heterogeneous group of diseases characterized by chronic elevation of glucose in the blood. It arises because the body is unable to produce enough insulin for its own needs either because of impaired insulin action or both [8].

Common symptoms include increased thirst, frequent urination, unexplained weight loss, hunger, feeling tired and sores that do not heal [9].

Objective of the study

To study the efficacy of Madhutailik Basti with Vidangadyam Lauha in the management of Madhumeha[Diabetes mellitus type [2].

Case Report

A 46 years old male reported to the Ashvin rural ayurvedic College and hospital, manchi, sangamner. With complaints of prabhuta mutrata, Trishna, Atisweda, Pada-tala daha Daurbalya Since 1 yr. For that he had taken treatment of allopathy medicine for few days but he was not satisfied then he visited to kayachikitsa OPD for further management. Patient was treated with Madhutailik Basti for 8 days with Vidangadyam Lauha for 45 days. FBS and PPBS was done before and after treatment. Patient was thoroughly examined and detailed history was taken.

Material and Methods

Patient of Madhumeha was taken from OPD of kayachikitsa department in Ashvin rural ayurvedic College and hospital, manchi. Duration of the study-45 days Follow up- 15th day, 30th day nd 45th day.

Method

Madhutailik Basti was prepared as per Vagbhat samhita and Vidangadyam Lauha was prepared as per guidelines given by Chakradatta.

Ingredients of madhutailik basti [10]

- Madhu
- Taila[sesame oil]

- Saindhav
- Shatapushpa
- Erand mul kwath.

Ingredients of vidangadyam lauha [11]

- Vidang
- Triphala
- Musta
- Kana
- Nagar
- Bilva
- Chandan
- Rhiber
- Patha
- Ushir
- Bala
- Lohabhasma
- Gruta.

Administration of drug

Patient was administered Madhutailik Basti for 8 days at morning start at 1st day with Vidangadyam Lauha 1 mash [1 gm] vati OD for 45 days with Anupan Milk.

Result

Followup	Symptoms
On 1st day	Prabhutmitrata+++ ,Trishna++ Atiswda++ Pada-taladaha+ Daurbalya+
On 15th day	Prabhutmitrata++ ,Trishna++ Atiswda+ Pada-taladaha+ Daurbalya
On 30th day	Prabhutmitrata++ ,Trishna+ Atiswda
On 45th day	Prabhutmitrata+

Table 1

Before After

BSL fasting -182 mg /dl BSL fasting -124 mg/dl. PPBS -312 mg /dl. PPBS - 162 mg /dl.

Discussion

Ayurveda is the first medical science that identified, diagnosed and managed Madhumeha while claiming it is incurable. Madhutailik Basti maintain the equilibrium of the body tissues. Patient got the result by virtue of its rasayan properties and its shodhan qualities might have stimulated the beta cells and enhanced the insulin properties.

It actually destroy the disease by cleansing the srotasa and by increasing the oja, teja, shukra, agni and meda. It specifies the vitiated vata dosha by removing the related toxins and waste materials from the system. Vidangadyam Lauha's ingredients are mainly having tridoshghna and mehaghna properties are potent enough to combat this disease condition.

Conclusion

Madhutailik Basti and Vidangadyam Lauha are found to be effective in the management of Madhumeha or Diabetes mellitus type 2. Also it gives significant result in blood sugar level. It lead to samprapti vighatana of Madhumeha and hence highly significant result achieved.

Bibliography

1. Vaidya YG Joshi. Charak Samhita, vaidyamitra prakashan, sutrasthan (2009): 16.
2. Vaidya YG Joshi. Charak Samhita, Vaidyamitra Prakashan, Sutrasthan (2009): 412.
3. Acharya priyavat sharma, charak Samhita, edition reprint, publisher chaukhamba Sanskrit prakashan, Delhi, indriyasthan chapter 9th 1 (2009): 848.
4. Shastri kashinath and chaturvedi gorakshnath, charak Samhita Varanasi, chaukhamba bharati academy 1 (2001): 633.
5. Vaidya YG Joshi Charak Samhita, Vaidyamitra Prakashan, chikitsa sthan 2 (2014): 177.
6. Tripathi brahmanand, Ashtang hrudayam Varanasi, chaukhamba bharati academy 2 (2011): 633.

7. Ganesh Krishna Garde, Sarth Vagbhat, vagbhatakruta Ashtang hrudayam, Nidansthan, chaukhamba surbharati prakashan, Varanasi (2011): 191.
8. Frits Holleman. The living textbook of Diabetes, section 1, Introduction to Diabetes Mellitus (2014).
9. Edited by Nemo bis, Diabetes Mellitus type 2 (2018).
10. Gamesh krushna Garde. sarth vagbhat, kalpasthan, chapter No. 4, shlok no- 27-28.
11. Indradev Tripathi. Chakradatta, chapter No-36, shlok no-6,7,8.

Assets from publication with us

- Prompt Acknowledgement after receiving the article
- Thorough Double blinded peer review
- Rapid Publication
- Issue of Publication Certificate
- High visibility of your Published work

Website: <https://www.actascientific.com/>

Submit Article: <https://www.actascientific.com/submission.php>

Email us: editor@actascientific.com

Contact us: +91 9182824667