

**Effect of *ayurvedic* medicines and lifestyle modification in case of *prameha* with special reference to diabetes mellitus- a single case study**

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**ABSTRACT:**

**BACKGROUND:** Diabetes Mellitus is one of the most challenging health threats to the country. It is characterized by hyperglycemia due to absolute or relative deficiency of insulin. Diabetes mellitus has a close parlance with *prameha* according to Ayurvedic science. Modern medicines provide quick relief but also lead to various side effects.

**OBJECTIVE:** The objective of the study is to study diabetes and *prameha* according to the respective sciences and study the effect of Ayurvedic medicines

and lifestyle changes in diabetes mellitus.

**MATERIALS AND METHODS:** A 41 year old newly diagnosed male diabetic patient was taken for the study after consent. Patient complained of unexplained weight loss, increased thirst, increased frequency of micturition, burning sensation in palms and soles. Patient was advised to do blood sugar levels and HbA1C, which turned out to be positive. Ayurvedic medicines along with modern medication was given for a month and was asked to do few lifestyle modifications as per Ayurvedic texts. After one month, blood sugar levels were investigated, which were normal; since

then, modern medicine was stopped and patient was given only Ayurvedic medication and lifestyle changes. HbA1C levels were taken as the assessment criteria for the study. HbA1C levels were checked before beginning the medication and after six months of medications. Blood sugar levels were tested in between to study the effect of the medications given and to avoid any risk

**RESULTS:** The HbA1C levels dropped from 11.2 to 5.5 in the period of six months. Blood sugar levels remained normal within the given time frame.

**CONCLUSIONS:** Ayurvedic medicines and lifestyle modifications can be considered as a mainstream treatment in case of newly diagnosed diabetes mellitus.

**Keywords:** Diabetes mellitus, *Prameha*, HbA1C

## **INTRODUCTION:**

Diabetes Mellitus is one of the most challenging health threats to the country. It is characterized by hyperglycemia due to absolute or relative deficiency of insulin. Diabetes mellitus has a close parlance with *prameha* according to Ayurvedic science. There has been extensive literature written in Ayurvedic Scriptures about *prameha*, which gives

us a close idea that the disease was significantly relevant even in those times. With the fast changing lifestyle, lifestyle disorders are more prominent that the communicable diseases and diabetes mellitus imposes a sizeable burden in terms of its prevalence. Modern medication provide fast but temporary relief from the diseases and lead to long term side effects. Hence there is a need for Ayurveda to step out on par with Modern medicine as the mainstream health care and heal the disease and provide holistic approach to the diseased.

## **AIM AND OBJECTIVE:**

The aim of this study is to evaluate the effect of Ayurvedic medicines and lifestyle modification in case of *prameha* with special reference to diabetes mellitus.

The objective of the study is to study diabetes and *prameha* according to the respective sciences and study the effect of Ayurvedic medicines and lifestyle changes in diabetes mellitus.

## **CASE STUDY:**

A 41 year old male, came with the complaints of unexplained weight loss, increased thirst, increased frequency of

micturition, burning sensation in palms and soles.

Patient was advised to do blood sugar levels and HbA1C. Patient was advised following treatment:

Modern medication:

- Glimepride 0.5mg OD and
- Metformin 500mg HS for 1 month

**Ayurvedic medication:**

1. *Mamejava Ghanvati* 1BD,
2. *Nisha amalaki* tablets 2BD,
3. *Chandraprabha wati* 2 HS were given.

*Pathya*: patient was asked to refrain from all sorts of sweets and foods with high glycemic index. He was also told to exercise regularly and give up on day sleeping.

Patient was asked to do blood sugar levels again after one month. Patient was asked to discontinue modern medication and continue with Ayurvedic medications and *pathyapathya*.

Random blood sugar levels were tested time to time to avoid any risk

After six months of initiation of study, patient was asked to repeat the tests.

As the diabetes was in control and was relieved of symptoms, patient was asked to continue the ayurvedic medicines further along with *pathyapathya* and discontinue modern medicines.

**OBSERVATION AND RESULT:**

The blood sugar levels as on 16<sup>th</sup> April 2018 were 328.60 mg/dl fasting and 498.40 mg/dl post prandial. The HbA1C levels as on 16<sup>th</sup> April 2018 were 11.2.

The blood sugar levels as on 29<sup>th</sup> May 2018 were 92.68 mg/dl and 133.20 mg/dl post prandial.

The blood sugar levels as on 14<sup>th</sup> October 2018 were 82 mg/dl fasting and 123 mg /dl post prandial. The HbA1C levels of patient as on 25<sup>th</sup> October 2018 was 5.5%

**DISCUSSION:**

Indian scriptures are familiar to the concept of prameha right from the origin of the very first Ayurvedic scriptures. *Charak Samhita* mentions that a weak *pramehi* should be given *shamanopchar*<sup>1</sup>. Hence a comprehensive treatment of Ayurvedic medications was given to the patient. Also to avoid any risk, patient was given modern medications along with classical treatment for one month. Also exercises

and diet which would reduce the vitiation of *kapha dhatu* was given.

*Madhumehakusumakar* *rasa*<sup>2</sup>, *Chandraprabha*<sup>3</sup>, and *Nisha amalaki*<sup>4</sup> have been mentioned in ayurvedic scriptures in *prameha adhikar*. Hence they were chosen for study. All these medicines are known to act on vitiated *kapha dhatu* and *aam sanchaya* in the body. *Chandraprabha* is a potent *mehantak* and also helps in maintain the urinary system in the body by elimination of *kleda* in the body. *Nisha amalaki* have also been mentioned in *Charak Samhita prameha adhikar*. It is known to reduce the *kledasanchaya* in the body.

According to *Charak Samhita navaprmeha* is said to be *sadhya*<sup>5</sup>. Hence efforts are also being made to duly reduce the ayurvedic medicines of the patient and ask him to follow only the lifestyle modifications.

#### CONCLUSION:

There is a significant effect of Ayurvedic medicines and lifestyle modification in management of diabetes mellitus. Hence Ayurvedic medicines and lifestyle modifications can be considered as a mainstream treatment in case of newly diagnosed diabetes mellitus.

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