

Management of Madhumeha with Vallipanchmoolchurna – A Case Study**Payal M. Thakur^{*1}, Mritunjay Sharma², Archana Dachewar³**¹Post Graduate Scholar, ²Guide and Asso. Professor, ³Proffessor and HOD,

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Corresponding author: payal19933thakur@gmail.com*ABSTRACT**

Diabetes is a major health problem in whole world. In spite of tremendous advancements of modern system of medicine as OAD (oral anti diabetic drug) and insulin therapy, till date anideal drug which can control hyperglycemia is still a distant dream. It has a challenge for Ayurveda to search for additional effective solution resulting in the better management of disease. There is a need of effective, safe and potent medicine which can control hyperglycemia related to type II diabetes and has no side effect. In this case study we used Ayurvedic medicine ‘Vallipanchmoolchurna’ mentioned in *Sushruta Samhita* in a single case study which was done on use of *Vallipanchmool churna* on type II Diabetes Mellitus. Significant reduction was seen in blood sugar level fasting and post meal.

Keywords: *Vallipanchmool churna*, *Diabetes Mellitus*, *Madhumeha*

INTRODUCTION

Sedentary life style and stressfull mental conditions in the present scenario increases incidence of Diabetes mellitus

in today's era. Diabetes mellitus is described in *Ayurveda* as *Madhumeha*, which is characterized by the sweetness of the body tissues along with the passage of the turbid and sweet urine in excessive amount. There is rich literature of *Madhumeha* described in *Ayurveda* classics still there remains a tremendous scope for research using knowledge of *Ayurveda* with modern medical science. India has been projected by WHO as the country with the fastest growing population of diabetic patients. According to “International Diabetes Federation” in the year 2020 worldwide about 463 million people were afflicted with diabetes ^[1]. Diabetes currently affects more than 69.2 million Indians, which is more than 8.9% of the adult population ^[2]. Diabetes mellitus type II is rising at alarming rates worldwide .It attacks secretly, and that leads to searching of *Ayurvedic* system of medicine which has a greater application and importance. In *Ayurveda*, *Madhumeha* is considered as chronic and distressing disease, where there is involvement of *Tridosha* (*vata*, *pitta*, *kapha*), major *Dhatu*s such as *Rasa*,

Rakta, Mansa, Meda, Majja, Shukra, Ambu, Vasa, Lasika, and Oja^[3].

In spite of tremendous advancements of modern system of medicine as OAD (oral anti diabetic drug) and insulin therapy, till date an ideal drug which can control hyperglycaemia is still a distant dream. So, it has challenge for Ayurveda to search for additional effective solution resulting in the better management of disease. There is a need of effective, safe and potent medicine which control *shyperglycaemia* related to type II diabetes and has no side effect. Hence, we have selected the *ayurvedic* formulation *Vallipanchmool churna*^[4] in the management of *Madhumeha* (type II diabetes mellitus) for the better management of disease.

AIM AND OBJECTIVES

- 1) To study the effectiveness of *Vallipanchmool Gana* (i.e. *Vidari, Sariva, Rajani, Guduchi, Ajashringi*) *churna* in *Madhumeha* (Diabetes Mellitus Type 2) to reduce blood sugar and other sign, symptoms.
- 2) To study *etiopathogenesis* of *madhumeha*

CASE REPORT

A 50 Year, male patient came to OPD with complaints of frequent urination (4 – 5 times), excessive thirst and hunger , generalized weakness, burning sensation in both legs since 2 months. Blood investigation showed increased level of blood sugar and urine. Blood sugar fasting – 180mg/dl and post *prandial* 250 mg/dl and urine routine and microscopic showed traced sugar. He was not taking any hypoglycemic drug. So we treated this patient with prepared *churna* of

vallipanchmool 5gm twice a day with lukewarm water before food. This treatment was advised for 1 month. The patient showed good glycemic control and significant reduction in symptoms after 1 month.

Materials and Methods

Drug – Prepared *Vallipanchmool Churna*

Dose – 5 gm twice a day before food

Duration – Two month

Follow up - For every 20 days

SUBJECTIVE CRITERIA

1) *Prabhootamutrata*

- Grade 0 - upto 5 times in day hours 0-1 time at night.
- Grade 1 - 6-7 times in day hours and 2-3 times at night.
- Grade 2 - 8-9 times in day hours and 4-5 times at night.
- Grade 3 - more than or equal to 10 times in day and more than 5 times at night.

2) *Avilmutrata*

- Grade 0 –crystal clear urine.
- Grade 1 – Faintly cloudy with slight turbidity.
- Grade 2– Clear turbidity but newspaper letters can be read through test tube.
- Grade 3– More turbidity newspaper letters can't be read through test tube.

3) *Kara-PadaDaha*

- Grade 0 –No *karapadadaha*.
- Grade 1 – *Daha* with no interference in routine activity. Patient not aware of *daha* when busy.
- Grade 2 –Patient constantly aware of *Daha* but can neglect and perform routine activity.

- Grade 3 –Patient constantly aware of *Daha*, can't neglect it and can't concentrate on routine activity.

4) *Daurbalyanubhuti*

- Grade 0 – Ability to perform routine activity with no feeling of exhaustion.
- Grade 1 – Unable to perform routine activity without feeling of exhaustion.
- Grade 2– feeling of exhaustion even on accustomed work.
- Grade 3– exhaustion even at rest

5) *Kshudhavrudhi*

1. Grade 0 – 2 meals with 1 snack
2. Grade 1 – 2 meals with 2 snacks
3. Grade 2 – 2 meals with 3 snacks.
4. Grade 3 – 2meals with 4 or more snacks.

6) *Trushavrudhi*

- Grade 0 – normal feeling of thirst.
- Grade 1 – frequency increased but quantity of water consumed each time not increased.
- Grade 2 – frequency increased, but thirst quenched with increased quantity of water each time.
- Grade 3 – frequency and quantity both increased, but thirst not quenched.

OBJECTIVE CRITERIA

1. Blood sugar - Fasting > 126/Dl and Post *prandial* > 200 mg/dl.
2. Urine sugar

OBSERVATION AND RESULT

TABLE 1 - Effect of *Vallipanchmoolchurna* on subjective parameters.

Follow Up

| Sr. No. | Symptoms | Before Treatment | F1-20 Days | F2-40 Days | F3-60 Days (AT) |
|---------|-------------------------|------------------|------------|------------|-----------------|
| 1. | <i>Prabhootmutrata</i> | 3 | 2 | 1 | 1 |
| 2. | <i>AvilMutrata</i> | 1 | 1 | 0 | 0 |
| 3. | <i>Kshudhavrudhi</i> | 2 | 1 | 1 | 0 |
| 4. | <i>Trisha vrudhi</i> | 2 | 2 | 1 | 1 |
| 5. | <i>Karapadadaha</i> | 3 | 2 | 1 | 0 |
| 6. | <i>Daurbalyanubhuti</i> | 2 | 1 | 1 | 0 |

TABLE 2 - Effect of *Vallipanchmoolchurna* on objective parameters (Blood Sugar).

Follow Up

| Sr. No. | Investigation | Before Treatment | F1-20 Days | F2-40 Days | F3-60 Days (AT) |
|---------|----------------------------------|------------------|------------|------------|-----------------|
| 1. | Fasting blood sugar | 180mg/dl | 166mg/dl | 145mg/dl | 128mg/dl |
| 2. | Post <i>prandial</i> blood sugar | 250mg/dl | 230mg/dl | 199mg/dl | 146mg/dl |

TABLE 3 - Effect of *Vallipanchmoolchurna* on objective parameters (Parallel Urine Sugar).

Follow Up

| Sr. No. | Investigation | Before Treatment | F1-20 Days | F2-40 Days | F3-60 Days (AT) |
|---------|----------------------|------------------|------------|------------|-----------------|
| 1. | Parallel Urine Sugar | ++ | ++ | + | NIL |

This observation shows that *Vallipanchmoolchurna* shows significant result in management of Madhumeha.

DISCUSSION

Ayurveda the science of life is having the great heritage of healing diseases. According to *Ayurveda*, Samprapti of Madhumeha occurs due to *strotodusthi* mainly *Mutravaha Strotas* caused by vitiation of all *doshas* mainly *Bahudrava Shleshma* and it shows *PrabhutAvilMutrata*^[5]. The compound churna of *Vallipanchmool* is selected for a study is a combination of *Vidari* having balya, *shitviryaa* and *Vatapittashamak*, *Sarvamehahar* properties, *Sariva* having *Dahaprashman*, *Vatpittashamak*, *Mehahar* properties, *Rajani* having *Mehagna*, *Rukshaguna*, *Lekhaniya* properties, *Guduchi* having *Baya*, *Tikta* rasa, *Mehanashak*, *Ajatshringi* having *Lekhaniya* And *Ruksha*, *Mehahar* properties^[6]. *Vallipanchmoolgana* has *Shrushtamutranilharam*, *Vrushyamindriyam* and *Sarvamehahar* properties^[7].

As the number of diabetic patients is growing in India as well as worldwide, numbers of patients suffering from complications will also rise. Hence it is high time to improvise our treatment plans and help to answer complicated situation. It is an observation in single case and more studies in this direction would help in establishing *Ayurvedic*

treatment in this condition. After 2 months of treatment, Patient showed significant relief in symptoms and drop down was seen in blood sugar levels and urine sugar.

CONCLUSION

Significant relief can be achieved in patient of diabetes by applying principles of diagnosis and treatment of *Madhumeha*.

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