



Research Article

TO EVALUATE THE CLINICAL EFFICACY OF *DARVYADI CHURNA* IN THE MANAGEMENT OF *MADHUMEHA* (DENOVO DIABETES MELLITUS)

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ABSTRACT

Madhumeha, one among the *Vataja Pramehas* need utmost consideration in the current scenario in view of the rising incidence. *Madhumeha* is similar to diabetes mellitus. Diabetes Mellitus is a chronic metabolic disease characterized by elevated levels of blood glucose which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves. The most common is Type 2 Diabetes, usually in adults, which occurs when the body becomes resistant to Insulin or doesn't make enough Insulin. In the past 3 decades the prevalence of Type 2 Diabetes has raised dramatically in countries of all income levels. According to Ayurveda, *Madhumeha* is manageable with the prescribed *Chikitsa* in the *Samhitas*. It is judiciously managed with the help of *Yuktikruta Ahara*, *Vihara* and *Aushadha* (*Darvyadi churna*). In this case *Nidana parivarjana* has been followed and this case is being considered as *Sthoola Pramehi*.

INTRODUCTION

Prameha, which has been explained as *Anushangi*^[1] and *Santarpanjanya vyadhi*^[2], is characterized by *Prabhuta Mutrata* (increased quantity and frequency of urine) and *Avila Mutrata* (turbidity of urine)^[3]. *Madhumeha* is an important lifestyle disorder described under *Prameha*. According to Susruta, based on the aetiology *Prameha* is of two types - *Sahaja Prameha*, which is due to *Bija Dosha* of parents (hereditary) and *Apathya Nimittaja Prameha* (acquired), which is due to *Ahita ahara* and *Vihara sevana*^[4].

Though *Prameha* is *Tridoshaja Vyadhi*, based on the prevalence of *Dosha*, Acharya Charaka has described 20 types of *Pramehas*, *Kaphaja Prameha*- which are of 10 types, *Pittaja Prameha*- 6 types and *Vataja Prameha*- 4 types^[5]. *Madhumeha* is one among the *Vataja Pramehas* characterized by excessive quantity of urine similar to honey in taste and colour along with sweetness of whole body. Also, Acharya Susruta opines that all the varieties of *Prameha* when left untreated, progress as *Madhumeha*^[6].

Because of the complexity in the management of *Madhumeha* it has been considered as one of the *Ashta Mahagadas*^[7].

Diabetes, also known as *Madhumeha* in Ayurveda, is a chronic metabolic disorder that affects millions of people worldwide. It is characterized by hyperglycemia, polydipsia, polyphagia due to the body's inability to produce or effectively utilization of insulin.

Demography

About 422 million people worldwide have diabetes, the majority is living in low- and middle-income countries, and 1.5 million deaths are directly attributed to diabetes in each year. Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades^[8].

Excessive consumption of heavy, unctuous, sour foods, newly harvested cereals and wines/drinks, excessive sleep, sedentary lifestyles, avoidance of exercise or thinking/worry, and lack of *Shodhana* (purification) can result in an increase in *Kapha*, *Pitta*, *Medo*, and *Mamsa dhatu*. These impede *Vata* pathways, causing *Avruta Vata* conditions. Thus, provoked *Vata* takes out *Ojas* from its sites and brings it to *Basti* causing *Madhumeha*. '*Madhumeha*' is a disease in which the excretion of urine possesses the quality similar to that of *Madhu* (honey) in its colour, taste, smell and consistency^[9].

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MATERIALS AND METHODS**Case Report**

A female patient aged 55 years approached Government Ayurvedic Hospital with chief complaints of *Alasya*, *Dourbalya* (general malaise) associated with *Prabhuta Mutrata* (increased frequency and quantity of micturition) and *Kara Pada daha* (burning sensation

of palms and soles) occasionally. Routine general examination and systemic examination was conducted. During evaluation the patient was diagnosed Denovo Type 2 Diabetes mellitus. The FBS was 120mg/dl, PLBS was 200mg/dl and HbA1C was 6.6%.

Past History: No major illness was noticed.

General Examination

General condition	Good
Height	5.2 feet
Weight	78kg
Pulse	76/min
Blood pressure	130/80 mm of Hg
Temperature	98.9 F
Respiratory rate	22 / min
Tongue	Coated
Pallor/Icterus/Cyanosis/Clubbing/Edema/Lymphadenopathy	Absent

Ashtasthana pariksha

<i>Nadi</i>	76/min <i>Vata Kaphaja</i> , regular
<i>Mutra</i>	5-6 times a day and 1-2 times at night
<i>Mala</i>	Once per day
<i>Jihva</i>	<i>Amayukta</i> (coated), dryness
<i>Shabda</i>	<i>Prakrita</i>
<i>Sparsha</i>	<i>Anushna seta</i>
<i>Drik</i>	<i>Prakrita</i>
<i>Akriti</i>	<i>Sthoola</i>

Dasha vidha pariksha

<i>Prakriti</i>	<i>Kapha vataja</i>
<i>Vikriti</i>	Predominantly <i>Vata dosha</i> and <i>Medo dhatu</i>
<i>Sara</i>	<i>Mamsa</i>
<i>Samhanana</i>	<i>Avara</i>
<i>Pramana</i>	<i>Madhyama</i>
<i>Satwa</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Madhyama</i>
<i>Ahara shakti</i>	<i>Madhyama</i>
<i>Vyayama shakti</i>	<i>Avara</i>
<i>Vayah</i>	<i>Madhyama</i>

Samprapti ghatakas

<i>Dosha</i>	<i>Kapha pradhana Tridoshas</i>
<i>Dushya</i>	<i>Rasa, Shonitha, Mamsa, Meda, Majja, Sukra, Kleda, Vasa, Lasika, and Ojas</i>
<i>Agni</i>	<i>Dhatvagni mandhya</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Mamsavaha, Medavaha, Majjavaha Sukravaha, Udakavaha, Ojovaha, Mutravaha</i>

<i>Sroto dusti</i>	<i>Atipravrtti, Vimargagamana</i>
<i>Udbhava sthana</i>	<i>Amashaya</i>
<i>Adhistana</i>	<i>Vasti</i>
<i>Rogamarga</i>	<i>Madhyama</i>
<i>Sadhya asadhyata</i>	<i>Asadhya – Yapya</i>
<i>Vyadhi swabhava</i>	<i>Chirakari</i>

Investigations: FBS-120mg/dl PLBS-200mg/dl HbA₁C- 6.6%

Diagnosis: *Vataja prameha (Madhumeha), Navina avastha (T2 D.M)*

Subjective Criteria

S.No	Symptoms	Grade 0	Grade I	Grade II	Grade III
1.	<i>Prabhuta Mutrata</i> Quantity of urine (in litre) (normal quantity of urine excreted per person per day-1.5L)	1.50 to 2.00	2.00 to 2.50	2.50 to 3.00	3.00 onwards
	Frequency of urine (Polyuria)	3-6 times in day, 1 time at night	7-9 times in day, 2 times at night	10-12 times in day, 3-4 times at night	More than 12 times in day, more than 4 times at night
2.	<i>Pipasa Adhikya</i> (Polydipsia) Feeling of thirst	6-8 times /day	9-11 times / day	12-14 times/day	more than 14 times/day
3.	<i>Kshudha Adhikya</i> (Polyphagia)	Normal/As Usual	Slightly increased (1-2 meals)	Moderately increased (3-4 meals)	Markedly increased (5-6 meals)
4.	<i>Karapada Daha</i> (burning sensation of both palms and feet)	No <i>Daha</i>	Mild <i>Daha</i> but not continuous (below 6 hrs in a day)	Moderate <i>Daha</i> but continuous	Severe continuous <i>Daha</i>
5.	<i>Karapada Suptata</i>	No <i>Suptata</i>	Mild <i>Suptata</i> , not continuous	Moderate continuous <i>Suptata</i>	Severe and continuous <i>Suptata</i>
6.	<i>Dourbalya</i>	Can do routine work	Can do moderate work	Can do mild work only with difficulty	Cannot do mild work
7.	<i>Alasya</i> (lethargy)	No <i>Alasya</i>	Feeling of tiredness after doing mild work	Likes to sit instead of doing work	Sleep instead of sitting

Objective Criteria

S. No.	Parameter	Grade-0	Grade-1	Grade-2	Grade-3
1	FBS (mg/dl)	70-110mg/dl	111-150mg/dl	150-200 mg/dl	201-250 mg/dl
2	PLBS (mg/dl)	Upto 140 mg/dl	141-175 mg/dl	176- 250 mg/dl	251-300 mg/dl
3	HbA ₁ C	< 6.0 %	6-6.5%	6.6-7.0%	>7.0 %

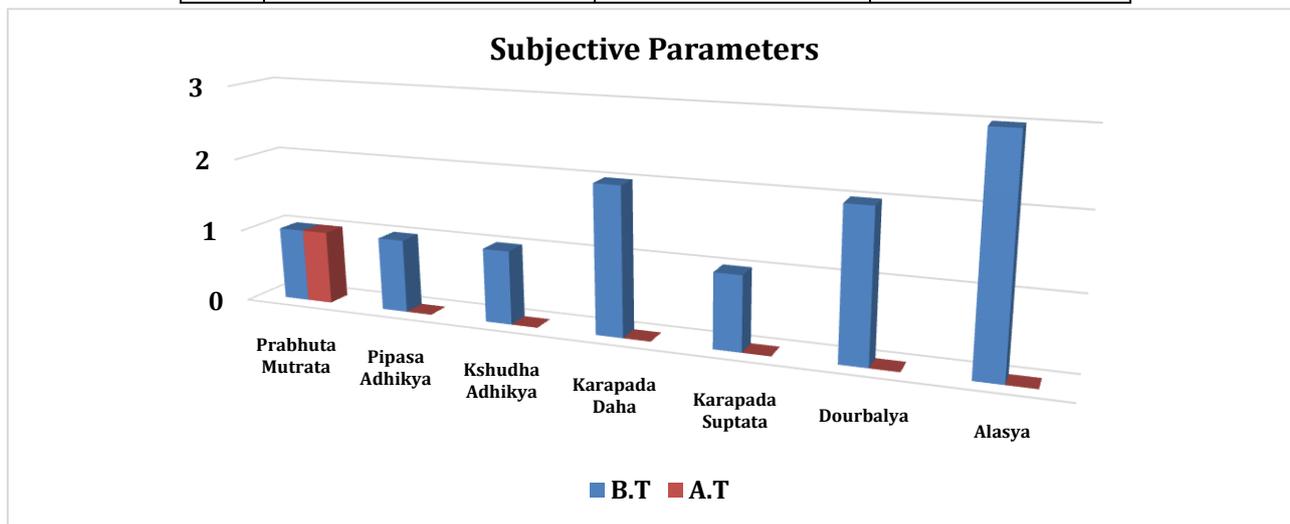
Treatment Plan

Darvyadi churna 3grams orally half an hour after food along with half spoon of honey and 1 spoon of *Ghrita* two times a day for 90 days.

RESULT

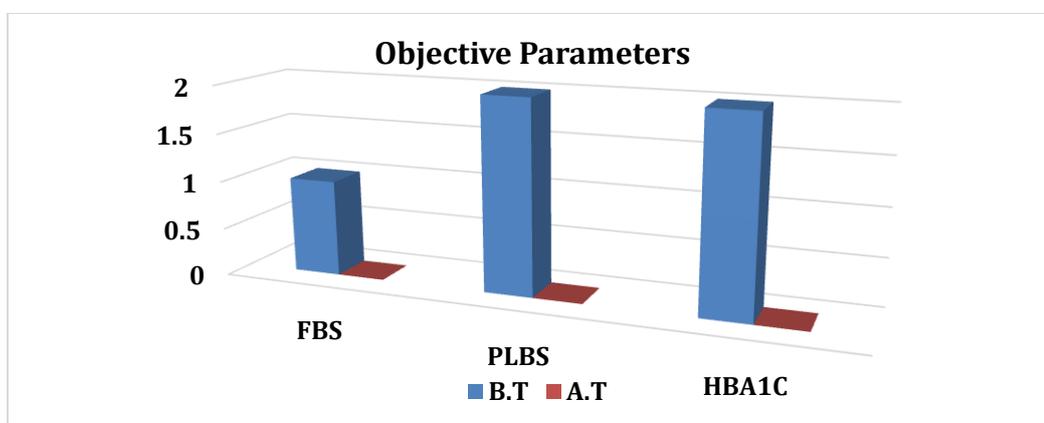
Effect on Subjective Parameters

S.no	Symptom	Before treatment	After treatment
1.	<i>Prabhuta Mutrata</i>	1	1
2.	<i>Pipasa Adhikya</i>	1	0
3.	<i>Kshudha Adhikya</i>	1	0
4.	<i>Karapada Daha</i>	2	0
5.	<i>Karapada Suptata</i>	1	0
6.	<i>Dourbalya</i>	2	0
7.	<i>Alasya</i>	3	0



Effect on Objective Parameters

S.no	Symptom	Before treatment	After treatment
1.	FBS	1	0
2.	PLBS	2	0
3.	HBA1C	2	0



Pathya Ahara According to Varga & Vihara

S.No	Varga	Examples
1.	<i>Shuka Dhanya</i>	<i>Shashtika, Kodrava, Yava, Godhuma, Uddalaka, Shyamaka</i>
2.	<i>Shimbi Dhanya</i>	<i>Chanaka, Adhaki, Kulattha, Mudga</i>
3.	<i>Shaka Varga</i>	The leafy vegetables with a predominance of <i>Tikta-Kashaya rasa</i> , <i>Patola, Karvellaka, Shigru</i>

4.	<i>Phala Varga</i>	<i>Jambu, Dadima, Shringataka, Amalaki, Kapitha, Tinduka, Kharjura, Kalinga</i>
5.	<i>Mamsa Varga</i>	<i>Vishkira mamsa, Jangala mamsa, Lava mamsa</i>
6.	<i>Taila Varga</i>	<i>Taila of Danti, Ingudi, Sarshapa, Atasi</i>
7.	<i>Udaka Varga</i>	<i>Sarodaka (water boiled with the heartwood of Khadira), Kushodaka (water boiled with Kusha), Madhudaka (water mixed with honey)</i>
8.	<i>Kritanna Varga</i>	<i>Apupa (pancakes prepared with grain flours), Saktu (roasted corn flour), Yavodana, Yusha</i>
9.	<i>Others</i>	<i>Madhu, Hingu, Saindhava, Maricha, Lasuna, Twak</i>
		<i>Vihara: Chankramana (walking), Nitya vyayama, Snana, Jalaavaseka (pouring water on the body regularly) Kreedha, Rtu charya</i>

Apathya	
Ahara	Vihara
<i>Ksheera, Dadhi, Takra, Taila Kshara, Amla Rasa, Ikshu, Guda, Pistaanna, Sura, Madya Anupa Mamsa, Sauviraka</i>	<i>Divaswapna, Ati Maithuna, Svedana, Dhumapana Vega Dharana, Rakta mokshana</i>

Drug Review of Darvyadi Churna

S.No	Drug	Botanical & Family Name	Part Used	Rasa Panchaka	Doshagnatha	Karma	Indications
1.	<i>Vidanga¹⁰</i>	<i>Embelia ribes</i> Myrsinaceae	Fruit	<i>Rasa: Katu, Kashaya</i> <i>Guna: Laghu, Ruksha, Tiktsna</i> <i>Virya: Usna</i> <i>Vipaka: Katu</i>	<i>Kaphavatahara</i>	<i>Viśaghna, Krimighna, Dīpana, Rasayana</i>	<i>Sula, Krimiroga, Udararoga, Adhmana</i>
2.	<i>Amalaki¹¹</i>	<i>Emblica officinalis</i> Euphorbiaceae	Fruit	<i>Rasa: Madhura, Amla, Katu, Tikta, Kashaya</i> <i>Guna: Laghu, Ruksha</i> <i>Virya: Sita</i> <i>Vipaka: Madhura</i>	<i>Tridosahara</i>	<i>Chaksushya Rasayana, Vrsya</i>	<i>Raktapitta, Amlapitta, Prameha, Daha</i>
3.	<i>Haritaki¹²</i>	<i>Terminalia chebula</i> Combretaceae	Fruit	<i>Rasa: Madhura, Amla, Katu, Tikta, Kashaya</i> <i>Guna: Laghu, Ruksha</i> <i>Virya: Sita</i> <i>Vipaka: Madhura</i>	<i>Tridosahara</i>	<i>Rasayana, Chaksusya, Hrdya, Anulomana, Lekhana</i>	<i>Sotha, Arshas, Aruci, Hrdroga, Kasa, Prameha, Udavarta, Vibandha, Visamajvara, Tamaka Svasa, Gulma, Udararoga</i>
4.	<i>Vibhitaki¹³</i>	<i>Terminalia belerica</i> Combretaceae	Fruit	<i>Rasa: Kashaya</i> <i>Guna: Ruksha, Laghu</i> <i>Virya: Usna</i> <i>Vipaka: Madhura</i>	<i>Kaphapittahara</i>	<i>Chaksushya, Keshya, Bhedana, Krimihara, Kasahara</i>	<i>Chardi, Kasa, Krmiroga, Vibandha, Svarabheda, Netraroga</i>
5.	<i>Pippali¹⁴</i>	<i>Piper longum</i> Piperaceae	Fruit	<i>Rasa: Katu</i> <i>Guna: Laghu, Snigda, Tiktsna</i> <i>Virya: Anusna, Seeta</i> <i>Vipaka: Madhura</i>	<i>Vatakaphahara</i>	<i>Rasayana, Deepana, Ruchya, Hrdya, Vrshya, Rechana</i>	<i>Svasa, Kasa, Pliha Roga, Gulma, Jvara, Prameha, Arshas, Ksaya, Udara Roga, Hikka, Trsna, Krimi,</i>

							<i>Kustha, Sula, Amavata, Amadosa</i>
6.	<i>Sunthi</i> ¹⁵	<i>Zingiber officinale</i> Zingiberaceae	Rhizome	Rasa: <i>Katu</i> Guna: <i>Laghu, Snigadha</i> Virya: <i>Usna</i> Vipaka: <i>Madhura</i>	<i>Vatakaphahara</i>	<i>Anulomana, Dipana, Hradya, Pacana, Amadosahara</i>	<i>Agnimandya, Svasa, Adhmana, Amavata, Pandu, Udararoga</i>
7.	<i>Marica</i> ¹⁶	<i>Piper nigrum</i> Piperaceae	Fruit	Rasa: <i>Katu, Tikta</i> Guna: <i>Laghu, Ruksha, Tikshna</i> Virya: <i>Usna</i> Vipaka: <i>Katu</i>	<i>Kaphavatahara</i>	<i>Dipana, Pachana, Medohara, Chedana Hradya</i>	<i>Svasa, Sula, Krimiroga, Tvagroga</i>
8.	<i>Daruharidra</i> ¹⁷	<i>Berberis aristate</i> Berberidaceae	Root bark	Rasa: <i>Tikta</i> Guna: <i>Laghu, Ruksha</i> Virya: <i>Usna</i> Vipaka: <i>Katu</i>	<i>Kaphapittahara</i>	<i>Chedana</i>	<i>Prameha, Kustha, Netraroga, Sweta Pradara, Kamala, Vrana, Visarpa</i>
9.	<i>Loha</i> ¹⁸	Iron (Fe)	<i>Bhasma</i>	Rasa: <i>Tikta, Madhura, Kashaya</i> Guna: <i>Sara, Guru, Ruksha</i> Virya: <i>Usna</i>	<i>Kapha Pittahara</i>	<i>Rasayana, Yogavahi, Lekhana</i>	<i>Pandu, Kusta, Sotha, Arsas, Pleeha, Meha</i>

DISCUSSION

Madhumeha is a chronic condition including multiple causes as described in the texts i.e., Based on the cause (*Sahaja* (hereditary) and *Apathya Nimittaja* (acquired)). Based on the predominant *Dosha* involved (*Vataja, Pittaja and Kapha*), based on the individual (*Sthoola Pramehi* and *Krishna Pramehi*). The *Chikitsa Sutra* clearly indicates *Brimhana/Langhana (Santarpana/Apatarpana), Sodhana* therapies considering all the factors involved in the particular case. *Nidana Parivarjana* is primarily considered. The present case is *Sthoola Pramehi* and *Denovo Diabetes mellitus*. Considering *Ojas* which is one of the *Dasha dushya (Rasa, Shonitha, Mamsa, Meda, Majja, Sukra, Kleda, Vasa, Lasika, And Ojas)*, care has been taken in suggesting the *Ahara, Vihara and Aushadha*. In the pathogenesis of *Prameha, Bahu drava śleshma and Bahu abaddha dushyas (excess Abaddha Meda, Mamsa, Vasa, Majja, Kleda, Shukra, Rakta, Lasika, Rasa and Ojas)* play an important role. So, in its management such drugs have to be selected which are against *Kapha, Meda and Kleda* as well as have the *Rasayana* effect.

Darvyadi churna comprises the drugs like *Vidanga, Amalaki, Haritaki, Vibhitaki, Pippali, Sunthi, Maricha, Vidanga, Lohabhasma* with dominance of *Katu, Tikta, Kashaya rasas, Laghu, Ruksha Tikshna guna* acts on *Bahu drava sleshma and Bahu abaddha dushyas. Katu, Tikta, Kasaya rasas, Laghu, Ruksha, Tikshna Guna* which produce *Rukshaṇa* effect as they have opposite

qualities to that of *Kapha and Medas*, which are the main entities in the pathogenesis of *Madhumeha*.

Lekhana drugs like *Daru Haridra, Haritaki, Loha* are effective in removing *Kapha and Medas* especially in *Sthoola pramehi*. As the *Samprapti of Madhumeha* involves *Dhatwagni mandhyata* drugs like *Sunthi, Maricha, Vidanga, Pippali* increases the *Agni*. There are *Vatahara and Kaphahara* drugs present in the formulation which alleviate the *Doshas of Madhmeha*. The drugs like *Amalaki, Haritaki, Vidanga, Loha, Pippali* are having *Rasayana* property, because of which it will be helpful in the *Madhumeha* patients who have the symptoms of *Dourbalya, Alasya*. The drugs like *Vidanga, Amalaki, Pippali, Loha, Daru haridra* are proved for their hypoglycemic effect. These drugs also have anti-oxidative properties which help for quality of life.

The efficacy of *Darvyadi churna* along with *Ghritha* and *Madhu* as *Anupana*, administered in disproportion quantity, to draw *Dosha dushya sammurchana* and to cause *Samprapti vighatana*. Due to its *Agni dipana, Kapha vata hara* properties, it has a good glycemic control and adds to quality of life.

Darvyadi churna has *Lekhana, Apatarpana, Rasayana, Srotosodhaka* properties hence executed a good clinical efficacy along with appropriate *Pathya sevana*.

CONCLUSION

This formulation "*Darvyadi Churna*" yielded significant results in the management of *Madhumeha* (Denovo Diabetes mellitus) in the present case study. Further it is concluded that efficacy of *Darvyadi churna* in this case including *Nidana Parivarjana* and *Pathya sevana* absolutely supported the *Samprapthi vighatana*. *Rasayana* properties of the herbs supported the Ojas which is one of the *Dushyas*. It is suggested that a huge sample with a control study will add more value.

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