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## A Case Study to Evaluate the Efficacy of *Madhumehari Ghrita* in Management of *Madhumeha* (Type-2 Diabetes mellitus)

Pradeep Saroj<sup>1\*</sup>, Upasana Mishra<sup>2</sup> and K L Meena<sup>3</sup>

<sup>1,3</sup>PG Department of Maulik Siddhant and Samhita, NIA, Jaipur, Rajasthan, India

<sup>2</sup>Department of Agad Tantra, NIA, Jaipur, Rajasthan, India

### ABSTRACT

Diabetes mellitus is a major problem now a days throughout the world. Presently, nearby 500 million people are said to suffer from diabetes and this is expected to double by 2035 by worldwide. It is explained in ayurveda as *madhumeha*. *acharya chraka* described the management of *madhumeha* considering the body constitution & strength of the patient. *Madhumeha* is a type of 20 type of *premeha* that comes under type of *vataj prameha*. *Madhumehari ghrita* is such a drug which has *vata pitta* alleviating property as well as it is also found to be effective in the treatment and control of *madhumeha*. In the present study *madhumehari ghrita* is selected for clinical trial to the patient having *madhumeha*. The assessment was done on the basis of subjective parameters and objective parameters like CBC, ESR, lipid profile, FBS, PPBS and urine sugar level of patient who was selected from OPD of National Institute of Ayurveda, Jaipur Rajasthan. *madhumehari ghrita* was given at the dose of 6 gm twice daily for consecutive 2 months. ESR, FBS, PPBS, lipid profile, and urine sugar level were computed before and every 15<sup>th</sup> days of treatment. Result showed marked improvement in sign and symptoms of the patient along with improvement in FBS, PPBS. After evaluating the total effect of therapies it was revealed that *madhumehari ghrita* is very much beneficial to increase the body weight of the patient along with good control of blood sugar level.

### KEYWORDS

*Premeha, Madhumeha, Madhumehari ghrita*



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## INTRODUCTION

*Madhumeha* is considered as one of the *mahagadas* in Ayurveda<sup>1</sup>. *Madhumeha* is one among the 20 types of *premeha*. Which come under type of *vataja vrameha*<sup>2</sup>. The *samprapti* (pathogenesis) and *nidana* was described in *Charaka Samhita nidanaadhyaya 4* and the *Chikitsa* of *madhumeha* described in *Charaka Samhita chikitsa adhyaya 6*. In *charaka samhiha prameha chikitsa adhyaya charka* described fundamental Principle “*Siddhani Tailani Ghrítani Chaiv Deyani Meheswaanilatmke*”<sup>3</sup>. According to this principle, *Charaka* described that due to the dominance of *vata* in *madhumeha* medicated *sneha* should be administered for getting better result because *sneha* is best remedy for *vata*. So *madhumehari ghríta* was selected for internal use in the management of *madhumeha*. The *ghrita* was prepared with *madhumehari churna* which is attested and established drug in *madhumeha*. The main cardinal features of this disease are *pipasa*, *prabhutaabilmutrata*<sup>4</sup> (passage of excessive turbid urine), *karapadadaha* (burning sensation of palm and sole)<sup>5</sup>. These signs and symptoms can be correlated with diabetes mellitus. The classical symptoms are same as mentioned in *ayurveda* like polyuria, polydipsia,

polyphagia, nocturia and rapid weight loss and many of them are asymptomatic, having non-specific complaints such as chronic fatigue and malaise<sup>6</sup>. In this disease, the management should aim at dietary modifications, life style modifications along with anti diabetic drug.

## AIMS & OBJECTIVE

➤ To evaluate the efficacy of *madhumehari ghríta* in manegment of *madhumeha* (type 2 diabetes mellitus)

## CASE HISTORY

A 55 years male patient came in the OPD of National Institute of Ayurveda Jaipur, Rajasthan with the chief complaints of burning sensation of palm and sole, general weakness, fatigue along with gradual weight loss since 6 months and having the history of diabetes since 5 years.

**Past History** – Not significant

**Family History** – Patient’s father is also suffering from Diabetes mellitus.

### Personal History:

- Appetite – Good
- Sleep- Disturbed
- Bowel- Irregular
- Bladder- Nocturia present, 2 to 3 times at night
- Build – Medium, Height- 5ft 10 inches
- Nutrition – Reduced, Weight- 65 kg.



➤ Pallor/Jaundice/Cyanosis/Pigmentation/

Oedema- Normal

➤ Pulse- 78/min, Regular

➤ BP- 130/70 mm of Hg

➤ Tongue – Clear

### Systemic examination :

➤ CNS/CVS/Respiratory System/G.I

System – No abnormality detected

### DashaVidhaPariksha:

➤ Acharya charaka described *dasha vidha pariksha* which shown below in table 1.

**Table.1 DashaVidhaPariksha**

1. Prakriti- Vata, Pitta	6. Sattva- Madhyam
2. Vikriti- Vata	7. Praman – Madhyam
3. Sara- madhyam	8. Ahara Shakti- Madhyam
4. Samhanan- Avar	9. Vyayama Shakti- Avar
5. Satmya- Madhyam	10. Vaya- Madhyam

**Investigations-** ESR,,FBS, PPBS, Lipid Profile, Urine Sugar

### Treatment Plan :

➤ *Madhumehari ghrith* was given internally at the dose of 6 grams before meals, 2 times a day, with lukewarm water, for 2 months

➤ The contents of *madhumehari ghritha* shown below in table 2.

**Table 2 Contents of Madhumehari Ghritha**

Sr.No.	Drug Name	Botenical Name	Used part
1.	Amra	Mangiferra indica	Asthi majja
2.	Karvellaka	Momordia charantia	Phala
3.	Sanaaya	Cassia angustifolia	Patra
4.	Shunthi	Zingiber officinale	Kanda

5.	Saunpha	Foeniculum vulgare	Beeja
6.	Bilva	Aegle marmelos	Patra
7.	Babula	Acacia Arabica	Phala
8.	Bala	Sida cordifolia	Beeja
9.	Jambu	Syzygium cumini	Beeja
10	Nimba	Azadiracta indicum	Beeja
11.	Meshashringi	Gymnema sylvestre	Patra
12.	Methika	Trigonella foenum	Beeja
13.	Cow ghritha		

### Pathya( Wholesome diet and Regimen)

➤ Fruits- Guava, pomegranate, Indian gooseberry, apple, orange, mausami, lemon.

➤ Vegetable- Fenugreek, coriander, cabbage, cauliflower, carrot, peas, drum sticks, beans, bottle gourd, bitter gourd, cucumber.

➤ Pulses- Bengal gram, green gram, lentil, red gram, horse gram.

➤ Regimen- exercise, *alpa jal-pana, udvartana, chankarman.*

➤ *Yava, kheel, vatya, chanak, mudag, jamun, karela, parval, kakoda, methi dana.*

### Apathya (Unwholesome diet and regimen)

➤ Fruits –Mango, Cherry, Jackfruit.

➤ Vegetables – Brinjal, pumpkin, mustard leaves.

➤ Pulses – Black gram.

➤ Regimen – Sedentary lifestyle

➤ *Dahi, gudavikara, navannasevana, chawal, aaloo, arabi, kathal, bhindi, kela,*



*aam, chiku, urad dal, diwaswapna.*

➤ Other - Cold drinks, Fast food, Tobacco, Smoking.

The result of the study is assessed in terms of subjective and objective parameters as shown below in table 3 and 4 respectively.

## RESULTS

**Table 3** Assessment of Subjective Parameters

Sr. No.	Symptoms	B.T. on 08.05.2019	15 <sup>th</sup> day on 22.05.2019	30 <sup>th</sup> day on 05.06.2019	45 <sup>th</sup> day on 20.06.2019	A.T. or 60 <sup>th</sup> day on 05.07.2019
1.	<i>Prabhuta Mutrata (Polyuria)</i>	Present	Present	Mild Relief	Relief	Moderate Relief
2.	<i>Avila Mutrata (Turbidity in urine)</i>	Present	Mild Relief	Relief	Relief	Moderate Relief
3.	<i>Pipasa-Adhikya (Increased thirst)</i>	Present	Present	Mild Relief	Relief	Moderate Relief
4.	<i>Kshudha-Adhikya (Increased Appetite)</i>	Present	Mild Relief	Relief	Relief	Moderate Relief
5.	<i>Kara-Pada-Tala Daha</i>	Present	Present	Mild Relief	Relief	Moderate Relief
6.	<i>Kara-pada Suptata</i>	Present	Mild Relief	Relief	Moderate Relief	Moderate Relief
7.	<i>Dorbalya</i>	Present	Present	Mild Relief	Absent	Absent
8.	<i>Vibandh</i>	Present	Mild Relief	Relief	Absent	Absent

**Table 4** Assessment of Objective Parameters

Investigation		B.T. on 08.05.2019	15 <sup>th</sup> day on 22.05.2019	30 <sup>th</sup> day on 05.06.2019	45 <sup>th</sup> day on 20.06.2019	A.T. or 60 <sup>th</sup> day on 05.07.2019
<b>Routine Blood Ex.</b>	ESR	20 mm	18 mm	15 mm	10 mm	12 mm
<b>Blood Sugar level</b>	F.B.S	168 mg/dl	158 mg/dl	145 mg/dl	138 mg/dl	123 mg/dl
	PPBS	250 mg/dl	223 mg/dl	195 mg/dl	170 mg/dl	165 mg/dl
<b>Lipid profile</b>	Total cholesterol	150.5 mg/dl	155.1 mg/dl	160.9 mg/dl	170.2 mg/dl	174.8 mg/dl
	Triglyceride-serum	80.7 mg/dl	83.5 mg/dl	110.9 mg/dl	134.3 mg/dl	150.5 mg/dl
	HDL cholesterol-serum	44.2 mg/dl	49.5 mg/dl	45.6 mg/dl	44.0 mg/dl	45.2 mg/dl
	VLDL cholesterol-serum	20.5 mg/dl	16.7 mg/dl	22.6 mg/dl	50.0 mg/dl	45.1 mg/dl
	LDL cholesterol-serum	85.1 mg/dl	88.9 mg/dl	93.3 mg/dl	95.6 mg/dl	100.8 mg/dl
<b>Urine Sugar</b>	Routine	+	+	-	-	-
	Microscopic					

## DISCUSSION

*Acharya charaka* described that medicated *sneha* should be used against aggravated *vata*. Hence in *madhumeha*, medicated

*sneha* should be used for getting better result. *Madhumehari ghrita* was chosen with this principle and planned for internal administration in the case of *madhumeha*.



Most of the ingredients of *madhumehari ghrita* have *kashaya* and *tikta* rasa property. Due to *kashaya* and *tikta rasa*, it helps to reduce the blood sugar level. *Ghrita* pacifies the symptoms of *vata* due to *snigdha guna* and also pacifies the symptoms of *pitta*. So, it is capable to reduce burning sensation of palm and sole. *Madhumehari ghrit* at dose of 6 grams BD showed significant reduction in blood glucose level. Based on the clinical results, it can be concluded that *madhumehari ghrit* possesses antidiabetic property.

## CONCLUSION

*Madhumehari ghrita* has shown significant improvement in the symptoms of madhumeha (type 2 diabetes mellitus) and good control of blood sugar level. Further study should be carried out in large sample to establish the efficacy of the said therapy.



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