Efficacy of Sarva Pramehahar Phaltrikadi Kwath in the Management of Prameha (Diabetes Mellitus): A Case Study

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Abstract

Diabetes Mellitus is one of silent killer. In Ayurveda it can be correlated with Prameha. This Prameha results from various Nidana (causative factors). A 50 years old Female came to OPD, R.G.E.S’s Ayurvedic Hospital & Collegewith complaint of prabhoothamutra, kara-padadaha, and avilamutrata&kshudhati pravruti. Examination, investigations and history leads to diabetes mellitus. So patient was treated with Sarva Pramehahar Phaltrikadi Kwath4, Pathya, and Apathya& Yogasananas. Ayurveda treatment has effective results in the management of Prameha by Sarva Pramehahar Phaltrikadi Kwath administration. The Ayurvedic approach to DM management includes life-style dietary interventions, exercise, and a variety of hypoglycemic herbs and herbal formulas depending upon the predominant Dosha.

Keywords: Diabetes mellitus, Prameha, Sarva Pramehahar Phaltrikadi Kwath.

Introduction

The word Prameha is derived from the 'Miha-sechane' which means watering. Pra means excess of urine in both frequency and volume. Prameha, thus, becomes self-explanatory and holds the twin meanings of "Prabuth-amutratha" or excessive urination and "Avil-mutratha" or turbid urine. Any of the Prameha (urinary disorder) if neglected ultimately it ends up in Pramehadue to nature of the illness. Pramehat(Diabetes Mellitus) is a chronic metabolic disorder in which the body is unable to make proper use of glucose, resulting in the condition of hyperglycaemia (high blood sugar). Excess glucose in the blood ultimately results in high levels of glucose being present in the urine (glycosuria).

This increases the urine output, which leads to dehydration and increased thirst. Glucose comes from the food we eat and is also made in liver and muscles. The blood carries glucose to all the cells in our body. Insulin[1], a chemical (or hormone) produced in the pancreas, is responsible for the uptake of glucose into cells for energy. Decreased levels of insulin affects this mechanism leading to increased glucose in the blood stream.[2] Ayurveda has classified Diabetes (Prameha) into 20 Types. Description of two types of Prameha from management point of view strikingly is the same Krisha Pramehi (Lean Diabetic) and Sthula Pramehi (Obese Diabetic) are classified in Ayurveda on very similar grounds as Diabetics are classified in IDDM and NIDDM respectively[3]. Ayurvedic co-relation of symptoms can be co-related to diabetes mellitus in modern and this is a clinical syndrome characterized by hyperglycaemia cause by absolute or relative deficiency of insulin.

The classical symptoms are of same like in Ayurveda like thirst polyuria, nocturia and rapid weight loss and many of who are asymptomatic are having non-specific complaints such as chronic fatigue and malaise.[3] In this disease the management should be very particular because that management should include dietary modification, life style modification should be must and should and anti-diabetic drugs...
should be given. In this management so many people after using the anti-diabetic drugs also they were suffering from the uncontrolled diabetes that’s why the simple and the most important easily available at home Sarva Pramehahar phaltrikadi kwath is selected as anti-diabetic drug.

**Aims and Objectives**

To evaluate the efficacy of *Sarva Pramehahar phaltrikadi kwath* in the management of Prameha (diabetes mellitus).

**Materials and Methodology**

**Place of Study**

Rajiv Gandhi Education Society’s Ayurvedic college and hospital, Ron-582209, District-Gadag, Karnakata(KayachikitsaOPD)

**Name of Patient**

Xxxx, Regno –O.P.D.no-9806

**Chief Complaints**

Patient came with complaint of *kara-pada daha* (burning sensation in both the palms & soles) since 6 months and *dhourbalya* (general weakness) and having history of diabetes since 5years.

**Table 1: Assessment criteria**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Assessment criteria</th>
<th>BT 0n 17/12/17</th>
<th>REVIEW AFTER 2 WEEKS 3/1/18</th>
<th>REVIEW AFTER 4 WEEKS 17/1/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Frequency of urine day time (polyuria)</td>
<td>3-4 times</td>
<td>3-4 times</td>
<td>3-4 times</td>
</tr>
<tr>
<td>2</td>
<td>Frequency of urine night time (polyuria)</td>
<td>2 times</td>
<td>1 time</td>
<td>1 time</td>
</tr>
<tr>
<td>3</td>
<td>Turbidity of urine</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>4</td>
<td>Appetite</td>
<td>Good</td>
<td>Good</td>
<td>Good</td>
</tr>
<tr>
<td>5</td>
<td>Burning sensation over limbs</td>
<td>Severe</td>
<td>Moderate</td>
<td>Mild</td>
</tr>
<tr>
<td>6</td>
<td>Weakness</td>
<td>Present</td>
<td>Present</td>
<td>absent</td>
</tr>
</tbody>
</table>

**General Examination**

Pallor-absent

Tongue-clear

Faces reddish swelling – present

Ahara –vegetarian

Rasa pradana-madhura rasa

Nidhra-disturbed

Mutra-4-5 times/day, 1-2 times/night

Mala -1 time/day, no constipation

Sharira akrithi-madhyaama

Stress – no

Menstrual history- menarchea -12yrs, mc-regular, menopause – attained 5 year back.

**System Examination**

CNS- normal

CVS – normal

RS – normal

**Dasha Vidha Pariksha**

*Prakrithi –Kapha, Vata*

*Vikrithi – Kapha*

*Sara – Madhyama*

*Samhanana – Avara*

*Satmya – Madhyama*

*Satwa – Madhyama*

*Pramana – Prawara*

*Ahara Shakthi – Madhyama*

*Vyayama Shakthi – Madhyama*

*Vaya–Madhyama*

**Investigations**

FBS

PPBS

PPUS

**DiagnosisMadhumeha (Diabetes Mellitus) Treatment Plan**

Simple easy drug which is having anti-hyper-glycemic action

**Dose and duration**

**Sarva Pramehahar Phaltrikadi kwath**

Phaltrik (Hartki,amlaki,vibhitaki)+ Daruharidra + Indrayan’s root + Nagarmotha -taken in equal quantity and prepare in kwath form .Dose -20 ml ) twice a day before mealMode of administration–orally with Hridra kalka along with madhu.

**Pathya (Do’s)**

Fruits (Guava,Lime,Pomegranate,Jujube,Indian goose beery);Vegetables (Fenugreek, Coriander leaves, Cabbage, Carrot, Cauliflower, Curry leaves, Drum stick leaves, Bitter gourd, Bottle gourd). Nuts (Coconut Pistachio); Oils (Safflower oil, Sunflower oil, Castor oil); Pulses (Bengal gram, Green gram, Horse gram, Lentil, Red gram)[9].

**Apathya(Don’ts)**

Fruits (Custard apple, Dates, Mango, Cherry, Grape, Orange, Strawberry, Pear); vegetables (Tomato, Spinach Pumpkin, Ladies finger, Brinjal, Mustard leaves). Nuts (Cashew nut,
Almond, Walnut; Oils (Ground nut oil); Pulses (Black gram) [10].

Result

Table 2: Investigations chart

<table>
<thead>
<tr>
<th>Investigation</th>
<th>BT On 17/12/15</th>
<th>Review After 2 weeks</th>
<th>Review after 4 weeks 17/1/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>FBS</td>
<td>168.4</td>
<td>148.2</td>
<td>140.8</td>
</tr>
<tr>
<td>PPBS</td>
<td>225.0</td>
<td>201.4</td>
<td>180.1</td>
</tr>
<tr>
<td>FUS</td>
<td>Trace</td>
<td>Trace</td>
<td>Trace</td>
</tr>
</tbody>
</table>

Discussion

Pramehais consider as a one the life style disorder inthis modern era. Consumption of incompatible foods, junk foods and having the sedentary life style and lack of exercise which leads to obesity and then this leads to the indirect cause for the metabolic disorder like diabetes mellitus. So, only life style should be modified with the help of diet and exercises.

Conclusion

Hartki (Terminalia chebula) + Amalaki (Phyllanthusemblica) + Bibhitaki (Terminalia bellirica) + Daruharidra (Berberisaristata) + Indrayan’s (Cittrulluscolocynthis) root + Nagarmotha (Cyperusrontundus) and Haridra( Cucuma longa)possess Tikta , Rasa, Laghu, Rookshaguna, UsnaVirya and KatuVipaka. They have Ushna Viryawhichis mainly acts as a vata hara. It is having opposite qualities to that of Kapha and Medas. Hence it acts as Mehahara. Sarva Pramehhar Phaltrikadikwath has showed the significant improvement in the symptoms of Prameha and blood sugar levels. Hence, a Sarva Pramehahar Phaltrikadi kwath which is easily available & can cure the diabetes mellitus and proved that it works effectively in Sarva Prameha [4,5,7].

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References
