



**EFFICACY OF AMLAKI CHOORNA IN THE MANAGEMENT OF MADHUMEHA (DIABETES MELLITUS): A CASE STUDY**

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**ABSTRACT**

Diabetes Mellitus today is a major burden on health care facilities around the world. Incidences of both the types of diabetes are growing rapidly.

It is estimated that, in the year 2000, around 171 million people had diabetes, and this is expected to be more than double by the year 2030, in the absence of better control or cure worldwide. Diabetes is a heterogeneous condition characterized by hyperglycaemia as a consequence of defects in insulin secretion. Diabetes is considered as one of the major silent killer.

The type-2 diabetes mellitus is caused due to a combination of insulin resistance and an insulin secretory defect. Type-1 diabetes is characterized by a near-absolute deficiency of insulin secretion.

The other major cause of it is the modified changes of individual's life style. Now a day's people are practicing sedentary life i.e having a lot of junk foods, little or no physical activity and its negative health influences include diabetes followed by anxiety, cardiovascular disease, depression and many more.

In ayurveda it can be correlated with "Madhumeha" which results from various nidhana (causative factors). Treatment of ayurveda has effective results in the management of madhumeha by a single drug administration of amlakichoorna.

**KEYWORDS:** Diabetes mellitus, metabolic disorder, Madhumeha

**INTRODUCTION**

Madhumeha is listed under the ashtamahagadas in ayurveda. As Madhumeha is further characterized under the Vatika type of Prameha. Purvarooopa of madhumeha can be taken as Purvarooopa of prameha. Neglecting all prameha results in madhumeha. This may be the reason for not clarifying specific purvarooopa by our Acharyas for Madhumeha. In relation to Prameha, the presence or absence of purvarooopa and lakshanas helps in differentiating it from "raktapitta" and roopa of a disease will be seen in the fifth stage of samprapthi i.e. "Vyaktavasta".

In this phase do shadooshyasammurchana are capable of producing its lakshanas (signs and symptoms). The lakshanas of the disease are of karapadadaha, kshudaathipravrtthi, avilamutrata & prabhoothamutra. The mentioned ayurvedic correlation of signs and symptoms can be further correlated with 'diabetes mellitus' in modern and this is a group of metabolic disorder characterized by hyperglycemia caused by absolute or relative deficiency of insulin level in body. The classical symptoms are of same like in ayurveda like polydipsia (increased thirst), and polyphagia (increased hunger), polyuria (increased urination), nocturia and rapid weight loss.

In this the disease management should be very distinct because it may include life style modifications as well as dietary modifications along with anti diabetic drugs. In this management many people after using the anti diabetic drugs even have complain of uncontrolled diabetes, weakness and many more , in concern to that most effective and easily available drug named “Amlaki” is choosen as an antidiabetic drug. Many research have been preformed out for identifying the madhumehahara activity even then simple drugs like ‘amlaki (EmbliaofficinalisGaertn)’effectively results in havingan anti hyperglycaemic activity effect and having the properties like:-

- (1) Rasa- Madhura, Amla, Katu, Tikta, Kashaya
- (2) Guna- Laghu, Ruksha
- (3) Virya- Sheeta
- (4) Vipaka- Madhura

#### **AIMS AND OBJECTIVES**

To assess the efficiency of ‘amlakichoorna’ in themanagement of madhumeha(diabetes mellitus)

#### **MATERIALS AND METHODOLOGY**

**Place of study:** Jayoti Vidyapeeth Women’s University Jaipur

**Name of patient:** Rampal Singh

**Reg no / O.P.D.no-** 8104

**Date of first visit:** 21/03/2018

**Age:** 69 yrs

**Gender:** male wt-70 HT- 5’5 inche

#### **CHIEF COMPLAINTS**

Patient came with the complaint of karapadadaha (burningsensation in both the palms & soles) since 4 months anddhourbalya (general weakness) along with the history ofdiabetes since 6years.

#### **GENERAL EXAMINATION**

- \*Pallor – absent
- \*Tongue – clear
- \*Face redish swelling – present
- \* Ahara –vegetarian
- \* Rasa pradana-madhura rasa
- \* Nidhra – disturbed

- \* Mutra-5-6 times/day: 2-3 times/night
- \* Mala -1 time/ day, no constipation
- \* Shariraakrithi-madhyama
- \*Stress – no

#### **SYSTEM EXAMINATION**

1. Cvs – normal
2. Cns – normal
3. Rs – normal

#### **DASHA VIDHA PARIKSHA**

1. Prakrithi –Kapha ,Vata
2. Vikrithi–Kapha
3. Sara -Madhyama
4. Samhanana -Avara
5. Satmya -Madhyama
6. Satwa -Madhyama
7. Pramana -Pravara
8. AharaShakthi -Madhyama
9. VyayamaShakthi -Madhyama
10. Vaya –Madhyama

#### **Investigations**

1. CBC
2. FBS
3. PPBS
4. RBC
5. GTT
6. FUS
7. PPUS

#### **Diagnosis:**

Madhumeha (diabetes mellitus)

#### **Treatment plan**

Simple easy drug which is having anti hyper glycaemicaction.

\*Dose and duration: amlakichoorna

\*Dose -5gms bd B/F

\*Mode of administration –orally with milk or hot water

\*Duration- 30days

**Diet**

**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, Greengram, Horse gram, Lentil, Red gram).

Apathya (Don’ts)

- Fruits (Custard apple, Dates, Mango, Cherry, Grapes, Orange, Strawberry, Pear)
- Vegetables (Tomato, Spinach,Pumpkin, Ladies finger, Brinjal, Mustard leaves).
- Nuts (Cashew nut, Almond, Walnut).
- Oils (Ground nutoil).
- Pulses (Black gram).

**RESULT**

Improvement in the major subjective signs and symptoms such as :-

\*Complete relief from Karapadadaha

\*Marked relief from Prabhuthamutratha

\*Puffiness in face got reduced

**Table 1: Assessment criteria**

Sr. No.	Criteria	BT On 21 /03/18	REVIEW AFTER 2 WEEKS 04/04/18	REVIEW AFTER 4 WEEKS 18/04/18
1.	Frequency of urine day time (polyuria)	3-4 times	3-4 times	3-4 times
2.	Frequency of urine night time (polyuria)	2 times	1 time	1 time
3.	Turbidity of urine	No	No	No
4.	Appetite	Good	Good	Good
5.	Burning sensation over limbs	Severe	Moderate	Mild
6.	Weakness	Present	Present	Absent

**Table 2: Investigations chart**

Investigation	Bt On	Review After 2 weeks	Review After 4 weeks
FBS	170.2	157.2	144.2
PPBS	229.4	209.2	189.1
FUS	Trace	Trace	Trace
PPUS	1.0 %	1.0 %	1.0 %

## DISCUSSION

Madhumeha is listed under the life style disorder in this modern era. Consumption of contradictory / incompatible foods, junk foods, lack of exercise and sedentary life style may lead to obesity and indirectly cause the metabolic disorder like diabetes mellitus. So, life style should also be modified with the help of diet and exercises.

## CONCLUSION

Amlakipossess:- Rasa- Madhura, Amla, Katu, Tikta, Kashaya; Guna- Lagh, Ruksha ; Virya- Sheeta ; Vipaka- Madhura

Hence it acts as Mehahara ,Amlakichoornahas showed marked improvement in the symptoms of madhumeha and blood sugar levels. Hence, a single drug which is easily available even at home can cure the diabetes mellitus and shows excellent results in madhumeha.

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