

**CLINICAL EFFICACY OF VASANTKUSUMAKAR RASA WITH
PHALATRIKADI KWATH IN MANGEMENT OF PRAMEHA (DIABETES
MELLITES) - A CASE STUDY**

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ABSTRACT

Diabetes mellitus is becoming fastest considerable diseases in the world. India has been estimated with fastest growing population of Diabetics. This is because of the life style of the people globally changed a lot. Now a day's people are having total sedentary life, having a lot of junk foods and weight gaining these are all the factors which are responsible for causing diabetes. Diabetes mellitus causes secondary pathophysiologic changes in multiple systems, it is one of silent killer. In *Ayurveda*, it can be correlated with *Prameha*. This *Madhumeha* results from various *Nidana* (causative factors). The preventive measures in *Ayurveda* can prevent the disease. The main causative factor is said to be sedentary lifestyle and food habits. In *Ayurveda*, it is described in *vataja pramehas*, which can be manage

conservatively with exercise, diet and internal medication. A 64 years old male came to *Ch. Brahm Prakash Ayurveda Charak Sansthan, Kayachikitsa* special OPD with complaint of *Prabhuthamutra, Karapada Daha, Avilla Mutrata & Padasuptata*. Examination, investigations and history leads to diabetes mellitus. So, patient was treated with *Vasant Kusumakar Rasa* with *Phalatikadi Kwath, Pathya, Apathya & Yogasananas*. *Ayurveda* treatment has effective results in the management of *Prameha* by administration of *Vasant Kusumakar Rasa* with *Phalatrikadi Kwath*.

KEYWORDS: *Ayurveda*, Case Report, Diabetes mellitus, Metabolic disorder, *Prameha*.

INTRODUCTION

Diabetes mellitus has gained tremendous disgrace in recent times as it is fast becoming the world's largest silent killer. The incidences of the both types of diabetes are rising it is estimated that, in the 2000, 171 million people had diabetes, and this is expected to double by 2030 by worldwide.^[1] The problem with diabetes mellitus is that it is very difficult to diagnose in the early stages. It is a medical condition in which there is an accumulation of glucose in the urine and blood of the person. This condition is known as hyperglycaemia. The word diabetes has been derived from two words, diabetes (Greek) which means 'siphon through' and mellitus (Latin) which means 'sweetened with honey'. Diabetes mellitus is a metabolic disorder, i.e. it is caused due to the malfunctioning of the pancreas, which is responsible for the production of the hormone insulin. In *Ayurveda*, it can be correlated with *Prameha*.

Madhumeha is one of the four types of *Vatika Prameha* characterised by (*Prabhut Avil Mutrata*) passage of excessive quantity of urine having quality like *Madhu* (Polyuria & glycosuria) along with sweetness of whole body (hyperglycaemia).^[2] While describing the pathogenesis of *Prameha* the *Ayurvedic* texts have explained the involvement of *Ama* (oxidative free radicals), *Agni* (digestive fire), *Meda* (adipose tissue) and *Ojas* (immunity), which play a vital role in the development and progression of *Prameha* and its complication.^[3] *Purvarupa* of *Prameha* can be taken as *Purvarupa* of *Prameha*. If all the *Pramehas* are neglected, then it results in to *Madhumeha*. This may be the reason for not mentioning the specific *Purvarupa* by our *Acharyas* for *Madhumeha*. In the context of *Prameha*, the presence or absence of *Purvarupa Lakshanas* helps us to differentiate it from *Raktapitta*^[4] and *Roopa* of a disease will be produced in the fifth stage of *Samprapthi* i.e. *Vyaktavasta*. In this stage *Doshadushya Samurchana* will be capable to produce its *Lakshana*. The *Lakshanas* of the disease are of *Prabhoothamutra*, *Karapada daha*, *Avilla mutrata & Padasuptata*^[5]. The above *Ayurvedic* co-relation of symptoms can be correlated to Diabetes Mellitus in modern and this is a clinical syndrome characterized by hyperglycaemia cause by absolute or relative deficiency of insulin.^[6] 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^[7]. 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 absolute *Ayurvedic* management by *Vasant Kusumakar Rasa* with *Phalatrikadi Kwath Yogas* selected as a anti diabetic drug. There are so many research works have been carried out for identifying *Pramehara* activity of authentic yoga described by our *Acharyas* shows and was proved to be effective for having anti hyperglycaemic activity effect.

AIMS AND OBJECTIVES

To evaluate the efficacy of *Vasant Kusumakar Rasa* with *Phalatrikadi Kwath* in the management of *Prameha* (Diabetes Mellitus).

MATERIALS AND METHODOLOGY

Patient came to CBPACS, *Kayachikitsa* OPD. After taking full history of patient he was advised to investigate for FBS and PPBS. After the investigation and proper history taking of patient was diagnosed with *Prameha Roga* (Diabetes Mellitus). Patient became treated with *Vasant Kusumakar Rasa* with *Anupana* of *Phalatrikadi yoga* for one month. After one month, he was investigated again for FBS and PPBS and then he was kept under observation for ten days and the third investigation was done with advice of *Pathya- Apathya* for further period.

Place of study: Ch. Brahm Prakash Ayurveda Charak Sansthan, New Delhi, *Kayachikitsa* special OPD

Name of patient: xxxx

Date of first visit: 29/01/19

Age: 64years

Gender: Male

Wt-70 kg

HT-5.1 inches

BMI-29.16 KG/M²

Chief Complaints: Patient came with complaint of *Karapada Daha* (burning sensation in both the palms & soles), *Prabhuta* and *Avilla Mutrata* (Increase frequency and turbidity of urine) with *Padasuptata* (numbness in lower limbs) in the last 6 months and *Daurbalya* (general weakness) and having history of diabetes since 5years.

General Examination: On Examination of patient, pallor was absent, tongue was clear and he is vegetarian in diet style. His appetite was good and he usually prefers sweet predominant

diet or *Madhura Rasa Pradhan Dravya*. He has disturbed sleep and frequency of micturition was 10-12 times in day time and 4-6 times in night time. His bowel habits are regular without any complain of constipation. He does not have any complains of stress or emotional disturbance.

Advices Investigations: 1. FBS 2. PPBS

Diagnosis: *Prameha* (Diabetes Mellitus)

Treatment plan: *Vasant Kusumakar Rasa* given to patient in the dose of 125mg/ 2 tab/ 2 times a day, empty stomach orally with *Anupana* of 40 ml *Phalatrikadi Kwath* early morning empty stomach and evening empty stomach twice a day for 30 days.

Drug Posology: Composition of the drug *Vasant Kusumakar Rasa*^[8]

Table1: Showing Composition of the drug *Vasant Kusumakar Ras* according to *Yogaratanakar*.

Ingredients	Proportion	Percentage
a) Swarnabhasma (Gold-Aurum)	2 Parts	6.9
b) Rajatbhasma (Silver/Argentum)	2 Parts	6.9
c) Vangabhasma (Tin-Stannum)	3 Parts	10.34
d) Naga bhasma (Lead-Plumbum)	3 Parts	10.34
e) Kantalohabhasma (Magnetic iron calx)	3 Parts	10.34
f) Paradbhasma (Mercury/Hydrargyrum)	4 Parts	13.79
g) Abharak bhasma (Mica)	4 Parts	13.79
h) Praval bhasma (Coral)	4 Parts	13.79
i) Mauktik bhasma (Pearl)	4 Parts	13.79

Bhavana (trituration) *dravyas* of *Vasant Kusumakar Ras* in the chronological order are *Godugdha* (Cow's milk), *Ikshuras* (Sugarcane juice), *Vasa patra Swaras* (*Adhatoda vasica*), *Kamal Pushpa* (*Nelumbo nucifera*), *Usheer* (*Vetivera zizanioides*), *Haridra* (*Curcuma longa*), *Kadlikand swaras* (*Musa paradisiaca*).

Table 2: Ingredients, parts and ratio of drugs used for the preparation of *Phalatrikadi Kwatha*.^[9]

Sl. No.	Ingredients	Parts	Ratio of Drugs
1.	Amalaki (<i>Emblica officinalis</i>)	Fruit	1 part
2.	Bhibhitki (<i>Terminalia bellerica</i>)	Fruit	1 part
3.	Haritki (<i>Terminalia chebula</i>)	Fruit	1 part
4.	Guduchi (<i>Tinospora cordifolia</i>)	Stem	3 part
5.	Vasa (<i>Adhatoda vasica</i>)	Leaf	3 part
6.	Kalamegha (<i>Andrographis paniculata</i>)	Whole plant	3 part

7.	Nimba (<i>Azadirachta indica</i>)	Bark	3 part
8.	Kutki (<i>Picrorrhiza kurroa</i>)	Root	3 part

Pathya-Apathya

(A) *Pathya Ahara* for diabetics in Ayurveda:^[10]

- **Grains:** *Yava* (barley)- *Hordeum vulgare*, *Godhuma* (Wheat)- *Triticum sativum*, *Shashtika Shali* (rice)- *Oryza sativa*, *Kodrava* (grain variety)- *Paspalum Scrobiculatum*, *Uddalaka*, *Shyamaka*, *Bajara*
- **Pulses:** *Chanaka* (bengal gram)- *Cicerarietinum*, *Adhaki* (toor dal)- *Cajanus cajan*, *Mudga* (green gram)-*Phaseolus aureus*, *Kulattha* (Horse gram)- *Dolichos biflorus*.
- **Vegetables** (bitter and astringent): *Methika* (fenugreek)- *Trigonella foenum*, *Patola* (pointed gourd)- *Trisanthus dioica*, *Karvellaka* (bitter gourd)- *Momordica charantia*, *Tanduleyaka* (Choulayee)- *Amaranthus spinosus*, *Vastukam* (Bathuva), *Shobhanjana* (drum stick)- *Moringa oleifera*, *Karkotaka* – *Momordica dioica*, *Rasona* (garlic)- *Alium sativum*, *Kadali* (raw banana)- *Musa paradisiaca*.
- **Fruits:** *Jambu* (Jamun)-*Eugenia jambolana*, *Talaphala*- *Borassus flabellifer*, *Amalaki* (goose berry)-*Emblica officinalis*, *Kapittha* (monkey fruit)- *Limonea acidissima*, *Dadima* (pomegranate) – *Punica granatum*, *Tinduka* – *Disospyros embroyoptesis*.
- **Seeds:** *Methika*, *Kamala*- *Nelumbo nucifera*, *Utpala* – *Nymphoea stellate*.
- **Flesh** (fat free meat; forest animals, forest birds): *Harina* (deer flesh), *Shashaka* (rabbit), Birds likes –*Kapota* (pigeon), *Titira*, *Lavaka*.
- **Fermented or alcoholic liquids:** *Madhveeka Sura*, *Madhvasava* (in Kapha Pittaja Prameha), *Purana Sura*- old wine Other natural products *Madhu* (honey), *Madhudaka* (honey mixed with water)
- **Oils:** *Nikumba* (Danti- *Baliospernum montanum*), *Ingudi* (*Balanitis egyptica*), *Atasi* (*Linum usitatisimum*), *Sarshapa* (Mustard)
- **Others food articles and spices:** *Dhani* (pop-corn of jowar), *Laja/Murmura* (puffed rice), *Maricha*– (*Piper nigrum*), *Saindhava*– (rock salt), *Hingu*- (*asafoetida*), *Haridra*- (*Turmeric*), *Ardraka*- (*Ginger*)

(b) *Vihara*: Waking, travelling on elephants, horses, playing games, different form of martial arts, roaming in different places without slippers and umbrella.

Apathya^[11]

(a) *Aahara*: Jala, Milk, Ghee, Oils, Curd, Sugar, variety of rice preparations, *Anoopa*, *gramya* and *audaka mamsa*, *Ikshurasa*, *Pishtanna*, *Navanna*.

(b) *Vihara*: *Eksthana asana*, *Divaswapa*, *Dhoompana*, *Sweda*, *Raktamoksha*, *Mutravega dharana*.

RESULT

Improvement in subjective symptoms and signs as following. Complete relief from *Karapadadaha* and *Padasuptata* & Marked relief from *Prabhuthaavilla mutrata*.

Table 3: Assessment criteria.

Sl.no	Criteria	ON 29/01/19	REVIEW ON 05/02/19	REVIEW AFTER 05/02/19
1.	Frequency of urine day time (polyuria)	10-12 times	7-8 times	6-7 times
2.	Frequency of urine night time (polyuria)	4-5 times	2 times	2 times
3.	Turbidity of urine	Present	Present	Absent
4.	Appetite	Increased	Good	Good
5.	Burning sensation over limbs	Severe	Moderate	Mild
6.	Weakness	Present	Present	Absent

Table 4: Investigations chart.

Sl. No.	Investigation	On 29/01/19	On 05/02/19	On 14/02/19
1.	Blood Sugar Fasting	249 mg/dl	170 mg/dl	131 mg/dl
2.	Blood Sugar PP	363 mg/dl	346 mg/dl	136 mg/dl

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DR. N.K. SHARMA
 M.D. Radiologist & Ultrasonologist

Date	29/01/2019	Sri No	1005
Name	MR. RADHA KRISHAN	Age	64 Yrs.
Ref. By	BSES RAJDHANI POWER LTD.	Sex	M
		Company	CGHS

BIOCHEMISTRY

Test Name	Value	Unit	Reference Value
BLOOD SUGAR FASTING	249	mg/dl	70 - 110
BLOOD SUGAR PP	363	mg/dl	80 - 140

** End of Report **

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Date	05/02/2019	Sri No	1009
Name	MR. RADHA KRISHAN	Age	64 Yrs.
Ref. By	BSES RAJDHANI POWER LTD.	Sex	M
		Company	CGHS

BIOCHEMISTRY

Test Name	Value	Unit	Reference Value
BLOOD SUGAR FASTING	170	mg/dl	70 - 110
BLOOD SUGAR PP	346	mg/dl	80 - 140

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Date	14/02/2019	Sri No	1002
Name	MR. RADHA KRISHAN	Age	64 Yrs.
Ref. By	BSES RAJDHANI POWER LTD.	Sex	M
		Company	CGHS

BIOCHEMISTRY

Test Name	Value	Unit	Reference Value
BLOOD SUGAR FASTING	131	mg/dl	70 - 110
BLOOD SUGAR PP	136	mg/dl	80 - 140

** End of Report **

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DISCUSSION

Ayurvedic remedies for *Prameha* (diabetes mellitus) are the oldest among all the available therapies, which includes in the *Prameha* category. *Pramehas* are a list of urinary disorders, especially characterized by profuse urination with several abnormal qualities due to *doshic* imbalances. The main causes of *Prameha* are lack of exercise and improper food habits in excess food intake which falls in the category of *Ushna*, *Snigdha* and *Guru* are the primal cause of this disease- Fish, curd is good example. 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 on time.^[12]

Vasant Kusumakar Rasa has hypoglycaemic effect on blood. The mechanism of the action of *Vasant Kusumakar Ras* is possibly by the combined effects of each of the ingredients of the drug. The drug itself is a potent anti-diabetic agent. All the ingredients have a property of acting at the level of the dhatus, imparting them strength, preventing their *shaithilya* and also their *ksharan* through the urinary system. All ingredients possess a *Rasayana* property, thus restoring the lost strength and replenishing the lost dhatus. *Swarana bhasma*^[13] has a special quality of improving the *Rasa Rakta Sancharan in Shira Pradesh* thus enriching the *Indriyas* and in turn improving the sensory and motor functions. The unique property of *Swarna Bhasma* mentioned about pacifying the aggravated *vayu*, nourishing (pushti), the ksheen *vayu* and maintaining the *Sam Avastha* of *Prakrut Vayu* can be supposed to normalize the neuropathic symptoms of *Prameha* patients. It is strongly believed that the presence of *Swarna bhasma* may potentiate the action of the drug. Ingredients like *Swarna*, *Rajat*, *Loha*, *Praval* and *Mauktik* have beneficial effect on the nerves. Ingredients like *Swarna*, *Rajat*, *Abhrak*, *Praval*, *Mauktik*, *Naga* and *Vanga* act directly on the symptoms of neuropathy and thus relieve them. Also, *Bhavana dravyas* like Cow's milk, Sugarcane juice, *Kamal Pushpa*, *Usheer swaras*, etc are said to be good for the neuropathic symptoms related to *Pitta dosha*. The ingredient *Vanga bhasma*^[14] is especially useful in *mutravaha strotodushti* and it also improves the strength of *indriyas* and nourishes the body. Thus, *Vasant Kusumakar Ras* is beneficial in the *Dhatushaithilya*, *Dhatukshya*, *Dhatuksharan* and *Ojodushti Avastha* of diabetic neuropathy It also acts as Neuroprotective, Rejuvenator, Tonic, Anti-oxidant and anti-diabetic drug. Hence it acts as *Mehahara*.

Phalatrikadi kwatha is mentioned in *Charaka Samhita* as an effective treatment in *Prameha*. The formulation *Phalatrikadi kwatha* consists of *Amalaki*, *Hareetaki*, *Bibheetaki*, *Daruharidra*, *Indravaruni* and *Musta*. *Phalatrikadikwatha* acts as *Lekhaniya*, *Kaphahara* & *Medohara*. *Amalaki* and *Indravaruni* present in the formulation have a *Premehaghna* property. *Amalaki*, *Musta* and *Bibhitaki* have *Balya*, *Rasayana* and *Dhatuwardhaka* property,^[15] thus helps in rejuvenation of the cells and rectifying the *Khavaigunya* in the *Rogadhisthaana*. *Amalaki*, *Hareetaki*, *Bibheetaki* present in the formulation is *Tridoshahara* and help in rectifying *Doshadushi* and thus helps in *Samprapti Vighatana*. The *Kaphahara* property of all the above 6 drugs, help in *Kaphamedaharana* and thus helps in removing *Margavarodh*, thus helps in the *Avaranaja* variety. *Amalaki*, *Hareetaki*, *Bibheetaki*, *Daruharidra* have *Rukshaguna* thus is *Kapha*, *Medohara* helping in the *Sampraptivighatana*. *Hareetaki*, *Bibheetaki*, *Daruharidra*, *Indravaruni* have *Ushna Virya* and thus helps in *Vatakaphaharana* and reversal of *Samprapti*. *Haritaki* and *Daruharidra* have *Chakshushya* property. The complications of diabetes like retinopathy, if any present can be helped by the formulation. *Indravaruni* has a *Rechaka* property, thus helping in the *Srotoshodhana* and in turn helpful in *Sthula* patients.^[16]

CONCLUSION

Prameha is *Santarpanjanya Vyadhi* described in *Ayurveda*. The main causative factor is said to be sedentary lifestyle and food habits. Modern therapeutics are useful in diabetes but there is long term therapy also cost-effectiveness and having side effects. Hence, *Ayurveda* can help diabetes patient to improve their quality of life and prevention in disease without any complications. Thus, it can be concluded that combination of *Vasant Kusumakar Rasa* and *Phalatrikadi Kwath* has showed significant improvement in the symptoms of *Prameha* and blood sugar levels effectively cure the diabetes mellitus and proved that it works effectively in *Prameha*.

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