

**CASE STUDY ON DIABETES WITH INTERVENTION PREPARED BY
MIXTURE OF HERBAL MEDDICINES*****Dipika**

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ABSTRACT

Five patients of diabetes with clinical symptoms with high blood sugar level above 200mg/dl to 400mg/dl were given mixture of *Holarrhena Antidysenterica*, *Prunes Amygdalus* and *chickpeas powder* before meals. Herbal drug mixture along with yoga and exercise have shown significant result in sugar level with clinical symptoms.

KEYWORDS: *Holarrhena Antidysenterica*, *Prunes Amygdalus* and *chickpeas powder*.

INTRODUCTION

Diabetes is a syndrome with disordered metabolism of carbohydrate and fat. The most important clinical feature is hyperglycemia (fasting plasma glucose level >126 mg/dl or glycosylated hemoglobin A1C (HbA1c)>6.9%). The number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014.^[1] The prevalence of diabetes for all age-groups worldwide was estimated to be 2.8% in 2000 and 4.4% in 2030.^[2] The Diabetic patients have clinical symptoms of frequent urination, increased thirst and hunger, decreased body weight, blurred vision and tiredness. Currently, various anti hyperglycemic medications such as insulin, sulphonylureas and metformin prove to be significant result in Diabetes. Besides, other Ayurvedic treatment adds more significant in controlling sugar and maintain healthy well-being.

Healthy diet, Regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes.^[3] Similarly, Ayurveda, a science of healthy living also offer effective treatment in controlling various deadly diseases. Rejuvenative herbal drugs provide miraculous result in diabetes. Ayurvedic drugs like *Eugenia jambalana*, *Gymnema Sylvestre*, *Ceasalpinia crista*, *Aegle marmelos*, *Azadirachta indica*, *Curcuma longa* and *Momordica charantia* and their formulations are

effective in treatment of diabetes without showing any side effect. Adding to Ayurveda context, Daily exercise and walking is must for diabetic Patient.^[4] Here, a case study is discussed with combination of three drugs *Holarrhena Antidysenterica*^[5], *Prunus Amygdalus* and *chickpeas powder*^[6] showed significant result in lowering the sugar level.

CASE STUDY

5 patients with clinical feature of weight loss, polyuria showed blood glucose level above 200 mg/ml used to take allopathic treatment, were not able to control their sugar level. Patients were diagnosed on basic Ayurvedic principles, that they have shown mainly Vata and kapha dushti. Patients had normal BP, Pulse and no other cardiovascular complications.

Dosha - Vata and kapha

Dushay- Rasa, Mamsa, Meda

Adisthan - Whole body

Strotas – Rasavaha, Raktavaha, Mamsa vaha, Medavaha.

Patients with clinical features presents weak digestive fire and Dhatwagnimandya which further leads to tiredness in the body.

Herbal Formulation-

Holarrhena Antidysenterica -100 gm

Chickpeas Powder -100 gm

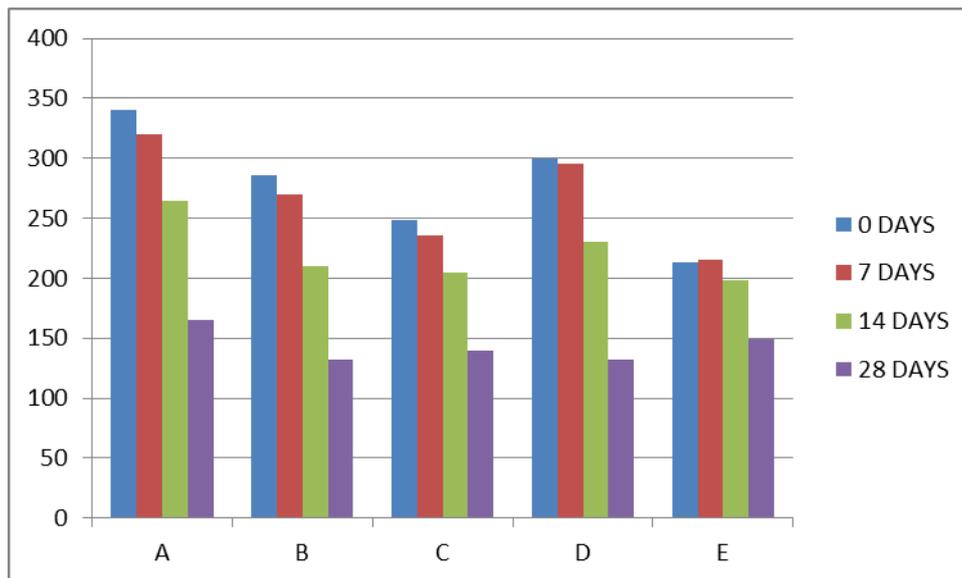
Prunus Amygdalus -100 gm

1 tsp powder with hot water were given before meals.

They were advised to take Nisha Amlaki vati 2BD and Chanderprabha vati 2BD.^[7] They showed significant result in sugar level. Moreover, They also showed improvement in other clinical features such as tiredness, itching, thirst etc. Patients also left allopathic medicine instead they preferred to maintain their sugar level through Ayurvedic medicine.

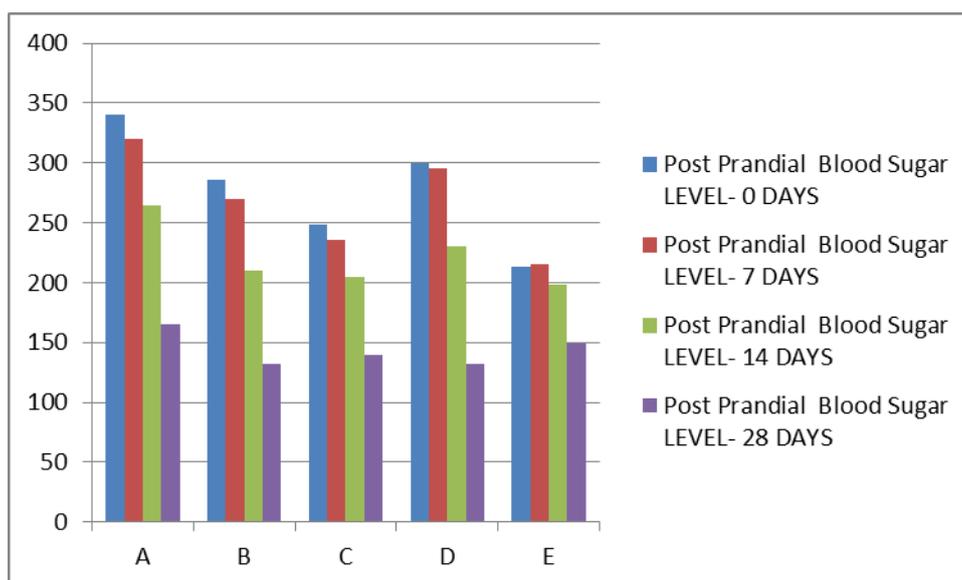
Post Prandial Blood Sugar LEVEL-

PATIENTS NAME	0 DAYS	7 DAYS	14 DAYS	28 DAYS
A	340	320	265	165
B	286	270	210	132
C	249	236	205	140
D	300	295	230	132
E	213	215	198	149



Fasting Blood Sugar Level-

	0 Days	7 Days	14Days	28 Days
A	185	170	140	96
B	169	156	129	110
C	135	120	115	99
D	158	116	100	95
E	145	129	110	85



DISCUSSION

Diabetes can be diagnosed on basis of various causes. Genetic factor, stress, unhealthy lifestyle and imbalanced diet are considered one of the primary factors for this disease. These patients are diagnosed on the basis of clinical parameters like Agni (digestive fire), Prakruti

(constitution), Ahara Shakti (digestive power), Vyayama Shakti (physical Strength) and biochemical assessment of patient and safety consideration.

As the patient had mainly Vata and kappa dushti. So, role of *Holarrhena Antidysenterica*^[8], which is light and dry in guna which can easily counteract the guna of kappa. It is also cold in potency which had drastically reduced the Ushna guna of pitta, which further led to decreased urine. Prunus Amygdalus, which is rich source of Pottasium, calcium and magnesium phosphate. It also serves as brain and nervine tonic. Tiredness due to weak dhatwagni can be best cured by it. It also has Brinhan^[9] and cold potency properties which led to cure chronic disabilities related with diabetes. Lastly, Chickpeas powder are particularly high in fibre. Higher fiber intake may improve blood sugar, lipid and insulin level. It is also rich source of iron, phosphate, calcium, magnesium, manganese, zinc and vitamin K.

CONCLUSION

Use of herbal formulation powder together with yoga practice and morning walk was effective to control blood sugar level. This treatment can be considered very significant and also have fewer side effects as compared to allopathic medicine.

Intensive life style interventions are also more effective In type 2 diabetes.

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