

आरोग्यमंदिर

पत्रिका

Madhumeha Visheshank AROGYAMANDIR PATRIKA

January 2010

Editorial

The topics covered in each issue of Arogyamandir Patrika are the ones that are received by us as suggestions from the respected Patron - readers of "Arogyamandir Patrika". Through each issue of Arogyamandir Patrika, we are trying to place before you, information based on the Shastra and Vyavahar.



All of you are aware that it may not be possible to have complete information just by going through one Grantha. Therefore, it is our endeavor to put together the information available in various Granthas in rationalized manner and place it before you. Many of the

times, it has been observed that while putting together and covering all the information regarding a disease, it is necessary to pool in the information that is available in Health Sciences other than Ayurved.

This does not mean that Ayurved is not a complete science or that it lacks in any respect. It only means that it is definitely not bad for the Ayurvedic Healthcare Providers to indulge in "Parashastravalokan".

It is better to understand in the correct manner and imbibe the meaning of the famous Sootra by Sushrutacharya - "Ek Shastram Adheeyano Na Vidyat Shaastranishchayam" - instead of understanding it in a convoluted manner to achieve the basic intention of Chikitsa - "Dhatusaamyam Arogataa".

Today, it is very common to find that many of the patients suffering of various diseases come to Ayurvedic Health care Practitioners with reports of various modern tests and check ups done. How to interpret these reports on Ayurvedic parameters has also been discussed in this issue.

We hope that the said endeavor of ours in this "Madhumeha Visheshank" of "Arogyamandir Patrika" will be appreciated by all the Ayurvedic Healthcare Providers.

We hope to receive your feedback as well as your suggestions on the topics to be covered in the forthcoming issues of Arogyamandir Patrika.

Yours truly,

Vd. Shailesh Nadkarni

Vishaya pravesh

In today's world, the treatment of many a diseases is easily available however, there are many diseases which are associated with today's life style. From amongst this the most important and dreaded disease is "Madhumeha" which is also known as Diabetes as per modern science.

In 21st Century, over 194 million people are estimated to be suffering from Diabetes across the globe. Of this more than 40% of adult population between age group 40 to 74 currently have diabetes. More than 22 million children of age 5 years and above are also been suffering from diabetes. If this is not prohibited, the number may increase by 333 million upto 2025 A.D., out of which, a huge number of patients suffering of diabetes will be from India. In developed countries, 'Diabetes' is the fourth important cause of death. It is also known as 'Silent Disease' as there are many serious complications, which prove fatal get exhibited without any obvious symptoms.

Madhumeha (Diabetes) is a disorder related to pancreas, in which the body's capacity of transferring carbohydrate and glucose into energy which is fuel for body has been prohibited. Ayurved clearly states that Madhumeha which is one of the 20 types of Prameha is considered to be incurable. Hence to fight against this dreaded disease, is very important for both patients as well as Physician.

In this issue of Arogyamandir Patrika we are discussing the treatment as well as prevention of Madhumeha.

Meda-Dhatu

मेदः स्नेहस्वेदौ दृढत्वं पुष्टिम् अस्थानां च ।

सु.सू. १५/७

Prameha is the disease developed due to vitiation of Medovaha Srotas.

Meda Dhatu is the dhatu which nourishes Asthi Dhatu in the body. Meda Dhatu gives softness and oiliness/lubrication to the body. Hence one finds symptoms such as Excessive Softness or unctousiness, excessive perspiration, obesity or emaciation due to vitiation of Meda Dhatu or Medovaha Srotas.

Meda Dhatu is necessary for proper actions and operations of all bones and muscles, which prevents friction.

Symptoms of Medakshaya -

मेदक्षये प्लीहाभिवृद्धिः सन्धिश्चून्यता रौक्ष्यं

मेदुरमांसप्रार्थना च ।

सु.सू. १५/१३

Pleehavruddhi, Sandhi shoonyata, Rukshata, desire of eating meat of fatty animals

Symptoms of Medavruddhi

मेदः सिग्धाङ्गताम् उदर पार्श्ववृद्धिं

कासश्वासादीन् दौर्गन्ध्यं च । सु.सू. १५/१९

Slimyness/ softness of body parts, enlargement in Udar and Parshwa Pradesha, kasa Shwas, foul smell of body.

Medovaha Srotas -

The channel which helps in circulation of Meda-dhatu in the body is Medovaha Srotas.

The poorvarupa of Prameha Vyadhi are the symptoms of Medovaha srotodushti.

Moolsthana -

Vrukka, Vapavahan

Causes of Medovaha Srotas vitiation -

Avyayam (Lack of Exercise), Sedentary life style and working, Divaswap (sleeping during daytime)

Excessive intake of Snigdha, Guru, Sheeta, Fatty food Excessive intake of alcohol Kaphakar Ahar-Vihar, Beejadasha

Symptoms of Medovaha Srotas

Drushti -

Excessive accumulation of mala (tarter) on teeth Burning sensation of palms and soles, Stickiness of skin, Excessive perspiration Obesity or emaciation.

Diseases of Medovaha Srotas

Dushti -

Atisthoulya, Atisweda, Prameha, Madhumeha, Medoja Granthi

General Treatment -

अष्टौनिन्दितिकेऽध्याये मेदोजानां चिकित्सितम् ।

च. सू. २८/२४

Prameha

'प्रकर्षेण प्रभूतं, प्रचुरं वारंवारं वा मेहति मूत्रत्यागं करोति यस्मिन् रोगे स प्रमेहः'

Prameha is the disease in which there is frequent and urination in more quantity. It is the disease of Madhyamarga, which is Chirakari, Yappa, Daruna

Causes of Prameha –

Ahar – viharjanya

Consumption of new grains, alcoholic drink, all kaphavardhak factors, Intake of cold, oily, sweet, liquid, fatty food, Curds, Cheese, Jaggery and its preparation, meat of aquatic animals, Sweet fruits such as Banana, Mango, Chikoo, Grapes, Papaya, dates, Potato and Products made of it, Ice-cream, Kulfi, Fruit-Salad, Milk shake etc.

Vihar –

Sedentary Lifestyle

Excessive sleep, sleeping during day time, lack of exercise

Other Causes

Beejadosha –

जातः प्रमेही मधुमेहिनो वा न साध्य उक्तः स हि बीजदोषात् ।
ये चापि केचित् कुलजा विकारा भवन्ति तांश्च प्रवदनयसाध्यान् ।

च.चि. ६/५७

Prameha developed due to Beejdosha of both parents is Asadhya (Incurable). Hence Madhumeha is also hereditary and non-curable. If any of the parents are having Madhumeha then it gets inherited in the progeny. (Su-chi 11/3)

Manas Hetu

Mental Stress, strain, grief, anxiety, depression, 'Vyakta Chinnta' is also one of the cause of Prameha/Madhumeha which is a psychological cause. Due to severe mental tensions persons may suffer from madhumeha

1. Insufficient dietary intake, sleep and improper rest due to
Lack of Nourishment Vatavrudhi
Shareer Karshya Apatarpanjanya Madhumeha
2. Heavy & increased food intake, more sleep, more rest for
relief from mental tension Improper metabolism
Samprapti of Avarana Madhumeha .

Obesity

History of Gestational diabetes

High Blood Pressure/hypertension

Also it is necessary for person above 45 years or even below 45 years if he/she is obese and consumption of other

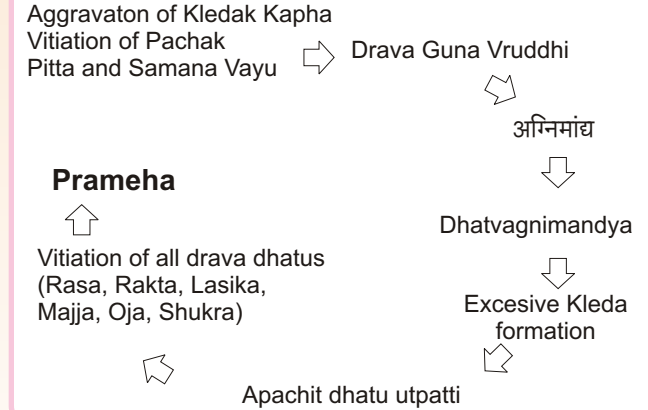
Vanga Bhasma

- Akhila Mehaghna Bhasma prepared by Paramarmit method.
- Useful in Parameha by enhancing Dhatuposhan Kurma.
- Helpful in Prameha, Shukrameha, Madhumeha developed due to Shukrakshaya
- Useful in Shukrakshaya, Mootrashukra, Prameha, Mootrakruccha, Vandhyatva, Upadnsha



causes then examination for detecting/diagnosis Madhumeha is necessary.

Prameha – Samprapti



Dosha – Tridosha aggravated due to their own cause, Samavastha

Kapha – Kledak Kapha

Pitta – Pachak pitta

Vata – Samana Vayu, Apana Vayu, Vyan Vayu

Dushya – Meda, Mansa, Shareeraj Kleda and Mootra

Shukra, Shonita, Vasa, Majja, Lasika, Rasa and Oja

Agnimandya – Jatharagnimandya, Dhatvagnimandya

Srotas – Medovaha, Mootravaha, Mansavaha

Sthana – Mahamarma – Basti

Vyakti – Mootra

Types – 20 – As per names –

Kaphadoshaj – Udakmeha, Ikshuvulikameha, Sandrameha,

Sandrprasadameha, Shuklameha, Sheetameha,

Sikatameha, Shanairmeha, Alalameha

Pittadoshaj – Ksharameha, Kalameha, Neelameha,

Raktameha, Manjishthameha, Haridrameha,

Vatadoshaj - Vasameha, Majjameha, Hastimeha,

Madhumeha

Madhumeha – Samprapti –

सर्व एव प्रमेहास्तु कालेनाप्रतिकारिणः

मधुमेहत्वमायान्ति तदाऽसाध्या भवन्ति हि । सु. नि. ६/२७

All types of Prameha if not treated properly or neglected for a longer duration or not following proper diet regimen turn into Madhumeha

Prameha not treated properly

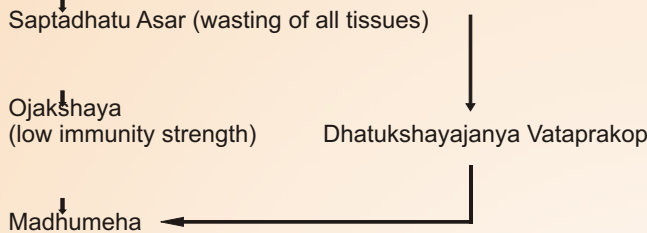
Shilappravang (M.Y.)

- Balya, Dhatuposhak, Deepak, Pachak, Vrushya, Rasayan Kalpa
- Mootrashodhak and Kledanashak action in Prameha
- Effectively breaks down the samprapti of Madhumeha as Kledavrudhi, Dhatushaithilya and Ojakshaya with the synergetic action of Shilajeet, Gokshur and Vanga.
- Useful in Prameha and its complications like kshaya, Napunsakakta and Hastapadaha.



Madhumeha

Kledotpatti + Dhatushathilya due to formation of Vikrut Dhatu



कृध्दधातुक्षयात् वायौ - Due to Dhatukshaya arises Vataprakopa

Symptoms -

त्राविलप्रभूत मूत्रलक्षणाः सर्व एव प्रमेहाः । सु.नि. ६/६

- Excessive and turbid urination (Polyuria)
(Though dosha-dushya are similar as per combination there is change in touch, odour and color of urine)
- Excess formation of wastes or exudates on teeth, palate, tongue
- Burning sensation of palms and soles
- Excessive thirst (Polydipsia)
- Slimyness in body
- Sweet taste in mouth

स मारुतस्य पित्तस्य कफस्य च मुहुर्मुहुः ।

दर्शयत्याकृतिं, गत्वाक्षयं, आप्यायते पुनः । च. सू. १७/८१

- In Madhumeha Symptoms of Vikrut Vata, Pitta, Kapha are increasing off and on.
- Mandotsaha – Lack of enthusiasm – Alasya
- Atisthoolata – Obesity
- Atisnigdhatta
- Mahashana – Excessive intake of food
- Divaswap – Sleeping during daytime after lunch for longer duration –
- Alasya -

Symptoms - As per modern Science -

- Polyphagia – Increased appetite
- Polydipsia – Increased thirst
- Polyuria – excessive urination
- Fatigue and lethargy
- Unexpected Loss of weight
- Dry itching in body
- Delayed healing in cuts or wounds

Trivanga Bhasma -

- Excellent Shaktidayak, Vajikar, Jananendriya Balya Kalpa
- Helpful in Napunsakata, Snayu and Siragata Vata
- Useful in complications of Diabetes such as Numbness or tingling sensation by acting on nerves



Blurred vision
Frequent vaginal infection

Types of Prameha -

According to Hetu -

1. Sahaj – As per Beeja dosha of parents
2. Apathya – ahita aaharaj
3. As per dosa – Kapha dosha pradhan 10
Pitta dosha pradhan 6
Vatu dosha pradhan 4
4. As per strength of body –
Sthoola-Krusha Balavan – Durbal
Sthoola-Balvan sthoola Durbal
Krush Balvan Krush Durbal
5. As per chikitsa – Santarpanyogya
Aptarpanyogya

Treatment of Madhumeha -

प्रायेण हि प्रमेहिणोऽभिष्यण्णदेहत्वात्

उपहतान्नेः भक्ष्यादि पंचविधमायज्ञ उपयुक्तं मूत्राय मेदसेच विपरिणमते ।
अ.सं.चि १४/२

In patient of Prameha due to more Abhishyanda there develops Agnimandya. In such condition dietary intake as per Bhakshya Bhojya transforms into Mootra and Meda.

स्थूलः प्रमेही बलवानिहैकः कृशस्तथैकः परिदुर्बलश्च ।

संबृहणं तत्र कृशस्य कार्यं संशोधनं दोषाबलाधिकस्य । च.चि. ६/१५

१) अस्य तेजो धातु वृद्धये क्लेदमेदः प्रशमनायच बलिनः संशोधनानि ।
Hence diabetic person who is strong (Balvan) should be given Shodhan treatment and Agnideepan and Kleda, Medanashak Chikitsa.

२) दुर्बलस्य तु संशमनानि ।

Durbal i.e. weak persons should be given Sanshaman Chikitsa.

Generally in all Pramehi person treatment should be such that it does kshapan of Mootra meda, reduces fats, Agnideepak, Balya Ahara.

Charakokta Chikitsa Sootra -

Chandraprabha (with Loha Shilajatu) -

- Shamak, Balya and Rasayan action on Mootravaha and Shukravaha Srotas
- With Kledanashak and Dhatushathilyanashak action effectively breaks Samprapti of Prameha
- Useful in Prameha, Madhumeha, Mootrakurucha, Mootraghata, Ashmari, Shthoulya, Ashthila



Amayik Prayog -

- Madhumeha - Chandraprabha + Chandanasava
- Mootrashmari - Chandraprabha + Punarnavasava
- Shthoulya - Chandraprabha + Arpyavardhini + Dashamoolarishta

Prameha Upadrava

Sthoola, Balvan	Krusha, Durbal	Kapha Pittaja type
Shodhan	Shaman	Apatarpan
Apatarpan –	Santarpana	
Langhan, Loghuahar		
Vyayama		
Chankramana		
Vamana		

Shaman Chikitsa –

Ushna, Ruksha, Lekhan, Apatarpan dravya
Kashay, Tikta rasatmaka dravya – Nimb, Daruharidra, Devadar, Musta, Chandan, Guduchi, Patola, Haridra, Karela, Arjuna, Khadir, Lodhra, Amalaki, Jamun, Bhumyamalaki, Poogiphala, Bilva, Saptaparna, Asanadi Gana, Pramehahar Kashaya

Use of Dhatushaithilyanashak bhasmas such as - Vanga, Naga, Trivang, Loha, Roupya Suvarna Makshik Bhasma Shilajatu – Excellent Kledanashak, Dhatu shaithilyanashak, Acting on Mootravaha Srotas.

Pathyapathya –

Pathyapathya plays an important role in treatment of Madhumeha. Vyayama is very important in it.

Pathya

Ahara -

- Low fatty diet. Use less oil.
- Use of roasted grains (Bharjit yava) such as wheat, Moonga, Chana is advised by Charkacharya, Also Shyamak, Kodrava, Uddalak, tuvar, Chane, kulathi, Moongo, yava
- Vegetables like Methi, Karela, Patola, Parvar, Gavar, Turiya, Ginger, Coriander, Haldi, fresh or dried Amla.
- Meat – Jangal Mamsa
- Kushodaka, Ksharodaka, Triphala Rasa/Jala Jamun

Vihara - Vyayam is important

शरीरायासजननं कर्म व्यायाम संज्ञितम् ।

अधनो वैद्य संदेशात् एवं कुवन्नतद्रितः ।

संवत्सराद् अन्तराद्वा प्रमेहात् प्रतिमुच्यते । (सु.चि. ११/१३)

One should walk as per bala (strength) Shatayojana i.e. 1 to 4 miles in a year. Chankramana generally brisk walking, jogging etc. If one can not walk outside then he can do exercise with the help of instruments at home itself.. Morning walk also helps.

Hot water bath, Yogasana, Dhyana, Pranayama and breathing exercises, suryanamaskar are helpful.

Apathya –

Naga Bhasma –

- Balya Bhasma which nourishes all dhatus from Rasa to shukra and all indriyas
- Act as Kledanashan and breaks the Samprapti in Madhumeha.
- Useful in Medasvi (Fatty) Madhumehi
- Useful in serious complications such as Madhumehajanya Sanyas



Ahara -

Madhura, Lavan Rasayukta ahara, Naveen anna (New Grains), Intake of Excessive diet, oily foods, sweets, malai, Ice-cream, sweet food and cold drinks, Alcohol.

Curds and similar foods, Shrikhand, Basundi, Rabadi, Pedha, Kulfi etc.

Sugarcane juice, Guda (jaggery), Rice, Sabudana, Ratalu (Sweet Potato) Potato. Fruit salad, fruits like Mango, Chikoo, Grapes,

Mansahar – Fish and meat of aquatic animals.

Vihara -

Divaswap, (Sleeping in the afternoon)

Sedentary life style

Controlling or suppressing natural urge of urination, Smoking, Swedan, Raktamokshan, Travelling continuously or for long time, overexertion basis

• Timely Diagnosis & treatment of skin diseases.

• Use of proper footwear for healthy feet

• Regular advise of physician

Phalatrikadi Kwath –

Care to be taken :



Periodic check up of sugar level in blood & urine



Regular exercise & healthy diet

Perfect oral hygiene



Monthly weight chart to be maintained

Ideal to get chest X-Ray done on yearly basis



Detection and treatment of skin ailments



Regular eye check up



Best to wear appropriate footwear, even while indoor



Never to discontinue medication without the Physician's advice

Advisable to carry a diabetic identity card with details such as name, address, contact no & also the name of the person to be contacted, in case of emergency

In all types of Prameha, prepare a kwath of phaltriaka (Hirada, Behada, Avala) Daruhaldi, Vishala, Nagarmotha, as per granthokta procedure, add haridrakalka in it and again prepare kwath. While administering add Honey in it. This Phalatrikadi yoga acts as virechak.

Prameha Upadrava – Complications of Diabetes -

Gokshuradi Guggul –

- Most efficacious Guggulka with Mootrajanan and Kledanashak action.
- Excellent Vatanashak and Shothahar
- Useful in Prameha with Kledanirharan thro' Mootra



Prameha Upadrava

सर्वजत्वान्महामर्मसंश्रयाद् अनुषंगतः ।
सुबहुपद्रवत्वात् च प्रमेहो दारुणो गदः ॥ अ.सं.चि. १४/२७
Ashtanga Sangrah describes Prameha as 'Darun Gada'.

• as – It is sarvadoshaj, Associated with Mahamarma Basti, Chirakari, Chronic and long duration and has many complications

In Prameha there are various complications seen as per doshas – These upadrasas are 'Sarvashareervyapi' i.e. they are seen throughout the whole body, as Prameha is also Sarvashareervyapi.

सर्व शरीरव्यापिनः ज्वर प्रमेहादयः।

मधुकोष टीका

In Prameha other than Doshaj Upadrava many other complications like – Dhamani Pratichaaya (Atherosclerosis) Ardita (Facial Palsy) Pakshaghata (Paralysis), Drushtinash (Blindness), Diabetic retinopathy, Mukhapaka (Stomatitis), Vrukharikar (Diabetic Nephropathy) are seen

Complications as per Dosha

Kaphaj Prameha	Pittaj Prameha	Vataj Prameha
Indigestion	Amlodgar	Udavarta
Aruchi	(Sour Belching)	
Chhardi (Vomiting)	Trushna (Thirst)	Kampa
	Atisara,	Desire to have all
Nidradhikya	(Diarrhea)	Rasa
(Sleepiness)	Daha	Shoola
	(Burning Sensation)	Shosha
Kasa (Cough)	Jwara (Fever)	
Pratishyaya (Cold)	Pain in	Nidranash
	Vrushanpradesh	Kasa
	Pain in Bastipradesh	
	and Medhra	Shwasa
		Hrudgraha

1. Prameha Peedaka -

This complication of Prameha is seen in all types of Prameha.

उपेक्षयाऽस्य जायन्ते पिडकाः सप्तदारुणाः । च. सू. १७/८२

If Prameha not treated properly or neglected it develops Madhumeha and Madhumeha if not treated it develops Prameha Peedaka.

These Peedaka developed in Mansa, Marma and Sandhi Sthana. If these Peedaka were not treated properly they

Yashad Bhasma

जसदं चाक्षुष्यं परम मेहपांडुश्वासं च नाशयेत् ।

- Excellent Chakshushya, Kapha Pittanashak, Dhatushaithilyanashak Kalpa
- Useful in Prameha and Madhumeha with Dhatushaithilyanashak action
- Useful in lean, diabetic person and complications of Madhumeha such as Hastaapadataladaha, Bhrama, Vismruti,



turned into Dushta Vrana (Diabetic wound) which requires Surgery and if it turns into gangrene, amputation may be necessary.

प्रमेहिणां याः पिडकाभयोवक्ता । रोगाधिकारे पृथगेव सप्त ।
ताःशल्यविभिदः कुशलैः चिकित्स्या शस्त्रेण संशोधन रोपणैश्च ।

च.चि. ६/५८

In Prameha/Madhumeha, these peedaka are seen mainly in lower parts of body. This occurs due to Rasayani Dourbalya

रसायनीनां दौर्बल्यान्नेर्ध्वमुत्तिष्ठन्ति प्रमेहिणां दोषाः
ततो मधुमेहिनां अधःकार्ये पिडकाः प्रादुर्भवन्ति । सु.चि. १२/८

Treatment :

1. Raktamokshan – with Jalouka
2. Virechan.
3. Vranakarma Dressing of Wound with Eladi Gana – Siddha Taila, Vranadhavana – Rasanjan / Daruharidra kwath/ Dashamola kwath
4. Abhyantar Chikitsa - Ayaskruti, Varunadi Kwath, Vasantkusumakar Rasa

2. Hastapadataladaha – (Diabetic Neuritis)

Burning sensation of hands and feet

दंतादिनामलाढ्यत्वं प्रागुपं पाणि पादयोः दाहश्चिक्कणता देहे ।

As per this poorvarupa of prameha it is clearly mentioned that Hastapada daha is also purvaroopta and upadrava of Prameha.

After retiring from work, while sitting or sleeping or before going to bed at night diabetic person specifically feels this burning sensation He feels better with cold touch or cold air.

Hetu -

In Madhumeha, Hastapadataladaha develops due to Dhatukshaya, Pitta Vata Vriddhi, Raktadushti.

1. Due to excessive urination in Pramehi Rugna causes udakakshaya
2. Pittavriddhi or Aggravation of Pitta due to Udak Viparita Guna
3. Dahotpatti- It is known as Diabetic Neuropathy as per Modern Science. It is caused due to effect on nerves- because of diabetes.

Chikitsa –

Vasant Kusumakar Rasa

- Bruhaneeya, Balya, Rasayan, Saptadhatuvardhak, Vrushya Suvanakalpa
- Helpful in reducing Urine Sugar level in Madhumeha
- Effective in all Prameha specially Vataj and Pittraj Meha.
- Useful in complications of Madhumeha like Prameha pidaka Dourbalya, Hrud dourbalya, Nervine irritation, Eye complications



Prameha Upadrava

Dahyamana - Give Oudakkanda Kwath Siddha Yavagu with milk and sugarcane Juice. Yavagu is contraindicated in aggravation of Pittadosha.

- 1) Virechan – Kwath of Haritaki, Aragvadha and Draksha, Swadishta Virechan Choorna
- 2) For Shaman – Chandrakala Rasa, Sootashekhar, Usheerasava, Chandanasava, Mukta pishti, Pravala pishti, Durva Swaras.
- 3) Sthanik - Sheetal jala Avagaha, Ksheerdhara, Takradhara, Shatdhout Ghruta.
- 4) Ahara - Godhooma, Moonga, Milk, Coldrink, Dadim As per Modern Science neuritis develops due to lack of vitamin B hence supplementary food drug is advised.

Padaharsha -

Tingling and numbness in feet. Restlessness, feeling of touch i.e. sensory loss may develops, feels better when legs are covered with clothes

Chikitsa - Sneha, Sweda,

- Snehavirechan – Erandasneha
- Bastikrama - Dashamoola Kwath – Niruha Dashamoola Taila - Anuvasan
- Balataila – Abhyanga
- Avagah Sweda
- Bhallatak Siddhaksheer, Vatavidhwansa,

Mahayograj Guggul, Tapyadi Loha, Dhatriinisha Yoga

Diet - Godhooma, Dugdha (milk), Goat milk, Paravar, Garlic, Drumstick, Ginger, Amalaki, Haridra.

3. Bhrama –

Both krusha (weak and lean) or Sthoola (Obese) Pramehi gets attacks of Bhrama (Giddiness)

The person may develop imbalance or loose control while standing, abruptly changing posture or looking back or above and below: sweating over face, neck region, Feeling of revolving things around him, Nausea, Vomiting.

Bhrama develops due to Samprapti of Prameha of Bahudrava shleshma, Srotorodha due to it in kaphasthana and upadrava such as Pratishyaya, Peenasa.

Chikitsa -

- Suvarna Sootashekhar, Pravala Pishti, Bruhat Vata Chintamani Rasa
- Shodhan – Swadishta Virechan Choorna – Erandasneha Basti - As required .
- Shirobhyanga – Sarvangabhyanga
- Karnapoorana – Bilvadi Taila, Anutaila.
- Shirodhara - As per dosha/koshnajala (Lukewarm water)

4. Madhumehajanya Hrudroga and related other complications -

Hrudaya is the main and basic site of origin of all Sira. It is also moolasthan (origin) of Prana and Rasavaha Srotas as well as Ojas –

In complications of Madhumeha arising due to Siradourbalya (weakness in Sira), Hrudgraha (Vataj Prameha) and Hrudishoola (Pittaj Meha) are mentioned clearly.

Hrudgraha – It develops in Vatapradhan Madhumeha

Symptoms –

- Tightness in chest after exertion
- Restlessness
- Shwasa, Kasa (dyspnoea, cough)
- Sweating over Face and head
- Irregular fast pulse, Feeble pulse

Chikitsa -

Heart Disorders being an emergency needs immediate treatment

Ashwasan

- Arjunarishta + Dashamoolarishta – with equal quantity of water
- Miid/Mrudsweda over Cardiac region – Narayan taila, Balataila
- Suvarnakalpa – Hemagarbha, Mahalaxmivilas, Sootshekhar Rasa (Suvarnayukta) Anuloman, Virechan and Basti as required.
- Anuvasan – Dashamoola taila, Niruha - Dashamoola Kwath
 - Complete rest in acute attack
 - After attack subsides, use - Hrudayarnava Rasa, Dashamoolarishta, Arjunarishta

Hrudshoola –

Complication of Pittaj Madhumeha

According to modern research, Madhumehi i.e. Diabetic person may not have Hrudishoola symptoms. Diabetic person suffering with angina will not develop pain. Instead he may have feeling of heaviness in cardiac region.

Symptoms -

Harsha (twitching) in Left Shoulder and Left Hand
Stiffness in neck

Dyspnoea

Chikitsa -

Arjunarishta, Dashamoolarishta, Pushkarmoola Choorna, Shruna Bhasma, Hemagarbha, with Ardrak Swaras and honey, Bruhat Kasturi Bhairav

5. Shwasa -

Complication of Kaphaj Meha
This complication is seen in diabetes associated either with Heart disease or Bronchial Asthma

This develops in diabetic person suffering with frequent cold off and on.

Symptoms -

- Difficulty in breathing
- Wheezing Sound in chest on auscultation
- Attack of Dyspnoea

Chikitsa - Shwaskuthar, Suvarna Vasant Malati, Chousashta Pippali, Pushkarmoola Choorna, Abhrak & Praval Mishran, Vardhaman Pippali Rasayan

6. Alasya –

आलस्य प्रसक्तं जानीयात् प्रमेही भविष्यतीति । सु. नि. ६/३

In Madhumeha aggravated dosha is Bahudrava Shleshma, which if not treated it develops Alasya.

शक्तस्यापिकर्माणि अनुत्साहः आलस्यम् ।

Chikitsa

Teevra Virechan, Teekshna Nasya, Rukshaudvartan, Dukkha Shayya, (Hard Bed) Sheetasnana (Bath with cold water)

7. Atinidra –

Prameha Upadrava

व्याध्यनुवर्तिनी निद्रा - In Madhumeha

Samprapti - Balavan Kapha prakopa, Medodushti, Majjadushti & Sanjnyavaha Srotasavarodha

Symptoms - Lack of sensory response
Difficulty in giving food and medicine to the patient.

Chikitsa - Vaman, Virechan if possible
Teekshna Nasya, Udvartan,
Asukhakari Shayya
Bath with cold water
Mukh prakshalana

8. Moorchha -

The Samprapti of Moorchha occurs due to obstruction of Sanjnyavaha Nadis with Sama Dosh. This derives mostly in Vataj Meha and its types like Majjameha & Madhumeha,

Causes - Intake of Viruddhanna (Contradictory food)
Roaming in Sunlight
Awakening till late night
Upavasa (Fasting)
Drinking less water
Heavy work or exertion

Symptoms - Sanjnya nash, Gatrassupti, Swedapravrutti,
Patient becomes alert after sometime,
Pain on fall

Chikitsa - Sprinkling of Cold water, Cold Pack,
Sitting in cool climate, Drinking Secented
Cool Water, Nidan Parivarjan

9. Sanyasa -

Balwan, Aggravated dosha get accumulated in Pranayatan Sira (head) and destroys the impulse given by head to body and mind which develops Sanyasa.

Chikitsa –

Pradhamana nasya – Vacha Choorna, Teekshna Anjana, Teekshna Dhoopa, Teekshna Nasya, Suchivedha, Dahakarman

Pancreas –

Pancreas is a soft, lobulated, organ situated in Abdomen below the stomach spreading transversely from Grahani (Duodenum) upto pleeha (Spleen). It is an endocrine & exocrine gland.

One function of pancreas is to secrete digestive enzymes which mixes with bile, to form Bile pancreatic juice which secretes into Grahani.

Another part i.e. Beta cells of pancreas called Islets of Langerhans secretes hormone 'Insulin'.

This insulin convert Sugar into Glucose and helps its storage in liver. Glucose is the fuel for the body. This insulin maintains sugar level in the human body. When body can not produce insulin or cannot properly use insulin it develops diabetes.

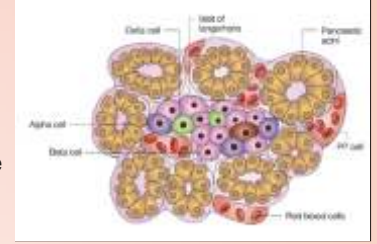
Due to lack of insulin glucose is not stored in the body and Glucose level in the blood increases more than renal threshold. This derives increase in quantity of urine which is thrown out of body.

Due to improper distribution of Glucose, distribution of Protein and Fats also hampers.

Insulin has an effect on a number of cells, including muscles, red blood cells and fat cells.

In response to insulin, these cells absorb glucose out of the blood having the net effect of lowering the high blood glucose levels into normal range.

Glucagon is the hormone secreted by the pancreas which increases blood glucose levels. In same manner as insulin, except in the opposite direction. If blood glucose is high, then no glucagon is secreted, when blood glucose goes low (such as between meals and during exercise) more glucagon is secreted.



In our body blood glucose is to be maintained between 70mg/dl and 110 mg/dl. Below 70 mg/dl is termed as 'Hypoglycemia'. Above 110 mg/dl can be normal if one has eaten within 2-3 hours.

Hence normal blood glucose/sugar level should be Fasting in between 70 -110 mg/dl and post lunch should be up to 180 mg/dl. Above 180 mg/dl is termed 'Hyperglycemia'.

Diabetes Modern Approach -

According to Modern Science, Diabetes is a metabolic disorder.

When food is digested, it get converted into Glucose. Glucose acts as a fuel in the body which reaches to the cells through blood stream. Cells use this glucose for energy.

The special type of cells of pancreas i.e. Beta cells produces Insulin. This Insulin helps glucose to get into Red blood cells by Insulin getting attached to each cell and letting glucose in the cell.

Improper production of Insulin or resistance to insulin by cells stops entry of Glucose in the Red blood cells resulting in the rise of Glucose level in the blood which is known as Diabetes.

Types of Diabetes:

As per Modern Science Diabetes has 3 types.

1) Type I Diabetes – (Juvenile or Insulin dependent Diabetes)

In this type lack of or insufficient insulin results in Diabetes. This develops due to an autoimmune disorder. This develops mainly in children and people of age less than 30 years.

2) Type II Diabetes – (NIDDM) – (Non Insulin Dependent Diabetes)

This is the most common type of Diabetes. This is associated with insulin resistance rather than lack of insulin. Body resists the functioning of insulin.

This occurs in middle age or later, thus also called as Adult onset diabetes

3) Gestational Diabetes –

During pregnancy some women can not cope up with the increased demand of insulin due to hormonal changes during pregnancy. This results into high blood glucose level. This level becomes normal after delivery. But this increases the chances of mother may suffer with Diabetes later on.

Symptoms –

Prameha Modern Approach

Type I Diabetes –

- 3 'P' – Polyphagia – Extreme hunger
- Polydipsia – Excessive thirst
- Polyuria – Frequent and increased urination
- Unusual Loss of weight

Type II Diabetes -

This may or may not develop the symptoms. It includes – Low eyesight, non healing of wound, dryness and itching of skin, frequent infection, numbness and tingling sensation in hands and legs.

Gestational Diabetes -

This doesn't show any symptoms Hence it is necessary for all pregnant women to check the blood sugar level and checking for diabetes during 24 to 28 weeks of pregnancy.

Modern Examination –

Diabetes can be diagnosed by measuring presence of sugar in the blood, i.e. Blood Sugar level.

Normal

Fasting blood sugar – 70 -110 mg/dl
Impaired – Fasting Glucose – IFG – 100-125 mg/dl
 Impaired Glucose tolerance (IGT) – 140-199 mg/dl (2 hours post 75 gr. glucose)

Diabetes -

Fasting Plasmae Glucose (FPG) -
 125 mg/dl or more than that (after 8 hours Fasting or overnight)
 Post Prandial Glucose (PPG) -
 200 mg/dl or more than that or Post Prandial Glucose
 Random –
 200 mg/dl or more at any time during the day.
 It is also necessary to check for Urine Sugar.

ABC's of Diabetes –

In Diabetes following 3 investigations should be checked regularly and keeping them at normal level prevents complications of diabetes.

	Normal Values
A – A1C	- Less than 7%
B – Blood Pressure	- 130 to 180
C – Cholesterol (LDL)	- Less than 100 mg/dl

A1C - HbA1C

A1C is the principal method for monitoring glucose control. It is also called as Glycosylated haemoglobin test. Hemoglobin A1C test is a standardized blood test that indicates the average blood glucose over the previous 8 to 12 weeks. This helps in understanding the control of blood sugar.

What is HbA1C?

In the blood stream, there are red blood cells which contain haemoglobin. Glucose sticks to haemoglobin to form glycosylated haemoglobin. This is also called as haemoglobin A1C or HbA1C.

The more glucose in the blood, the more haemoglobin A1C or

Is it not necessary to think ?

While discussing the causes that lead to Prameha / Madhumeha in individuals, a lot of importance is given to the diet and Lifestyle. It is also well known that Prameha - Madhumeha are hereditary in nature, which are developed due to the Beeja Dosh. In the previously published Arogyamandir Patrika, the excessive use of Tikta Rasatmak Dravyas was highlighted. It is elaborated as to how Vata that gets aggravated due to the excessive use of Tiktarasa can develop Madhumeha in the pregnancy or can be the cause of Jataja Madhumeha even without taking the course of Prameha Samprapti.

In today's scenario, is it not equally important to also take into consideration the fact that Manasbhav also have a potential bearing on the Vata Prakop of individuals? It's a common thing to note that in today's time, people belonging to any caste, creed or religion, of any age or social strata have tremendous tensions and mental stress. In such a condition, is it not imperative therefore, to take appropriate steps and corrective measures to check Vataprakop due to such mental stress, so that the next generation does not fall a prey to the rampant spread of Prameha? Is it not essential to seriously think and get on the possibility of increased incidents of Madhumeha due to the mental stress in the popular in reproductive age group?

HbA1C will be present in the blood.

Red blood cells live for 8 to 12 weeks. By measuring the HbA1C, one can understand the average blood glucose over the last eight to twelve weeks.

Monitoring HbA1C helps in the assessment of the treatment given to the patient and whether the patient is taking it properly or not.

Normal Non diabetic person HbA1C – 3.5 to 5.5%

Diabetes under control – less than 7%.

If HbA1C reading is reducing, it helps to avoid complications or reduce the chances of getting complication.

Hence it is necessary for diabetic person to check regularly blood sugar A1C.

Diabetes in Women:

Normally very few women complain of diabetes. Dr. Dallahan the famous critique of Sushrutsanrita has a logical explanation for this, he says, "All the impurities in women get purged out during their monthly menstruation periods. Hence the body in a way, gets purified. Thus, the impurities that are conducive to diabetes are no more retained in a female body. That is why compared to males very few women are troubled by diabetes.



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