

Anuvasan Basti with Guduchi Tailam (brihat) in Management of Madhumeha (Type two Diabetes Mellitus)- A Case Study

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Abstract:

Diabetes Mellitus is basically a metabolic disorder or life style disorder characterised by hyperglycaemia and glycosuria which is global and challenging problem all over the world. In modern medicine, line of treatment is hypoglycaemic drugs for life long with their own adverse effect in old age. On the other hand Ayurvedic approach to control and treat this disease with oral medications and *Panchkarma* therapy is of great use. Many formulations have been described in Ayurvedic classics which are safe and effective in Madhumeha. Basti being the major and most important among all sanshodhan procedures for vata pradhan diseases. Ayurveda medicines that to be used as shaman, shodhan lekhan brihan vajikaran and vayasthapan are found useful. So keeping this view in mind Anuwasan Basti of Guduchi Tailam (brihat) was tried in Patientd of Madhumeha along with Ayurveda medicines orally. This article describes the case report of a female of 40 years age having history of Madhumeha since 10 years. In the present study it was observed that basti has provided significant relief in the symptoms of Madhumeha.

Keyword: Ayurveda, *Anuwasan Basti*, *Diabetis*, *Prameha*, *Guduchi Tailam*,

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Introduction:

Ayurveda is a traditional ancient Indian system of medical science. The Ayurvedic method of holistic healthcare emphasizes balancing the body mind and spirit to treat and prevent disease. Diabetes Mellitus is a metabolic disorder characterised by hyperglycaemia due to defects in insulin secretion, insulin action or both.

In classics various descriptions about Prameha (Diabetes Mellitus) in ancient classics like Sushrut samhita, charak samhita, madhav nidan, waghbhat, sharangdhar.^[1-2] Prameha being tridoshjanya, jirna and dushikitsya in nature and difficult to treat holistic approach is need of hour. Prameha comprises of 20 sub types, classified into three groups i.e kaphaja pittaja, and vataj prameha which resembles with different stages of diabetes mellitus. Madhumeha is a sub type or terminal stage of prameha.

Madhumeha being vata predominant anuwasan basti of guduchi tailam (brihat) is selected. Basti being major procedure in panchkarma & most important among shodhan procedures has its scope in all kinds of ailments of implicating different types of doshas, dushyas adhithanas it is supposed to be the principle treatment for vatic diseases. Because of the involvement of meddhatu in prameha administration of snehan and oleation can aggravate the condition. In Sidhistan of Charak Anuwasan Basti is contraindicated in Prameha, but according to conditions it can be given in Prameha patient as it is mentioned in Samhita.^[3]

Case Report:

A 40 years female patient was consulted to OPD of K.G.M.P Ayurved Hospital, Charni road, Mumbai. She was suffering from Type 2 Diabetes Mellitus since last 10 years. She complained with hastapadtaldaha, kshithilangata, daurbalya, pipasa, karpadyosuptata, talujivhadantmallotpati. Patient was under modern treatment that is tab Metformin 500mg two times a day but the DM was not control. So she consulted to take ayurvedic treatment to control and treat this disease. In general examination TPR/BP are with normal limit. But the fasting blood sugar-148 mg/dl and post lunch sugar was 240 mg/dl.

Guduchi Tailam (Brihat) was prepared as described in Bhaishajya Ratnawali (27/140-147).

Table-1: Ingredients of Kwath dravya:

Name of Drug	Latin name
Guduchi	<i>Tinospora Cordifolia</i>
Asgandha	<i>withania somnifera</i>
Vidarikand	<i>ipomoea digitata</i>
Kakoli	<i>Roscoeia Procera</i>
Ksheerkakoli	<i>Lilium polyphyllum</i>
Shwetchandan	<i>Santalum album linn</i>
Shatawari	<i>Asparagus Racemosus</i>
Atibala jad	<i>Abutilon Indicum</i>
Gokharu	<i>gokharu</i>
Badi and choti kantakari	<i>Solanum Xanthocarpum</i>
Waywidang	<i>Embelia ribes</i>
Haldi	<i>Curcuma Longa</i>
Behda	<i>Terminalia Chebula</i>

Amla	<i>Phyllanthu Emblica</i>
Rasna	<i>Pluchea Lanceolata</i>
Triaman	<i>Gentiana Kurroo Royle</i>
Sariwa	<i>Hemidesmus Indicus</i>
Jiwanti	<i>Leptadenia Reticulata</i>
Pippalimul	<i>Piper Longum</i>
Sonth	<i>ZingiberOfficinale</i>
Kalimirach	<i>PiperNigrumlinn</i>
Chotipapal	<i>Piper Longumlinn</i>
Bakuchi	<i>Psoralea Cordyfolia</i>
Mandukparn	<i>Centella Asiatica</i>
Indrawaruni	<i>CirrullusColocynthis</i>
Manjishta	<i>Rubia Cordyfolia</i>
Raktachandan	<i>Pterocarpus Santalinus</i>
Harad	<i>Terminalia Chebula</i>
Sauf	<i>Foeniculum Vulgare</i>
Saptaparna chal	<i>Alstonia Scholarias</i>

Method: Guduchi churna for making kwath, 30 drugs as kalka dravya ,milk and til taila.Bharad churna of Guduchi was

boiled with water in order to prepare decoction of Guduchi and then this was mixed with kalka dravya ,til taila and was boiled.After evaporation of all decoction ,the symptoms of Sidha Taila became visible.This taila after straining was used for Anuwasan Basti procedure. Dose of anuvasan basti was 45ml which given after lunch for 16 days.

Results:

Weekly symptomatic relief was assessed and relief was noted as shown in the table-2.

FBS, PPBS were carried out before and after treatment and found significant decrease of blood sugar level. Daurbalya & pipasa lakshan got classically upashay. Clinically patient has got symptomatic results after giving Anuwasan Basti of Guduchi Tailam (Brihat). 27.03% pathological changes were seen in fasting blood sugar and 29.16% changes in post prandial blood sugar

Table:-2 Symptomatic relief:

Symptoms	Before Treatment		After Treatment
Ati Pipasa	+++		+
Daurbalya	+++		+
Hastpaddaldaha	+++		++
Karpadyo suptata	+++		++
Shithilangata	+++		++
Talujivhadantmallotpati	+++		++
	Before treatment	After treatment	% change
Fasting Blood Sugar	148	108	27.03
Post prandial Blood Sugar	240	170	29.16

Discussion:

During the 16 days course of guduchi tailam basti, patient had reported significant improvement in symptoms of hastpadtaldaha, sthithilangata, daurbalya, pipasa whereas pathological values got alpa upshay. Basti being rastaha-madhur, tikta, vipak-madhur, viryataha-ushna, acts and samprapti vighatan occurs reducing, agnimandya, dhatwagnimandya and sharishta kled by destroying the bahu drava shleshma, the obstruction created by kled. After badha dhatu gets converted into abdha one basti dushti occurs, and this obstruction to strotas developed by kled and prabhutavilmutrata gets destroyed by rasa, virya, vipak and gunas of guduchyadi tel basti.

Patient was advised a healthy balanced diet plan which include eating regular meals, plenty of fruits and vegetables, and eating less saturated fat, sugar and salt. Better sources of less carbohydrates such as wholegrains, pulses. Patient was advised to do regular yogasanas which include Pranayam, dhanurasana, paschimotasana, bhujangasana, sarvangasana, halasana, ardha matsyendrasana and also suryanamaskar. These asanas has been found to lower blood pressure, improve blood sugar levels and also meditation was advised which reduces stress. Now the patient is under control of the blood sugar and under further follow up for recurrence.

Conclusion:

The study concluded that Anuwasan Basti of Guduchi Tailam (Brihat) along with modern medicines is definitely control the sugar level and symptomatic relief in uncontrolled DM patients

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