

Ayurveda Treatment of Type 2 Diabetes Mellitus WSR Kaphaja Prameha: A Case Study

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Abstract

Type 2 diabetes mellitus (DM) is highly prevalent in society nowadays. This is the result of a deranged lifestyle and food habits of present era. It can be correlated with Prameha in Ayurveda, which is mentioned in all ancient texts of Ayurveda. In the present case study, 45 years old obese patient visited Kayachikitsa OPD with complains of lethargy, weakness, excess sleep, lack of sexual desire and calf pain. He was diagnosed to have type 2 DM, 12 months ago (October 2023). He was advised to take oral hypoglycemic agents. He started taking OHA medicine, as per prescription of a physician. With that medicine, his blood sugar levels came down, also value of glycosylated hemoglobin came down, but symptoms were not improving, and his weight was put on again. All his Western medicines were stopped from the very first day of Ayurveda treatment. After 6 weeks of treatment, patient presented with no symptoms, normal lab values of fasting blood sugar and HbA1c and he lost 9 kgs. Then, his consequent blood sugar reports also came normal, even without Ayurvedic medicines also. That suggests that his type 2 DM is now cured, and he does not need any medicine for the same. The patient's treatment included dietary modifications, regular physical activity, and a customized Ayurvedic regimen, including Panchakarma therapies like Virechana and Basti, along with herbal formulations, such as Chandraprabha Vati and Triphala. Throughout the course of treatment, his energy levels improved significantly, and he reported better overall well-being. This case demonstrates the potential of Ayurveda in managing and reversing type 2 DM, focusing on holistic lifestyle interventions.

Keywords: Prameha, diabetes, ayurvedic management, kapha dosha, ayurveda treatment

INTRODUCTION

In Ayurveda, Prameha is a disease of Kapha Dosha predominantly. It has 20 types. It is not just limited to type 2 diabetes, weather it includes all metabolic disorders in which chemistry of body fluids (Kleda) are deranged and thus, same change can be observed in urine also [1].

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Diabetes is one of them and can be correlated as Kaphaja Prameha. Due to presence of sugar in urine, it can be correlated with Ikshubalikaras Meha [2], that is a type of Kaphaja Prameha [3]. Present case is having a type 2 diabetes mellitus with obesity (114 kg weight) with symptoms of Kapha Dosha Prakopa. Chikitsa Siddhanta of Prameha Chikitsa Adhyaya, that is 6th Chapter of Charaka Samhita Chikitsa Sthana was adopted and patient recovered very fast.

CASE REPORT

A 45-year-old male present visited Kayachikitsa OPD with complains of weakness, lethargy, weight gain, excess sleep, and lack of sexual

desire. He put on weight gradually in past 4 years. He does office work and has a sedentary lifestyle. He had these symptoms from past 1 year, on and off. Most of the time, he did not have enthusiasm in any work. He visited Western science physicians, where he was advised to perform blood tests and diagnosed with type 2 diabetes mellitus (October 2023). By that time, his HbA1c was 9.3. He was advised to take an oral hypoglycemic agent (Metformin plus Glimepiride). He started consuming this medicine. With this medicine, his blood sugar level came to normal and after 6 months (May 2024), his HbA1c came to 6.0, but his symptoms were not resolving, and his weight was gaining. So, he visited R. S. Shah Ayurved Hospital, Gardi Vidyapith, Anandpur for his treatment.

His personal history revealed that he is vegetarian and used to take Gujarati foods, such as shabji, roti, dal, rice in meals and fast food occasionally. He takes 7–8 hours of sleep at night. Occasionally, he was daysleep. He had not any addiction. He was living a sedentary lifestyle. He was not doing any physical exercise, and his occupation was also of office work of continuous long sitting.

- He has no history of HTN.
- He has no relevant family history.

Medicinal history revealed that patient was taking Metformin plus Glimepiride combination tablet from past 6 months, as per prescription of Western science-based physician.

Patient's all vitals were within normal range. BP: 122/80 mmHg, Pulse: 74/min, Respiratory rate: 14/min, Body weight: 114 kg.

He was advised to stop all western science medicines from the next day. He was advised to follow *Pathya* in diet. He was advised to change his lifestyle. Two medicines were prescribed. He was advised to drink medicated water only, when feel thirst.

TREATMENT PRINCIPLE

1. यैर्हेतुभिर्ये प्रभवन्ति मेहास्तेषु प्रमेहेषु न ते निषेव्याः । हेतोरसेवा विहिता यथैव जातस्य रोगस्य भवेच्चिकित्सा ॥५३॥ [4].

Causes of *Prameha* disease should be avoided in diet and lifestyle by the patient of *Prameha Roga* (diabetes patient). Avoiding causes from the diet and lifestyle is the basic treatment of this disease.

2. संशोधनोल्लेखनलङ्घनानि काले प्रयुक्तानि कफप्रमेहान् । [5].

Kaphaja Prameha can be treated by *Sanshodhana*, *Vamana Karma* and *Langhana Karma* (fasting).

3. संशोधनं नार्हति यः प्रमेही तस्य क्रिया संशमनी प्रयोज्या । मन्थाः कषाया यवचूर्णलेहाः प्रमेहशान्त्यै लघवश्च भक्ष्याः ॥१८॥ [6].

Some patients who are contraindicated for *Samshodhana Karma*, those should be treated by *Sanshamana* by decoctions, cold infusion, powder of barley, some *Leha* type medicines, etc.

Based on these treatment principles, this case was managed and thus, all causative factors mentioned in Ayurveda were advised to avoid from diet and lifestyle. And medicine was chosen, which follows these treatment principles.

TREATMENT

The patient was advised to stop all his ongoing Western science medicines and line of treatment was planned as per *Kaphaja Prameha* (Table 1).

Table 1. Treatment.

No.	Medicine	Dose	Time of Administration
1	<i>Shaddharana Yoga</i> (DS) (1.8 gm) tablet	1/2 tab.	Thrice a day. Empty stomach
2	<i>Triphala Choorna</i>	1 gm	Four times a day. Empty stomach

MEDICATED WATER

Guduchi Choorna 2 gm was boiled with 2 liters of water for 10 minutes. Patient was advised to take this warm medicated water, whenever he fills thirst. During extreme heat of summer, he had excessive sweating. So, for that period, he was advised to take boiled and then cool (*Shruta Shita*) medicated water.

APATHYA

Milk and all milk products including curd, buttermilk (buttermilk was advised after a course of time, that too after withdrawing butter from it – *Ruksha Takra*), butter, ghee, etc. jaggery and items prepared from it. All non-veg food items. Black gram, potatoes, and all cereals except old wheat and barley. All fruits, all dry fruits, all sweets, all sour food items, all fermented food items. Oil and oily foods. Daysleep, long sitting, oil massage, and oil pulling.

PATHYA

Patient was advised to take only cooked green gram (*Mudga Yusha*), Khichadi (*Krushara*) made up of green gram and rice (rice should be at least one year old or), wheat Daliya, cooked vegetables (all bitter vegetables like gourd), vegetable soup, roti made up of flour of 1-year-old wheat and barley and rava items (coarse powder only). He was advised, not to add a single drop of Ghee or oil in his diet. He was allowed to add all Indian spices as per requirement in his food. He was advised, not to take any food item, not a single pinch, until he fills very good hunger. Also, he was advised, not to suppress the urge of hunger. He was advised to take any one or two items from advised food, whenever he fills hunger. He was advised to do exercise every day when having empty stomach, as per his capacity and ability of workout and advised to increase workout gradually.

OBSERVATION

Patient felt enthusiasm from the very next day. His symptoms like, lethargy, weakness, sleepiness, etc. vanished within a week. He had a complain of lack of sexual desire. That too was improved after 6 weeks of treatment. His fasting and postprandial sugar levels were checked throughout. It was normal as mentioned above. And after 6 weeks of treatment, his HbA1c was also performed, that was found to be 6.0 with fasting sugar at 79 mg/dl. Then, he continued the treatment for few more days and then suddenly stopped Ayurveda treatment, due to some personal reason. After 12 days without any treatment, (22/08/2024) he went for blood sugar levels and surprisingly, it was found to be normal. Then, his consequent blood sugar report in October 2024 is also normal with HbA1c at 5.50 (along with normal lipid profile) (Table 2).

Table 2. Observation.

Date	FBS (mg/dl)	PPBS (mg/dl)	HbA1c (%)
09/10/23			9.3
10/01/2024 (With OHA)			6.0
After starting Ayurveda treatment			
19/06/24	117	117	
05/07/24	79		6.0
27/07/2024	110	113	
22/08/2024	115	114	
01/10/2024	89		5.50

DISCUSSION

In Ayurveda treatment, there are four important factors, namely, medicine, diet, lifestyle, and medicated water. All these four should follow the treatment principle mentioned in texts, for stage of the disease. How to adopt that treatment principle in particular patient (status of *Bala of Agni, Satmya, Satva, Vaya, Prakruti, Samhanana*, etc. factors) is also important. In present status, patient is obese

(*Ati Sthoola* patient has *Avara Samhanana*). As per treatment principle mentioned above, *Nidana Parivarjana* (*Pathya Aahara* and *Vihara* – diet and lifestyle change) is the most important part of the treatment [7]. Thus, all the causes [8] mentioned in the texts were withdrawn from diet and lifestyle of the patient. For *Kaphaja Prameha*, *Sanshodhana* and *Sanshamana* both can be preferred for *Langhana* (Adoption of *Laghu Guna*). *Langhana* can be performed by 10 measures [9]; four types of *Shodhana*, *Pachana*, *Upavaasa*, *Pipasanigrahana*, *Vyayama*, *Aatapasevana*, *Marutasevana*. *Sanshodhana* should be performed in *Balvaan* and obese patient who have excessive *Doshas* [10]. In present case, *Bala* of the patient was not *Pravara*. That's why, *Paachana*, *Upavaasa* and *Vyayama* was adopted as a part of treatment. *Medas* is the *Pramulka Dushya* in *Prameha*, that's why, *Rukshana* is also adopted. Keeping all these things in mind, *Langhana*, *Paachana* and *Rukshana* was adopted finally. And thus, *Shad Dharana Yoga* [11], *Triphala Choorana* [12] and *Guduchi Siddha Jala* [13] were chosen as medicine, as these drugs follow these treatment principles, these drugs are also *Kaphaghna* (*Dosha Viparita*, *Hetu Viparita*) and their *Falashruti* have *Prameha* (*Vyadhi Viparita*) [14].

CONCLUSIONS

As per Ayurveda, *Kaphaja Prameha* are *Sadhya* (curable). Type 2 diabetes mellitus can be correlated with *Kaphaja Prameha* in *Sthoola* patient. It can be cured, if Ayurvedic treatment principle adopted judiciously. If principles followed, patient recovers very fast with a minimum dosage of medicines. When blood sugar comes in normal range, all Ayurvedic medicines can also be stopped and with only *Pathya* (scientific diet), medicated water and exercise, diabetic patient can be medicine free. In that sense, we can cure type 2 diabetes mellitus.

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