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CASE STUDY

Ayurvedic Perspective on Diabetes Care: A Single Case Study

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ABSTRACT
'Diabetes Mellitus' is a metabolic disorder characterized by chronic hyperglycaemia resulting from inadequate insulin secretion, impaired insulin action, or both. Symptoms of diabetes vary depending on the duration and type and can include increased appetite, polydipsia, dysuria, weight loss, and vision anomalies. In Ayurveda, diabetes is compared to 'Prameha', marked by excessive, turbid urination. Without proper management, diabetes may lead to severe complications and finally death. A 46-year-old, male patient came with the investigation reports confirming Diabetes, the Random blood glucose level was found to be 320.90 mg/dl & HbA1c 6.89%. After that an exclusive Ayurvedic treatment plan was initiated. The treatment began with Deepana and Pachana medicines, followed by Vyadhi Pratyanik chikitsa. The patient was also advised to adhere to specific regiments for better management of diabetes. Alterations were made to the treatment protocol after evaluating the patient's progress. After one month of Ayurvedic treatment, the patient showed improvement in blood glucose levels. Continued therapy for 4-5 months resulted in the normalization of blood sugar levels to 89 mg/dl fasting & 126 mg/dl postprandial and HbA1c to 5.84%. The case demonstrates the efficacy of Ayurvedic management with Rasa Kalpa, including dietary and lifestyle modifications, in reducing blood glucose levels associated with Type-2 diabetes. It highlights the potential of Ayurveda as an alternative treatment option for diabetes management. Opting ayurvedic treatment protocols, combining disease-specific treatments with lifestyle and dietary modifications, effectively managed Type-2 diabetes in the patient, normalizing & maintaining blood glucose levels.
Keyword: *Diabetes Mellitus, Prameha, Rasa Kalpa, Pathya-Apathya, Deepana, Pachana*

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INTRODUCTION

Diabetes mellitus is a metabolic disorder characterized by hyperglycaemia due to insufficient insulin production, impaired insulin action, or both. Symptoms vary depending on the duration and type of diabetes and can include increased appetite, polydipsia, dysuria, weight loss etc. Diabetes mellitus divided into 2 types- Type-1 DM & Type-2 DM. Type-1 DM is characterized by the destruction of beta cells in the pancreas, typically secondary to an autoimmune process. Type-2 DM involves a more insidious onset where there is an imbalance between insulin levels and insulin sensitivity causes a functional deficit of insulin [1]. In *Ayurveda, Prameha* is a *vyadhi* (disease) i.e. group of *lakshana* (symptoms), includes all clinical conditions which are characterized by increase in quantity of urine with or without the increased frequency of urination. *Prameha* is a *Tridoshaja Vyadhi*, it is basically a disease with predominance of *Kapha*. *Prameha* has 20 subtypes due to the interaction of the three *Doshas* and 10 *Dushyas*; several of these subtypes have sweet urine, whereas some of them have different coloration of the urine, highlighting the inflammatory conditions involved in the metabolic syndrome [2]. *Ayurveda,* a holistic system of medicine originating in India, offers a comprehensive approach to managing diabetes through personalized treatments, lifestyle modifications, and dietary adjustments. This case study presents an *Ayurvedic* approach to managing Type-2 diabetes in a 46-year-old male patient who had not previously taken allopathic medications.

CASE STUDY

Patient profile - The patient, 46-year-old, came with the complaint of *Bahumutrata* (excessive urination) along with the investigation reports showing Diabetes.

Medical history - No significant past medical history reported.

Family history - In family both parents (mother-father) are diabetic & having hypertension (HTN).

***ASTHAVIDHA PARIKSHA* (Eight Diagnostic Tools of Ayurveda):** A thorough assessment using the *Asthavidha Pariksha* was conducted [3], including:

***Nadi* (Pulse):** *Pitta-Kaphaja*

***Mutra* (Urine):** Excessive & Slightly turbid

***Mala* (Stool):** Regular bowel movements

***Jivha* (Tongue):** *Sama* (Coated tongue)

***Shabda* (Voice):** *Prakrut*

***Sparsha* (Touch):** *Anushna*

***Drika* (Eyes):** *Prakrut*

***Akruti* (Built):** *Madhyam*

TREATMENT PLAN

For first 21 days we started the treatment which includes *Deepana, Pachana* & *Shamana Aushadhi.* (Table No. 1).

In between the treatment blood glucose level was monitored through glucometer. Gradually the sugar level starts getting improving. So, the medicine was for further one month. **(**Table No. 2).

After one month we continued the same medications intermittently depending on the therapeutic break of the *Rasa* medicines (Herbo-mineral). (Table No. 3).

The patient's blood glucose levels were tracked at various intervals: (Table No. 4).

***Pathya-Apathya* (Do's & Don'ts)** [4,5]

***Pathya* (Advisable Practices):**

***Ahara* (Dietary regimens):**

- Include bitter gourd *(Karela)*, fenugreek *(Methi)*, Indian blackberry *(Jamun)*, and other bitter and astringent foods that help reduce blood sugar levels.
- Consume whole grains such as barley *(Yava)*, millet *(Bajra)*.
- Add plenty of green leafy vegetables, gourds and legumes to the diet.
- Spices like turmeric *(Haldi)*, cumin *(Jeera)*, coriander *(Dhania)* and cinnamon *(Dalchini)* to improve digestion and regulates blood sugar level.
- Drink warm water throughout the day or decoctions of *Guduchi* (*Tinospora cordifolia*).
- Include healthy fats such as *Ghrita* and Sesame oil in moderate amounts.

***Vihara* (Lifestyle):**

- Engage in regular physical activities, such as brisk walking, *yoga* or *pranayama* (breathing exercises), for at least 30-60 minutes daily.
- Practice mindfulness and stress management techniques like meditation.
- Maintain regular sleep patterns by going to bed early and waking up early.
- Follow a *Dincharya* (daily routine) including regular meal timings, physical activities, and self-care practices.
- Ensure adequate hydration and proper exposure to sunlight.

***Apathya* (Non-Advisable Practices)**

***Ahara* (Dietary Regimens):**

- Avoid high-glycaemic index foods like refined sugars, white bread, rice and potatoes.
- Eliminate or reduce intake of deep-fried foods, fast foods and processed foods that are high in trans fats and refined carbohydrates.
- Avoid the consumption of dairy products such as cheese, full-fat milk and Curd, which may increase *Kapha*.
- Refrain from consuming excessive *Lavana* (salt), *Madya* (Alcohol) and caffeine.
- Limit the intake of *Abhishyanda Ahara* like sweets, pastries and sugary drinks etc.

***Vihara* (Lifestyle):**

- Avoid sedentary habits such as prolonged sitting or lack of physical activity.
- Refrain from activities that cause undue stress, anxiety, or overexertion.
- Minimize irregular meal timings and overeating.
- Avoid *Divaswapa* i.e. sleeping during the daytime, which can disturb the body's metabolic processes.
- Refrain from using tobacco products or any other addictive substances.

RESULT

After a month of treatment, the patient showed significant improvement in blood glucose levels. By the third month, the patient's fasting and Postprandial (PP) glucose levels had decreased further. By the end of five months, the laboratory tests confirmed that the patient's HbA1c was 5.84% & blood glucose levels had normalized to 89 mg/dl fasting and 126 mg/dl postprandial (PP) indicating effective long-term blood sugar management within a normal range. Continuous monitoring and adjustments to the treatment protocol helped maintain these results over the following months.

DISCUSSION

Diabetes presents a significant challenge in the treatment. This case demonstrates the efficacy of *Ayurvedic* management in reducing blood glucose levels associated with Type-2 diabetes. Treatment was planned according to the specific requirements of the disease, with internal remedies, such as the combination of *Deepana* & *Pachana* focused on enhancement of *Agni* (digestive fire) which aimed at strengthening digestion and enhancing metabolism, which may have contributed to better glycaemic control. The personalized *Pathya-Apathya* recommendations [8], tailored to the patient's unique constitution and symptoms, further supported these outcomes.

Mode of action:

Vaishwanar Churna* (Powder)*: A powdered formulation which stimulates *Agni* (digestive fire), improves digestion & aid in the elimination of *Ama* (toxins).

Ayaskruti* (Syrup)*: A classical Ayurvedic formulation with iron as a primary ingredient, used to enhance metabolism, reduce blood glucose levels, and address insulin resistance.

Pramehagaja Kesari Rasa* (Tablet)*: A Herbo-mineral formulation specifically designed to manage diabetes by improving the function of the pancreas and enhancing insulin sensitivity.

***Nisha-Amalaki-Dhamasa Churna* (Powder):** A powdered formulation aimed at reducing inflammation, enhancing insulin activity and supporting liver function.

Vanga Bhasma: A calcined preparation of tin, used for its properties in managing urinary disorders and stabilizing blood sugar levels. These results highlight the potential of *Ayurveda* as a complementary or alternative treatment option for managing Type-2 diabetes, especially for patients seeking non-allopathic therapies or experiencing side effects from conventional medications [7]. However, larger studies are needed to validate these findings.

TREATMENT PLAN

S.NO.	MEDICINE	DOSAGE	ANUPANA
1.	*Vaishwanar Churna* (CHURNA) [4]	3gm BDS- B/F	*Koshna Jala*
2.	*Amalaki+Haridra+Dhamasa Churna* (POWDER)	3gm BD-A/F	*Koshna Jala*
3.	*Ayaskruti* (SYRUP) [5]	10ml BDS-B/F	*Jala*

Table 1: Initial 21-Day Treatment Protocol

S.NO.	MEDICINE	DOSAGE	ANUPANA
1.	*Amalaki+Haridra+Dhamasa Churna* (POWDER)	3gm BD-A/F	*Koshna Jala*
2.	*Pramehagaja kesari Rasa* (TABLET) [6]	1 tab BD-B/F	*Jala*
3.	*Ayaskruti* (SYRUP)	10ml BDS-B/F	*Jala*

Table 2: One-Month Intensified Therapeutic Phase

S.NO.	MEDICINE	DOSAGE	ANUPANA
1.	*Amalaki+Haridra+Dhamasa Churna* (POWDER)	3gm BD-A/F	*Koshna Jala*
2.	*Pramehagaja kesari Rasa* (TABLET)	1 tab BD-B/F	*Jala*
3.	*Ayaskruti* (SYRUP)	10ml BDS-B/F	*Jala*
4.	*Vanga Bhasma* [7]	125mg BDS-B/F	*Honey*

Table 3: Maintenance Phase with Intermittent Rasoushadhi

The patient's blood glucose levels were tracked at various intervals:

Table 4: Blood Glucose Monitoring Chart

Date	Fasting Glucose (mg/dl)	Postprandial Glucose (mg/dl)	Random Blood Sugar (mg/dl)	HbA1c (%)
Jan 26, 2024	—	—	320.90	6.89
Feb 10, 2024	200	295	—	—
Mar 02, 2024	143	260	—	—
Mar 22, 2024	~143	~260	—	—
Apr 30, 2024	—	223	—	—
Jul 13, 2024	145	190	—	—
Aug 03, 2024	121	152	—	—
Aug 10, 2024	—	—	120.91	5.84
Sep 12, 2024	89	126		

CONCLUSION

This case study shows the role of *Ayurveda* in the comprehensive diabetes care by offering a promising avenue for the patients seeking holistic and personalized treatment options. This case illustrates the effectiveness of *Ayurvedic* management of Type-2 diabetes, demonstrating significant improvements in blood glucose levels and dermatological symptoms. The patient's fasting and postprandial (PP) glucose levels, along with HbA1c, were normalized over the course of five months, reinforcing the potential of *Ayurveda* as a complementary or alternative therapy for Type-2 diabetes management. Further research involving larger sample sizes is necessary to validate and generalize these outcomes to the broader population.

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