



## CASE STUDY ON MANAGEMENT OF MADHUMEHA BY AAHARA

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### ABSTRACT

Diabetes mellitus is becoming fastest considerable disease in the world. It is a metabolic disorder may result in deficiency or dysfunction of the insulin production. The preventive measures in Ayurveda can prevent the disease. The main causative factor is said to be sedentary lifestyle and food habits in Ayurveda it is described in *vataja* Prameha, which can be managed conservatively with exercise, diet and internal medications.

Considering all the factors, the present study was undertaken to evaluate the efficacy of *Ahara* management (diet) in Madhumeha. One diagnosed case of Madhumeha was taken from the OPD of *prakriti chikitsalya*, sonipat, Haryana. Patient was guided to take a routine of prescribed diet for 10 days, twice, with normal routine activities. Madhumeha can be managed initially by maintaining or modifying diet.

## Introduction

From ancient to modern times, the perspective to visualize the management of *Madhumeha* has shifted from holistic to drug oriented. Therefore until a few years ago, the revival of the holistic approach, the Ayurvedic diet and life style were not being much focused.

Reviewing the current practices of diet and lifestyle including the mode of food preparation, raw materials, food combinations and food timings, timing of work and rest types of work, the modes of entertainment and recreation is really in a state where it is very essential to focus on the fruitfulness of human life is to be maintained.

## AIM AND OBJECTIVES

To access the efficacy of *pathya aahara* in *Madhumeha*

## Methods

### A Case Report

A 45 years old male patient, Businessman visited at Prakriti Chikitsalya on 13 Nov 2016, with complaints Hasta pada daha, trishna, sweda, Shaithilya angaata, Gala talu shosha.

He had these complaints and increased Blood sugar level since one year. He consulted many physicians, got temporary relief only. And after stopping medicines symptoms come again.

Hence for above complaints he visited prakriti chikitsalya

### Past History

No H/O Hypertension/Thyroid dysfunction or any other major medical or Surgical History.

### Family History

No History of similar illness in any of the family members.

### Occupational History

Business man

## General Examination

- Built- Moderate
- Height- 5'10''
- Weight- 78 kg
- Nourishment-Moderate to Good
- Pulse-72/min
- BP-120/80 mm of Hg
- Temp-98.4 F
- Respiration rate-16/min
- Tongue- Coated
- Pallor/Icterus/Cyanosis/Clubbing/Edema/Lymphadenopathy-Absent

## Systemic Examination

- CNS-Well oriented, conscious
- CVS- S1 S2 Normal
- RS- Normal, Vesicular Breathing, No added sounds
- P/A- soft, no tenderness, no organomegaly

## Asthtavidha pariksha

- Nadi-72/min
- Mutra-8-10times a day
- Mala-once/day
- Jihwa -Lipta
- Shabda-Prakruta
- Sparsha-Anushana sheeta
- Druk-prakrut
- Akriti-Madhayama

## Dashvidha Pariksha

- Prakriti-Vata-kaphaja
- Vikriti-Madhyama
- Bala-Madhyama
- Saara-Madhyama
- Samhanana- Madhyama
- Satmaya- Madhyama
- Satva- Madhyama
- Pramana- Madhyama
- Ahara shakti-Abhyaharana Shakti-Madhyama, Jarana shakti-Madhyama
- Vyayama shakti-Madhyama
- Vaya-Madhyama

**Lab investigations-** Blood Sugar Random

## INTERVENTIONS-

Pathya aahara

- Yava<sup>(1,2)</sup>- coarse powder of yava to be boiled with 3 times of water and reduced to half, to be taken once daily
- 2) Haridra<sup>(3,4)</sup>- 1 tsf (5gms) daily
- 3) Mudga<sup>(5,6)</sup>- yusha , once daily
- Aahara matra is recommended according to aahara shakti of the patient.

## OBSERVATIONS

After completion of 10 th day. All symptoms get relieved. And investigation shows normal blood sugar. Previously Random Blood sugar level was 189 mg/dl and after management of diet it comes to 135 mg/dl.

## DISCUSSION

Madhumeha is a common ailment in this modern era . Consumption of heavy , unctous food and lack of exercise are the prime causative factors for diabetes.

Diabetes is a silent killer that which slowly kills the life span of the patient. According to ayurveda meda dhatu is primarily affected in the *Madhumeha* , so the aim is to treat the vitiated meda dhatu.

In the present study Yava<sup>7</sup> is used, which is having *ruksha guna*, Mudga<sup>8</sup> and haridra also have *ruksha guna*. So decreases *Meda*, *Kleda*, and excessive *sleshama* in *Madhumeha*.

## CONCLUSION

The specially prepared ayurvedic diet plan relieved the accumulated kapha, guruta and snigdhatu and channelized the vayu properly with enhancement in agni, Bala, and therefore significant results were obtained. The diet plan relieved most of the cardinal symptoms as well as improved the biochemical parameters .

The effect of Ayurvedic diet and life style plan along with other medicines can be further studied on a large number of patients.

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