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Ayurvedic Management of Madhumeha with Madhutailika Basti a Single Case Study

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Abstract

The patient's urine (mutra) acquires traits resembling honey (madhu) in the illness known as "Richman's Disease" or "madhumeha." Modern science has drawn comparisons between it and Diabetes Mellitus. An absolute or relative deficiency in insulin secretion, insulin activity, or both causes diabetes mellitus, which is a metabolic disorder affecting the metabolism of carbohydrates, fats, and proteins. A 56-year-old woman was admitted to the female kayachikitsa ward after experiencing signs of diabetes mellitus, including Prabhūta mūtrata (polyurea), Kshudha vrudhi (polyphagia), pipasa vrudhi (polydipsia), Dourbalya (general weakness), Paridaha (burning sensation), and kandu (itching). Basti karma has been described as one of the successful panchakarmas used to treat a wide variety of illnesses. Basti has proven to be successful at managing prameha. Consequently, the patient in this trial was treated with Madhutailika basti, which was effective in curing Madhumeha.

Keywords: Prameha, Diabetes mellitus, Madhumeha, Madhutailika Basti.

Introduction

Ayurved is a science of life ^[1]. The primary objective of Ayurveda is to maintain the health of the healthy individual and treat the sickness of the afflicted ^[2]. Ancient Ayurvedic literature, such as the Charaka Samhita, Sushruta Samhita, and Ashtang Hridaya, contains descriptions of Madhumeha. Madhumeha was known as Ashtamahagad vyadhi in Ayurveda ^[3]. Prameha is a tridoshaj disease where kapha predominates ^[4]. It is comparable to type 2 diabetes mellitus. The main causes are overeating high-calorie foods without exercise, eating frequently and in large amounts, and eating foods high in snigdha and guru gunatmak, such fish, cured and new rice, sweet foods, milk, butter, ghee, etc., which raise kapha, meda, and urine, the main etiological variables ^[5]. Prameha is a condition of kapha predominant tridoshaja. The pathophysiology of classics is emphasized by the use of kaphakara nidana, which vitiates kapha dosha and localizes in the urinary bladder. It causes Prameha by vitiating the body's water, sweat, pitta, fats, plasma, and muscles. Even when vitiated, pitta and rakta dosha also cause Prameha by vitiating the residence of urine. By pulling the dhatus into the bladder, vata dosha vitiation might potentially induce Prameha. In turn, meda dhatu becomes contaminated with the kapha dosha. Next, the kapha, meda, kleda, and essential components of the body are absorbed by the vata dosha, which then exits via the urine ^[6]. This results in a higher volume and turbidity of the urine.

Aim and Objectives

To study the effectiveness of Madhutailika Basti in Madhumēha when administered in kala basti pattern.

Materials and Methods

Place of Study: Pravara rural ayurvedic hospital loni,

Name of Patient: xxx,

OPD No: 20250803,

Age: 56 years

Gender: Female,

Weight: 65kg and

Height: 152cm

Case Report

The patient, a 56-year-old woman, was healthy before she contracted the COVID virus, received the COVID vaccination, and was eventually found to have diabetes mellitus. For two months, she complained of frequent urination, persistent thirst, a burning sensation in her soles, and overall weakness. His FBS was 166 mg/dl, his PPBS was 255 mg/dl, his HbA1C was 8.3%, his urine routine and microscopic analysis revealed trace levels of sugar, and his blood samples were analyzed. He was taking hypoglycemic medication, and in the kala basti style, basti was scheduled for him. After a month, the patient's symptoms had greatly improved, and their blood glucose levels were under good control.

History of Illness

No any

Family History**Mother:** Type 2 Diabetes Mellitus**Personal History****Ahara:** Intake of junk food, fatty and extra oily diet.**Vihara:** Sedentary lifestyle**Nidra:** Afternoon sleep (2hrs)**Vyasana:** No addictions**Clinical Examination****Vital Parameters****Temperature:** Afebrile**Pulse rate:** 70 bpm**Blood Pressure:** 120/70 mm Hg**General Examination****Consciousness:** Conscious,**General appearance:** Normal,**Built:** Moderate,**Pallor:** Absent,**Icterus:** Absent,**Cyanosis:** Absent,**Clubbing:** Absent,**Oedema:** Absent,**Lymphadenopathy:** Absent,**Gait:** Normal**Dashavidha pareeksha****Prakriti:** Vata kapha,**Vikriti-****Dosha:** Vata pradhana tridosha;**Dushya:** Medha, raktha, sukra, ambu, vasa, lasika, majja, rasa, ojas and mamsa,**Sara:** Madhyama,**Samhanana:** Madhyama,**Satmya:** Madhyama, Satva Madhyama,**Pramana:** Madhyama, Ahara Shakthi Madhyama,**Vyayama Shakthi:** Madhyama, Vaya Madhyama**Treatment Given****Madhutailika Basti:** For 7 Days**Madhutailika Basti****Ingredients**

Madhu (Honey) - 4 Pala - 160gms

Erandamool Kwatha (Ricinus communis) - 8 Pala - 320ml

Til Taila (Sesamum Indicum) - 4 Pala - 160ml

Satapushpa Kalka (Anethum sowa) - 3 Karsha - 30gms

Saindhava Lavana - 1 Karsha - 10gms

SOP of Preparation of Madhutailika Basti

Initially 100gms of Madhu and 5gms of Saindhava Lavana are taken in the Khalva Yantra and triturated to form a homogenous mixture. Preparation is continued until Lavana is completely dissolved. Then 100ml of Tila Taila is added and again mixed for specific time period. Here oil layer should become minute globules, mixture should become homogeneous. It is followed by adding of 10gms of Shatapushpa Kalka. Mixing is done so that Kalka particles remain uniformly distributed and do not settle down at the base of the vessel. At last 320ml of Erandamula Kwatha is

added, mixing is continued until it properly mixes with oil globules. Homogeneity of final mixture is assessed with certain features under the heading Suyojitha Niruha Lakshana. Finally quantity of 530ml Basti formulation is measured.

Criteria for Assessment**Table 1:** Symptom Assessment.

Symptom	Normal (0)	Mild (2)	Moderate (4)	Severe (6)	Findings
Weakness	Perform Normal Activities	Feels Weak on Long Walking	Feels on Performing General Activities	Unable To Perform General Activities	4
Burning Sensation	No B.S.	Occasional	Regular B.S.	Persistent	2
Vertigo	No	Occasional	Unable To Work Properly	Persistent	0
Insomnia	6hr	6-4hr	4-2hrs	Less Than 2hrs	2
Tingling Numbness	No	Occasional	At Palm and Feet	Persistent	2
Itching	No	Itching With Skin Rashes Over Limbs	Itching With Skin Rashes on Body	Persistent Itching	0
Polyurea	Frequent 3-4 Times	5-8 Times	9-12 Times	>12 Times	2
Polyphagia	2 Times Per Day	3-4	5-6 T	>7 T	2
Polydipsia	3-4 T	5-8 T	9-12 T	>12 T	2
Total	0	18	36	54	16

Results**Table 2:** Symptom Findings Before and After Treatment

Symptoms	Findings Before Treatment	Findings After Basti Karma
Weakness	4	2
Burning Sensation	2	1
Vertigo	0	0
Insomnia	2	1
Tingling Numbness	2	0
Itching	0	0
Polyurea	2	1
Polyphagia	2	1
Polydipsia	2	1
Total	16	7

Discussion**Probable Mode of Action of Madhutailika Basti**

Ayurveda, the first medical system to identify, diagnose, and treat Madhumeha, asserts that there is no cure for the illness but provides an effective solution to this pressing issue through its specialized treatment methods, which are founded on the extremely potent and safe Herbo mineral drug preparation. The Dosha and Dushyas involved are the foundation of Ayurveda (i.e. Samprapti).

With Hridya, Madhutailika Basti maintains the balance of the body's tissues, avoids exhaustion or Dhatupaka to prevent

Ojas loss, nourishes all Dhatu tissue, including Mansa-Majja and Shukra, and improves the cellular levels of the Dhatus' strength and the appropriate cellular. It brings about the following alterations:

- i). Eliminate the waste products of the circulatory system by treating the vitiated or worsened Dosha.
- ii). Enhances digestive capability (modified metabolism-Agni Sanrakshan)
- iii). Koshthashudi, or cleaning the Koshtha and relieving constipation. Strengthen the host defense system without raising circulating levels of facts, sugar, or metabolites.
- iv). Improves the performance of all Agni Sthula and Sukshma agni (Aama Pachana)
- v). Improved Dhatus and Upadhatus production (immunomodulatory action - Dhatu Sanrakshan)
- vi). Improves physical strength (adaptogenic activity)
- vii). Enhancing the microcirculation by modulating the function of macrophages is essential for the optimal operation of nerve tissue (Srotoshodhana).
- viii). Increases the body's resilience (Dhatuvardhana - maintain tissue regeneration)

Conclusion

The treatment used in the aforementioned research, namely Madhutailika basti, was found to be quite effective in the treatment of Madhumēha. It significantly lowered HbA1C and blood sugar levels. Additionally, it contributed to a noticeable increase in the subjective characteristics. By acting on kapha, vata, and ama, basti aids in performing Samprapti vighatana in a Madhutailika manner. The current research has only conducted one case study in order to ascertain the outcomes of Madhutailika basti. Additional research with larger sample sizes is needed to learn more about the outcomes of Madhutailika basti.

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