

Management of Type 2 Diabetes Mellitus Significantly Through Ayurvedic Intervention: A Case Study of Vataja Prameha Chikitsa

by Jana Publication & Research

Submission date: 14-Aug-2025 11:45AM (UTC+0700)

Submission ID: 2690323938

File name: IJAR-53276.docx (92.43K)

Word count: 5064

Character count: 29064

Management of Type 2 Diabetes Mellitus Significantly Through *Ayurvedic* Intervention: A Case Study of *Vataja Prameha Chikitsa*

ABSTRACT:

Ayurvedic therapeutics can significantly manage the cases of diabetes mellitus. For this it requires the detailed case study which includes study of lifestyle, daily habits, pathogenesis of the disease, contributed pathogenic elements, symptomatology and many more things. This detailed study would help to decide the prognosis of diabetes and to decide the line of treatment. *Vataja prameha* is one among types of diabetes (*Prameha*) in *ayurveda*. Its basic prognosis is mentioned as not curable. But it depends on so many states. This case is about the same disease. A male patient (42 years) visited to Jeena Sikho Lifecare Limited Clinic, Haridwar, Uttarakhand on 15.07.2024 with a K/C/O type 2 Diabetes mellitus diagnosed 2 months prior to consultation. He described symptoms like generalized weakness, nocturia and weight loss. Clinically he was examined for various factors like tongue, pulse, eyes etc. His history and examination helped to diagnose the case as *Madhumeha*, a type of *Vataja prameha* by *Ayurvedic* view. His HbA1c was at very high levels of poor diabetic control i.e. 11.9 % before treatment. After *ayurvedic* treatment it reduced to 6.7 % which is a significant shift. His symptoms also diminished till the end of the treatment.

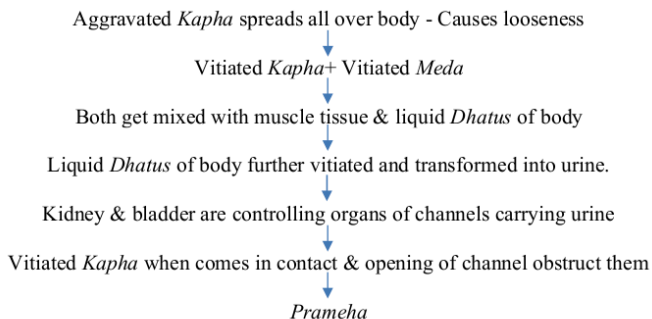
Key words: Diabetes mellitus, Pathogenesis, *Vataja prameha*, Weakness, Nocturia, *Madhumeha*, HbA1c.

INTRODUCTION:

Diabetes mellitus has already become a usual lifestyle disorder among people worldwide. But now a day its prevalence is increasing in early ages than its usual age of occurrence. Its reason is none other than unhealthy and sedentary lifestyle along with various stress factors. Superficially diabetes mellitus is classified into 2 main types, type 1 DM and type 2 DM. Between these types, T2DM is the most widespread type and occupies about 90 % of total cases of diabetes. In type 2 DM insulin secretion is reduced or may be normal and body cells resist to take blood glucose inside means cells do not respond well to insulin especially cells in muscles, fat and liver. This type mostly requires anti-diabetic medicines and lifestyle changes.^[1] But in some conditions, sometime it requires administration of Insulin units like in cases with high levels of HbA1c. Glycated hemoglobin (HbA1c) is a blood glucose level estimation test for over last 2 to 3 months. It means that if HbA1c is showing high then patient was suffering with high glucose level since 2 to 3 months.^[2] Diabetes mellitus is similar as that of *Prameha* in *ayurveda*. In *ayurveda* 3 main types of *Prameha* are stated on the basis of predominant *Dosha* vitiation and these types are like *Vataja prameha*, *Pittja prameha* and *Kaphaja prameha*. This article is explaining here a case of *Madhumeha* - *Vataja prameha*. Basically it is noted as *Asadhya prameha* means has no cure. But further some conditions are mentioned in which it can become curable. Vitiation of *Kapha dosha* is obligatory in *Prameha vyadhi* development. But predominance of *Doshas* classifies *Prameha* in different types. Focus of *Prameha* treatment is mentioned in 2 categories by *ayurveda* on the basis of patient's condition. One is *Sthula pramehi* (obese diabetic patient) and second is *Krisha pramehi* (thin diabetic patient). In former type there is presence of more vitiated factors and these patients are strong by strength as compared to later type. In later type there is presence of low immunity with reduced body strength. *Sanshodhana* (Detoxification by *Panchakarma*) and *Sanshamana* (pacification/ palliative treatment) *chikitsa* is suggested respectively in former and later type.^[3] *Ayurvedic* contexts gave a very detailed description of *Prameha vyadhi* like different etiological factors of different types, pathogenic factors involved, *Samprapti* (pathogenic process) of each type, *Purvaroopas* (pre-symptomatic phase), *Samanya lakshana* (general symptoms), *Upadravas* of each type etc. Treatment involves detailed explanation in each type, *Panchakarma* procedures, importance of diet and activities. This article is about a case of *Madhumeha* which was treated with oral medicines made up of medicinal plants and minerals. Medicines were prescribed in the view of pacifying the involved *Dosha-dushya* like *Kapha dosha*, *Medo dhatu*, *Vata dosha* etc. Diet and activities also recommended for healthy lifestyle in regarding to diabetes. During each follow up patient noted progress of the treatment. His before treatment HbA1c level significantly get

reduced within 2 months of treatment. His dose and number of medicines were declined in each follow up according to the state of diminish in chief complains and HbA1c. At last the management of patient was brought on diet and activities. All these updates of the case from the chief complain till his complete diminish of symptoms are collectively and step by step proposed here in this article. This case analysis would help to know the management of *Madhumeha* by knowing the condition of the disease and patient as well.

Following is the *Samprapti* of *Prameha*^[28]



CASE REPORT:

- Clinical features:** A male patient who was aging 42 years old and was working in private job had visited to JEENA SIKHO LIFECARE LIMITED CLINIC, HARIDWAR, UTTARAKHAND on 15.07.2024. His diet pattern was vegetarian. He had addiction of having 2-3 cups of milk tea a day. He had complaining of –
 - Generalized weakness – since 2 months
 - Loss of weights by 9 Kg – in last 2 months (13.05.2024: 84 Kg)
 - Frequent nocturnal urination – 15 times a day
- History taking:** After knowing the complaints his history was taken related to the case. Two months ago he was suffering from above symptoms like weakness, weight loss and nocturia. Therefore on 17.05.2024 he went to the hospital for checkup and he was suggested for HbA1c. His HbA1c was noted as 11.9 % and then diagnosed as type 2 Diabetes mellitus. On 26.05.2024 Insulin was injected to him in the dose of 1.80 units due to very high level of HbA1c. Other than this he had nothing history of family, any other disease or surgical procedure.
- Examinations:** Following to history taking general examination and *ayurvedic* criteria of examination was performed.

Table no. 1: General examination

Assessment	Observation
Height	5'9"
Weight	75 Kg
Age	42 years
BP	140/80 mm of Hg
Pulse	76/ min

Table no. 2: Ashtavidha parikshana

Assessment	Observation
<i>Nadi</i> (pulse)	<i>Vata Kaphaja</i>
<i>Mala</i> (bowel)	Normal
<i>Mutra</i> (urine)	Nocturnal micturition
<i>Jivha</i> (tongue)	<i>Sama</i> (thick white coating)
<i>Shabda</i> (pronunciation)	Clear
<i>Sparsh</i> (touch)	Normal
<i>Drik</i> (eyes)	Normal
<i>Aakriti</i> (physique)	Average

Table no. 3: Dashvidha parikshana

Assessment	Observation
<i>Prakriti</i> (Physical constitution)	<i>Kapha Vataja</i>
<i>Vikriti</i> (pathological constitution)	<i>Vata Kaphaja</i>
<i>Sara</i> (excellence of tissues)	Average
<i>Samhanan</i> (body compactness)	Average
<i>Praman</i> (measurements of body parts)	Average
<i>Satmya</i> (homologation)	Average
<i>Satva</i> (mental constitution)	Average
<i>Aaharshakti</i> (capacity ingesting, digesting and assimilating the food)	Average
<i>Vyayamshakti</i> (capacity to exercise)	Low
<i>Vaya</i> (age)	<i>Madhyama</i> (middle age)

AYURVEDIC INTERVENTION:

Medicinal treatment: Following choice of *ayurvedic* medicines were prescribed in this case. All medicines had to take with lukewarm water that is *Koshna jala* which is mentioned as *Anupana* in *Ayurveda*. *Anupana* is any drink like water, honey, decoction etc. which has to take with or after taking medicine for its rapid absorption in the body. ^[4] Follow up of medicines in all visits of consultation is also noted below:

• **First day of consultation (15.07.2024):**

1. *Prameha roghara* powder - ½ TSF powder BD Before food (*Pragbhakte* with *koshna jala*)
2. Capsule DM – 1 Capsule BD After food (*Adhobhakte* with *koshna jala*)
3. *Madhumehanashaka* syrup – 10 ml syrup BD After food (*Adhobhakte* with *samamatra koshna jala*) with equal amount of lukewarm water.

- **1st Follow up (13.08.2024):** Relief in nocturia to some extent is noted by the patient. Therefore same medicines were continued as mentioned above from number 1 to 3. But in this follow up he complained of constipation on and off. Therefore one more medicine was added and it was –
4. *Panchaskara churna* – ½ TSF of powder HS Bed time (*Nishakale* with *koshna jala*)

- **2nd Follow up (13.09.2024):** Same medicines were continued except *Panchaskara churna*. It was skipped in this course as patient was get relieved from the constipation.

- **3rd Follow up (12.10.2024):** In this follow up only 2 medicines were prescribed. Both medicines were told to take on alternate days for 2 months.

1. Capsule DM (dose reduced) – 1 capsule OD In the afternoon after food (*Pratah Adhobhakte* with *koshna jala*)
2. *Madhymehana*shaka syrup – 10 ml syrup BD After food (*Adhobhakte* with *samamatra koshna jala*) with equal amount of lukewarm water.

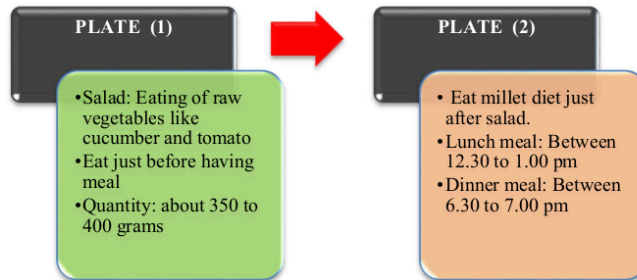
- 4th Follow up (18.01.2025): Only Capsule DM in the dose of 1 OD for 2 months was continued.
- 5th Follow up (23.03.2025): Intake of DM capsule again reduced to 1 OD on alternate day for 3 months.

Diet and activity guidelines: ^[27]

DIP diet plan: This diet plan is specifically designed for lifestyle disorders. This diet stands for Discipline and intelligence diet which helps to adopt healthy diet schedule easily. ^[5]

Step 1: Eating of 2 – 3 variety of seasonal fruits in the morning around 9.00 Am. Quantity was advised according to the weight of the patient and that was = 750 grams.

Step 2: It includes plate no. 1 and 2 as explained below:



Step 3: It included evening snacks. Around 4.30 pm he was suggested to eat dry fruits and sprouts especially green gram sprouts both in the quantity of 75 to 80 grams. It would be beneficial to tackle with the feeling of fatigue or weakness.

Step 4: It include guidelines regarding food and other habits. ^[6, 7, 8]

- Should always eat *Ushna aahara* (fresh food). Stale food can elevate *Vata dosha*.
- Avoid junk food, spicy, oily, too salty food
- Avoid sugar, dairy and bakery products, avoid having milk tea. Instead of milk tea can take herbal tea.
- Must have to follow proper timings of having food. Avoid both overeating and fasting.
- Eat vegetables which are bitter in taste like green fenugreek, bitter gourd etc. Always prefer to have fruity vegetables like Ivy gourd, Lady Finger, Capsicum etc.
- Drink alkaline water that is *Shrutasheeta jala*. It is boiled water to its half and had to drink after bringing it to room temperature. It becomes light to digest due to boiling.
- Don't eat *Mansahara* (meat)
- Water over drinking should be avoided. ^[9]

- Avoid *Ati Lavana sevana* (Limit salt intake) ^[6]

Activities guidelines:

Basically in all type of *Prameha* different type of exercise is advised by stating '*Vyayamaih vividhai*'. ^[3] But in *Vataja prameha* one thing should be kept in the mind that over exercise can elevate the *Vata dosha*. This case is of *Vataja prameha*. In addition this patient already had complained of weight loss. Therefore he was advised to do *Yogasanasa* which would not require more energy and would not cause loss of strength. Exercise is essential to remove toxins from the body and to keep body in active mode.

Obligatory to follow:

- *Vajrasana* (diamond pose sitting) after having meal ^[10]
- *Shatapavali* (after meal 100 step walking) ^[11]

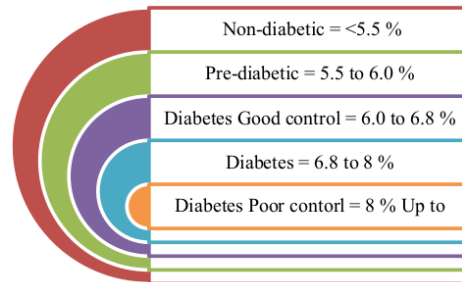
Obligatory to avoid:

- *Diwaswapa* (day sleeping): It elevates *Vata dosha*.
- *Ratrou jagarana* (night awakening): It vitiates *Kapha dosha*.

RESULTS:

1. **HbA1c outcome:** Two months prior to visit the hospital on date 17.05.2024 his HbA1c was **11.9 %**. This was his before treatment finding. Then he started taking *Ayurvedic* oral medicines from 15.07.2024. After taking 2 months of treatment on 09.09.2024 his HbA1c was reduced significantly by near about 4.2% and it was **6.7%**. It has to be considered as noteworthy effect because generally *Vataja prameha* takes more time to show positive and significant result due to its no cure prognosis. In this case result was achieved rapidly just within 2 months that too with oral medicines only. This result gave a hope for the complete reversal in the future. Generally in diabetic people a goal should be to keep HbA1c below 7%. In this case patient's HbA1c was shifted from diabetes poor control to good control range. Treatment was continued till March 2025. But HbA1c was investigated only at once after treatment in September 2024. Because in later follow ups clinical features of the patient were observed to see the efficacy of the treatment and thereby to decline the dose of medicine. There was no any need to detect HbA1c again and again.

Reference range of HbA1c: ^[12, 13]



2. **Observation of Jivha (Tongue) and Nadi (Pulse) during follow up:** Following table is showing the progress of examination findings of tongue and pulse. Tongue indicates the signs of any pathology happening in the body especially related to digestive system. Pulse signifies the pathology of *Dosha* vitiation in the body.

- Before treatment tongue was showing white coating of indigested food over it which is called as '*Ama sanchiti*'. This type of tongue is termed as *Sama jivha*. After starting of the treatment white coating was getting reduced and showing mild coating in each follow up. At the last it showed completely clean tongue that is *Nirama jivha* which indicates that patient's digestion and metabolism was reversed to normal.
- At the time of consultation his *Nadi* was showing elevation of vitiated *Vata-Kapha dosha*. In the last month of treatment *Nadi* was examined again which showed *Prakrita nadi* with equal dominance of *Vata-Pitta-Kapha dosha*. Elevation of *Vata-Kapha dosha* gets normalized and this balanced *Nadi* indicated that *Ayurvedic* treatment played a well role in managing the *Dosha* vitiation in *Madhumeha*.

Table no. 4: Tongue and pulse examination

Assessment	Jivha (Tongue)	Nadi (Pulse)
15.07.2024	<i>Sama</i> (Thick coating)	<i>Vata++ kapha++</i>
13.08.2024	<i>Alpa sama</i> (Mild coating)	<i>Vata++ kapha++</i>
13.09.2024	<i>Alpa sama</i> (Mild coating)	<i>Vata++ Kapha +</i>
12.10.2024	<i>Nirama</i> (No coating)	<i>Vata++ Kapha +</i>
18.01.2025	<i>Nirama</i> (No coating)	<i>Vata+ Kapha+</i>
20.03.2025	<i>Nirama</i> (No coating)	<i>Vata+ Kapha+</i>

3. **Symptomatic outcome:** In each follow up he was showing progress in symptomatic relief.
- In the last follow up he mentioned about reduction in weight loss.
 - Frequent nocturnal micturition was reduced to some extent within one month. In the last month of treatment it was completely recovered to normal frequency.
 - He was complaining of general weakness before starting of the treatment. After initiation of treatment he was feeling energetic just from second to third day. Later, continuation of *Ayurvedic* treatment for about 8 month helped to recover total energy loss. Patient gets boosted with good muscle strength.

Thus, above result signifies that, 8 months of *Ayurvedic* treatment and strict following up of lifestyle guidelines successfully facilitated to reverse the pathology of *Vataja prameha* without any adverse effect.

DISCUSSION:

Contextual analysis of clinical features in patient:

1. **Generalized weakness:** Fatigue or weakness is mentioned as a characteristic symptom of diabetes mellitus. Reason behind this is that in diabetes cells cannot respond well to the insulin which thereby hampers the use of blood glucose by cells for energy production. This condition is called as insulin resistance which is usual in type 2 diabetes mellitus. By *ayurvedic* perspective this symptom is termed as '*Dourbalya*' which refers to the meaning of weakness. This symptom is mentioned by *Charakacharya* in *Prameha upadrava*.^[14] *Upadrava* means the disease or any

symptom arises during or after a disease.^[15] Means it can be considered as complication of diabetes. *Vata dosha* elevation is responsible for immunity loss by *Ayurvedic* perspective. *Vata vriddhi* (elevation) manifests symptom of *Bala bhransha* or *Bala hani* or *Dourbalya* which mean as loss of strength or weakness.^[16,17]

2. **Loss of weight:** It is usual in *Sahaja prameha* (hereditary or genetic diabetes) and in *Vataja prameha*. *Karshyata* or *Krishata* are the words mentioned in the sense of weight loss in *Vata vriddhi* symptoms.^[16, 17]
3. **Frequent nocturnal urination:** In *Prameha* '*Prabhuta mutrata*' (increased urine frequency) is noted as *Samanya roopa* of *Prameha* which refers to increased micturition. Generally it is observed that night frequency of urine get increased in diabetes as compared to day frequency. In diabetes kidney works harder to filter excess glucose resulting in increased urine production. In day time due to daily activities glucose can be utilized by the body in any way. But in the night time due to reduced body activities blood glucose level get increased naturally as compared to day time which leads to more urine production to expel the excess blood glucose out of the body via urine.
4. **Sama Jivha:** In *Purvaroop* (pre-symptomatic phase) of *Prameha* *Charakacharya* mentioned one symptom regarding tongue. He said that in *Prameha* '*Jivha upedha*' can occur which is in the sense of accumulation of dirt over tongue. White coating typically arises from a buildup of bacteria, food debris and dead cells trapped between the papillae. In *Prameha* or diabetes it is found that there is impairment in the digestion and metabolism of carbohydrates, fats and proteins. This coating is termed as *Sama jivha* in *ayurveda*. *Jivha parikshana* is one of the diagnostic tools of *ayurvedic Parikshana*.^[18]
5. **Vata Kaphaja nadi:** *Nadi parikshana* is also a one essential tool of *ayurvedic* examination in the sense of diagnosis and treatment.^[19] By history taking it was understood that patient has *Kapha Vataja prakriti* (normal constitution). But after examining the patient's *Nadi* it was observed that *Nadi* was showing *Vata Kapha pradhanata*. Means predominance of *Vata dosha* along with next to elevation of *Kapha dosha*. It means that patient has *Vata-Kaphaja Vikriti* (vitiation of *Vata-Kapha*).

Focus of Ayurvedic treatment:

In *Ayurveda* 2 types of treatments are mentioned in *Prameha* and that are *Sanshaman chikitsa* and *Sanshodhana chikitsa*. *Sanshaman chikitsa* refers to pacification of *Doshas* by palliative medicines and diet. *Sanshodhana chikitsa* refers to elimination of vitiated *Doshas* (toxins) through *Panchakarma* therapies or mild oral medicines. This is a case of *Madhumeha* – type of *Vataja prameha*. Since *Vataja pramehi* possesses low immunity with low body strength all *Acharya's* explained to do *Sanshamana chikitsa*. Usually these patients manifests with loss of weight. *Sanshodhana* treatment can again cause loss of weight and can elevate *Vata dosha* again which would become a triggering factor for the aggravation of the disease instead of pacification.

1. **Kapha shamaka chikitsa:** Generally all types of *Prameha* develop due to vitiation of *Kapha dosha* predominantly. Therefore in any type of *Prameha* like *Vataja prameha*, *Pittaja prameha* etc. first focus should be on the pacification of vitiated *Kapha dosha*.
2. **Vata shamaka chikitsa:** Secondly *Vata dosha* pacification was essential as this case was of *Vataja prameha* which causes due to *Vata dosha* elevation.

3. **Santarpana chikitsa:** It included nourishment of patient's health. In all *Pramehas* loss of body strength and immunity occurs. In addition to this *Vataja prameha* also manifests with loss of body weight, strength and immunity. This type includes loss of nourishing body elements. Therefore in this patient nourishment of body was essential to prevent further loss of body elements. *Acharya Sushruta* also mentioned that *Vataja pramehi* should be always protected and it is referred by saying '*Satatam anupalayet*'.^[3, 7]

• **Ayurvedic medicines with their components and uses are mentioned below:**

1. **Prameharogahara powder**

Components: Kutaki (*Picrorhiza kurrooa*), Kirattikta (*Swertia chirayta*), Nimba (*Azadirachta indica*), Karvellaka (*Momordica charantia*), Rasanjan (*Berberis aristata*), Amlika beeja (*Tamarindus indica* seeds), Kala namak (Black salt), Guduchi (*Tinospora cordifolia*), Shunthi (*Zingiber officinale*), Babbula Tvak and Phala (*Acacia arabica* bark and fruit), Sarpagandha (*Rauvolfia serpentina*), Trivang bhasma, Yashad bhasma, Revandchini (*Rheum emodi*), Guggulu (*Commiphora mukul*), Methika (*Trigonella foenum*), Jambu (*Syzygium cumini*), Karanja (*Pongamia pinnata*), Shilajeet (pure Asphaltum), Haridra (*Curcuma longa*), Haritaki (*Terminalia chebula*), Indrayava (*Holarrhena antidysenterica* seeds), Vanshlochan (*Bambusa arundinacea*), Bibhitaki (*Terminalia Bellerica*), Aamalaki (*Embolica officinalis*), Shweta musali (*Chlorophytum borivilianum*), Gudmar (*Gymnema sylvestre*)

Use: All types of diabetes, controls blood sugar level, relieves urinary problems, improves immunity, useful in diabetic neuropathy and retinopathy

2. **Capsule DM**

Components: Aamragandhi Haridra (*Curcuma amada*), Guduchi (*Tinospora cordifolia*), Methika (*Trigonella foenum*), Shweta musli (*Chlorophytum borivilianum*), Nimba (*Azadirachta indica*), Karvellak (*Momordica charantia*), Jambu (*Syzygium cumini*), Bilva patra (*Aegle marmelos* leaves), Gudmar (*Gymnema sylvestre*), Sheelajita (Asphaltum)

Use: all types of diabetes and all diabetic complications.

3. **Madhumehanasaka syrup**

Components: Karvellaka (*Momordica charantia*), Jambu (*Syzygium cumini*), Nimba (*Azadirachta indica*), Kirattikta (*Swertia chirayta*), Gudmar (*Gymnema sylvestri*), Kutaja (*Holarrhena antidysenterica*)

Use: Diabetes mellitus, Diabetes neuropathy, Retinopathy, Hyperglycemia

4. **Panchaskar churna**

Components: Sanaya patra (*Cassia angustifolia*), Shatapushpa (*Anethum sowa*), Bala Haritaki (Unripe fruits of *Terminalia chebula*), Shunthi (*Zingiber officinale*), Saindhava (Rock salt),

Use: Useful in constipation and bloating as *Virechaka* (laxative).

Contextual reference of plants useful in Vataja prameha: Following table is showing the role of above mentioned *Dravyas* (medicinal plants) in this case with contextual reference.^[20, 21] Latin names of these plants are already stated above.

Table no. 5: Medicinal plants and their role as anti-diabetic

Dravyas (plants)	Vata dosha pacification	Kapha dosha pacification	Prameha-hara (Anti-diabetic)	Balya/ Bruhana (Strength and immunity booster)
Kutaki	-	+	Prameha-pranuta	-
Kiratatikta	-	+	Meha hara	-
Nimba	-	+	Mehanut ,	-

			Jayet meha	
Karvellaka	+	+	Mehahara	-
Guduchi	+	+	Mehahara	Balya, Rasayana
Jambu	-	+	Madhumeha nashana	-
Gudmara	+	+	Mehahara	-
Kutaja	-	+	Pramehanashaka	-
Aamragandhi haridra	-	+	-	-
Methika	+	+	-	-
Shweta mushali	+	+	-	Balya, Pushti kara
Bilva	+	+	-	Balya
Sheelajeeta	+	+	Mehanashaka	Rasayana
Rasanjana	-	+	Mehanut, Kapha Prameha-nashaka	-
Amlika	+	+	-	-
Krishna lavana				
Shunthi	+	+	-	-
Babbula	+	+	Mehanashana	-
Sarpagandha	+	+	-	-
Trivanga			-	Balya, Rasayana
Yashada			-	Balya
Revandhini	-	+	-	-
Guggulu	+	+	Mehahara	Balya
Karanja	+	+	Pramehaharani ^[22]	-
Haridra	-	+	Mehapaha Meha hanta	-
Indrayava	+	+	Pramehanashaka	-
Vanshalochana	+	+	-	Balya
Aamalaki	+	+	Pramehagham	Rasayana
Bibhitaki	+	+	Prameha-nashaka	-
Haritaki	+	+	Prameha-nashaka	Rasayani, Brihani, Bala pradam

Significant potential of some above medicinal plants:

1. **Jambu** – It diminishes *Madhumeha* specifically and is stated by '*Visheshat Madhumehaha*'.^[23]
2. **Bibhitaki** – It reduces vitiated *Kapha dosha* and *Kleda* (watery secretion) which are main pathogenic factors in causing *Prameha* by absorbing them. Its reference is given as '*Kaphotkleda roga vinashanam*' means it demolishes *Rogas* (disorders) caused by *Kapha dosha* and *Kleda* elevation.^[24]
3. **Bilva** – *Charakacharya* noted some prime choices of medicinal plants useful in some specific conditions and is called as '*Agrya Sangraha*'. One of them is *Bilva* which is mentioned as '*Vata Kapha Prashamananam*'. It denotes that *Bilva* is a prime herb in pacification of *Vata* and *Kapha dosha*.^[25]
4. **Vanshalochana** – It has '*Medoghna*' property means which diminishes *Medo dhatu dushti* that is unhealthy fat tissue and adipose tissue. *Medodhatu dushti* is one among key pathogenic factors of *Prameha*.^[24]
5. **Guggulu** – It also possesses '*Medohara*' quality which diminishes unhealthy fat.^[24]
6. **Haritaki** – '*Sarva rogan gunanvita*' is the term used in the reference of *Haritaki* use. It meant that *Haritaki* is effective in all disease. It has *Vatanulomaka* property also.^[26] *Vatanulomaka* property

means which tend to normalize the movement of *Vata dosha* thereby it regulates activities like digestion, metabolism, insulin secretion and absorption of glucose by cells.

7. **Shunthi** – It is beneficial in diabetes by working as *Aamaghni* means which reduces toxic elements or undigested metabolic waste, *Pachani* means regulates digestion and *Agnisandipanam* regularizes appetite.^[26]
8. **Kutaja** – It works in diabetes by *Upshonanam* (absorbing) *Shleshma (Kapha dosha)* and *Kleda* (excess watery secretion).^[25]
9. **Triphala** – *Triphala* which includes *Aamalaki*, *Bibhitaki* and *Haritaki* is mentioned as the best *Santarpana* (nourishing combination) by *Charakacharya*.

FURTHER SCOPE OF STUDY:

Diabetes is already a complex metabolic disorder with complicated pathophysiology in itself. Its unpredictable diagnosis and usual symptoms may complicate the case. In addition when it manifests with its complications its prognosis becomes poorer for the treatment. Therefore the need of the further study is to collect the data and present those types of cases which would help to give surety in the treatment with successful management by *ayurveda* even in chronic diabetes with complications. Another scope is to manage the patients who have insulin dependent diabetes in the view to reduce insulin units.

CONCLUSION:

This case study highlights the effective management of *Vataja Prameha* (a subtype of diabetes mellitus with traditionally poor prognosis) through an early diagnosis and timely initiation of *Ayurvedic* oral treatment, without the need for detoxification via *Panchakarma Chikitsa*. Despite the classical categorization of *Vataja Prameha* as difficult to manage, this case demonstrated remarkable clinical outcomes within a short duration, affirming the potential for reversal and long-term control when managed with a strict diet, disciplined lifestyle, and targeted *Santarpana Chikitsa* (nourishment-based therapy).

Subjective Improvements:

- Weight stabilization was reported in the final follow-up, reversing the initial trend of weight loss.
- Nocturnal micturition, a troubling symptom, significantly reduced within the first month and normalized completely by the end of the treatment period.
- The patient, who initially presented with generalized weakness, reported a boost in energy levels by the second or third day of treatment and full restoration of muscle strength and stamina over the 8-month treatment span.

Objective Improvements:

- Glycemic control showed a rapid and significant shift:
 - Initial HbA1c (17.05.2024): **11.9%**
 - After 2 months of treatment (09.09.2024): **6.7%**This reduction of **~4.2% in HbA1c within two months**, solely through oral *Ayurvedic* medicines, is highly significant—especially in *Vataja Prameha*—indicating transition from **poor glycemic control** to **well-controlled diabetes** status (target HbA1c < 7%).
- Tongue (*Jivha*) assessment revealed:
 - Pre-treatment: *Sama Jivha* (white coating indicative of *Ama* and poor digestion).
 - Final follow-up: *Nirama Jivha* (clean tongue), showing restoration of *Agni* (digestive fire) and reversal of metabolic disturbances.
- Pulse (*Nadi*) analysis:

- Initially: *Vata-Kapha* vitiation noted.
- Final follow-up: *Prakrita Nadi* (balanced state of all three *doshas*), indicating successful *dosha* homeostasis.

This case confirms that not all cases of *Prameha* require *Panchakarma*, especially when diagnosed early and managed aggressively with appropriate *Ayurvedic* formulations and lifestyle modifications.

Restoration of lost tissues and prevention of further depletion through *Santarpana Chikitsa* remains the cornerstone in the management of *Vataja Prameha*. The swift symptomatic relief, significant HbA1c reduction, and normalized *Ayurvedic* diagnostic parameters affirm the efficacy of personalized *Ayurvedic* management, even in types of diabetes traditionally labeled as incurable.

This case provides a strong rationale for integrating classical *Ayurvedic* protocols with regular follow-up and *dosha* monitoring in early-diagnosed diabetic patients, aiming for drug minimization and long-term sustainable recovery.

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