

**Literature review on diabetic foot management by *Abhyantar&Bahya*
application of *Nyagrodhadi Kashaya* w.s.r to *Charak Sutrasthanokta*
Madhumeha.**

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Abstract -

Diabetes mellitus & its complications are one of the worrying health issues in this sedentary life style. Diabetic foot/ Pramehapidakais the most common complications of DM which is a type of chronic ulcer. If not treated well, it may go under gangrenous changes which can further lead to amputation of that particular body part.

In Adhyaya 17th of Sutrasthana, Acharya Charaka has mentioned about Prameha pidaka which nearly resembles to Signs & symptoms of diabetic foot. Here, Acharya explains Avaranajanitmadhumeha, if not treated well, usually leads to formation of various pidaka.

Bahudrava Shleshma being main important factor in pathogenesis of Prameha, we decided to study the effect of Abhyantar & Bahya application of Nyagrodhadi Kashaya Mentioned in VagbhataSutrasthan 15 -Shodhanadiganasangrahadhyaya. Due to katu -tikta rasa&shitavirya properties of all components of this Kashaya, it can be helpful to mitigate the vitiated Kaphadosha involved in diabetic foot pathology.

Keywords: - Diabetic foot, *Prameha Pidaka*, *Nyagrodhadi Kashaya*

Introduction: -

India ranks second in the world with 65.1 million diabetic patients along with prevalence of DM in Indians of about 2.4% in Rural & 12-17% in Urban population.

Diabetic foot ulcers are most common complications of poorly controlled DM. This is generally formed due to breaking down of skin tissue & exposing the layers underneath. Most common sites for diabetic foot ulcers are big toes & balls of our feet. Unusual excessive sweating, irritation, redness & odours from one or both feet are common early symptoms of foot ulcers.

According to *Charaka Samhita*, *Avrita Madhumeha* is much difficult to treat than other types of *prameha*. Sedentary lifestyle, excessive sleep, excessive intake of heavy-unctuous-sour-salty food, less exercise leads to vitiation of *Kapha*, *Pitta*, *Meda* & *Mamsa*. This obstructs the pathway of *vata* leading to vitiation of it. The provoked *vata dosha* further takes out *ojas* from its site & brings it to *basti* causing *madhumeha* which makes it difficult to treat.^[1]

If the diabetic condition is neglected, 7 types of *pramehapidaka*^[2] are formed which loosely resembles with diabetic foot ulcers.

Nyagrodhadi Kashaya explained in *Ash.Hri.Su.15* – consists of drugs which are *Katu-Tiktarasatmak* & *Shitaviryatmak* in nature. As *Kaphadosha* is main factor involved in pathogenesis of *prameha* as well as diabetic foot according to *Ayurveda*. Therefore, this *Kashaya* can be useful in management of diabetic foot.

Thus, we selected this topic to discuss the effect of *Nyagrodhadi Kashaya* on diabetic foot ulcers by its external & internal application.

Aim & objectives –

- **Aim:-**
 - To study diabetic foot management by *abhyantar&bahya* application of *Nyagrodhadikashayaw.s.r* to *Charakasutrasthanoktamadhumeha*.
- **Objectives:-**
 - To study *Nyagrodhadigana* from *vagbhat&it's* uses.
 - To study the concept of *CharaksutrasthanoktaMadhumeha&Pramehpidaka* with correlation to diabetic foot.
 - To study the effect of *Abhyantar&bahya* application of *nyagrodhadigana Kashaya*.

Literature review of *AvritaMadhumeha&Prameha Pidika*: -

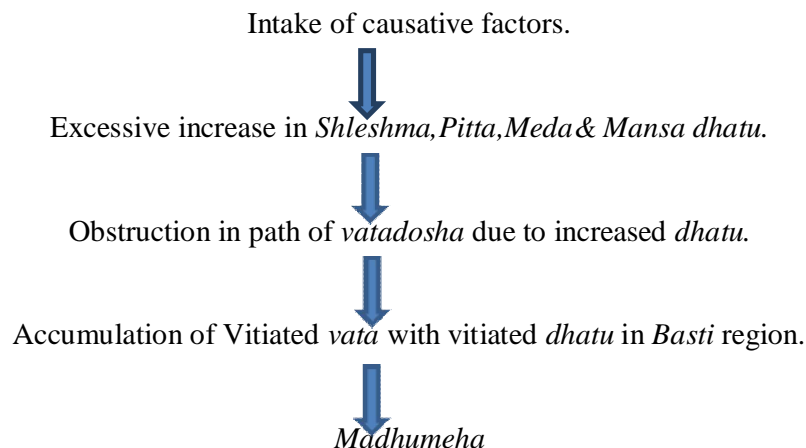
***Madhumeha*:-**

- According to *Yogindranath sena*, *Prameha* covers wide range of urine disorders, one of which is *Madhumeha*.
- *Madhu* in *Madhumeha* is not stand form *madhura rasa*, instead it denotes “Honey” which has *Kashaya rasa* along with *madhura rasa*, due to predominance of *vata dosha*.
- *Sutrasthanoktamadhumeha* mainly fabricated due to *Avarana* with predominance of *vata dosha* which is why, it's difficult to treat.

Causes^[2]:-

- Excessive use of – *Guru, Snigdha, Amla, Lavana*
- Freshly harvested grains
- Freshly prepared alcohol
- Excessive sleep & sitting work
- Avoiding exercise & *achinta*.

Pathogenesis of *Madhumeha*^[1]: -



***VyadhiGhatakof Madhumeha*:-**

Dosha - *Tridoshaja*

Dushya - *Tvacha, Mamsa, Sira, Snayu, Sandhi, Koshta and Marma*.

Srotas - *Annavaha, Rashavaha, Raktavaha, Mamsavaha, Svedavaha*.

Agni - Mandya, Vishama.

Marga - Shakha.

Adhithana - AsDushya.

Udbhavasthana- Anywhere in the body. Usually in lower half of the body

PratamyLakshana - Gatravikurnane.

PramehaPidaka:-

- When we neglect *madhumehai*.e when not treated properly, it may lead to formation of 7 types of *pidaka*.
- These usually are formed in areas having excessive muscular region (*Mansa dhatu*), Vital points of the body (*Marma*) & joints of the body (*Sandhi*).
- These are referred as *Daruna* which means they are difficult to treat.^[3]
- According *Sushruta*, the *dosha* in the patients of *Madhumeha* accumulates in the lower part of the body owing to the incompetence of the *Dhamani*.^[4]su. Chi.12/8
- Complications arises due to the long-time association of *Prameha* disease.
- If proper management like *shodhana* is not done, then *doshas* get aggravated and vitiated by *mamsa* and *rakta* producing *pidaka* like *upadravas*.

✚ Clinical presentation of diabetic foot:

A diabetic foot is a foot that exhibits any pathology that results directly from diabetes mellitus or any long-term (or "chronic") complication of diabetes mellitus.

Symptoms:-

- Swelling, discoloration, and warmth around the wound.
- Foul-smelling discharge seeping from the wound.
- Pain and firmness when the wound is touched.
- Callused or thickened skin surrounding the ulcer.
- Fever and chills in advanced stages of foot ulcers.

Nyagrodhadigana^[5] :-

Nyagrodha – Vata	Ashwattha	Audumbar	Raja Jambu	Kaka Jambu	Arjun
Kapitana- amrataka	Somavalka – Khadira	Plaksha	Aamra	Vanjula- Vetasa	Piyala
Nandi-jayavriksha	Koli- Badara	Virala – Tinduka	Madhuka – Yashti	Madhooka- Moha	

Combinedly form the group known as the *Nyagrodhadi Gana*.

This group proves beneficial in:-

- In cases of ulcer,
- Cures all disorders of the uterus and vagina,
- *Sandhana* effect
- *Sangrahi* Diseases of *Meda*, *Pitta* & *Rakta* , *Trishna* & *daha*

Internally As decoction Externally as Parisheka



Discussion: -

- *Avritamadhumeha* usually manifests symptoms with *kapha dominant tridosha*. These symptoms subside for some time but again reappear later.
- Diabetic foot ulcers resemble to *pramehapidaka* mentioned in *ayurvedic literature*, as it also forms due to ill-treated DM with somewhat similar symptoms.
- Symptoms like increased swelling, excessive sweating, lack of feeling in feet, numbness of the toes represents the involvement of *Kaphadosha* in diabetic foot.
- So, the basic principle of treatment for diabetic foot is to focus on management of *kaphadosha*.
- *Nyagrodhadi Kashaya* includes *dravyas* like *Nyagrodha, Ashwattha, Audumbar, Jambu, Arjuna, Amrataka* etc which are *Kashaya-Tiktarasatmak, Katu-vipaki & Shitaviryatmak* in properties.
- It when used internally shows effect as *Kapha-pitta shamana, Kledashoshaka & on dushtamamsa dhatu, dushtakleda, meda* due to vitiated *vatadosha* involved in diabetic foot.
- It can be used externally for *vranashodhana & ropana* due to its *Kashaya-tikta rasa, lekhana* properties.
- It can also decrease discharge from the wound due to its *kledashoshaka & ruksha* properties.
- *Nyagrodhadi Kashaya* has *varnya & sandhana* properties too.
- These properties collectively can help to manage the diabetic foot ulcers.

Conclusion:-

- *Madhumeha* which is mentioned in *cha.su.17th* is *Avaranajanyamadhumeha* where *avarakadosha* is *pitta&kapha*.
- Due to this *avarana*, vitiated *vata* leads *oja* towards *basti* causing *madhumeha*.
- In case of *madhumeha*, when there is involvement of *Mansa dhatu*, *dushtakleda&meda* due to vitiated *mansa* (*vidagdharakta*), *pidaka* are usually formed.
- diabetic foot may come under category of *pramehapidaka* but it's not similar entirely.
- In *nyagrodhadigana*, all *dravyas* are *Kashaya – tiktarasatmak, katuvipaki&shitaviryatmak*.
- *Kashaya &tikta rasa* helps in –Improving the vitiated *meda, kleda&mansadushti* when used internally as *Kashaya pana*.
- This also shows *varnya, sandhan, ropana* effect when used locally as *parisheka* on *pramehapidaka*.

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