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Role of Rhizome Powder of Turmeric in the management of Madhumeha w.s.r. to Diabetes Mellitus - A Case Study

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ABSTRACT

Diabetes mellitus is a group of metabolic disorders characterized by chronic hyperglycemia associated with disturbances of carbohydrates, fat, protein metabolism due to absolute or relative deficiency in insulin secretion, that metabolic disorder is considered as the *Madhumeha* in Ayurveda based on their symptoms. It is one of the types of *Vataja Prameha*. It results from various etiological factors. Here objective was to evaluate the efficacy of *Ayurveda* treatment in management of *Madhumeha*. A 35years old male came to SDM College of Ayurveda Hospital *Kayachikitsa* special OPD with complaint of *Prabhoothamutra*, *Karapada Daha*, *Avila Mutrata* and *Kshudaathi Pravrthi*. Examination, investigations and history leads to diabetes mellitus. So patient was treated with *Haridra Choorna*, *Pathya*, *Apathya* and *Yogasananas*. *Ayurveda* treatment has effective results in the management of *Madhumeha* by single drug administration orally.

Key words: *Curcuma longa* Linn, Diabetes mellitus, *Haridra*, *Madhumeha*.

INTRODUCTION

Diabetes mellitus is a major public health problem in the developed as well as developing countries. It is ranked seventh among the leading causes of death, and third when all its fatal complications are taken into account.^[1] The disease *Madhumeha*, its definition, etiology, clinical features and principles of treatment appear to be similar with the disease "Diabetes mellitus", which is considered as "Ice Berg" disease in the present era.^[2] In conventional therapy,

Type I diabetes is treated with exogenous insulin and Type 2 with oral hypoglycemic agents (sulphonylureas, biguanides etc).^[3] Though different types of oral hypoglycemic agents are available along with insulin for the treatment of diabetes, there is an increased demand by patients to use natural products with antidiabetic activity.^[4] The main symptom which was in the patient of diabetes which was mentioned by *Acharyas* are *Prabootha Mootratha* (micturition during day time), *Avila Mootratha* (turbidity of urine), *Kshudhaathi Pravrithi* (increase of appetite), *Dhourbhalya* (debility), *Karapada Daha* (burning sensation inpalms and soles).^[5] The present case study, treatment with *Haridra Choorna* is conducted to confirm its efficacy, as it is given as *Madhumehahara* effect in many of the classical texts .

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MATERIALS AND METHODS

Selection of patient

A newly diagnosed male patient aged about 35 years visited SDM college of Ayurveda Hospital *Kayachikitsa* special OPD with following presenting with complaints

of *Prabhutha Mutra* day and night, *Avilamutrata*, *Karapada Daha*, *Kshudhadhikyata* and *Dourbalya*. This diagnosis was done as diabetes mellitus.

Symptoms

1. *Prabhuthamutrata*
2. *Kshudhadhikyata*
3. *Avila mutratha*
4. *Pipasadhikyata*
5. *KarapadaDaha*
6. *Dourbalya*

Investigation

1. FBS
2. FUS
3. PPBS
4. PPUS

Single drug which is having *Madhumeahara* action

- **Drug:** Rhizome powder of *Haridra*
- **Dose:** 3g. two times a day
- **Mode of administration:** orally
- **Duration of treatment:** 30 days

RESULTS

Table 1: Effect Of Rhizome Powder Of *Curcuma Longa* Linn. for subjective parameters.

No	Subjective parameter	Before treatment (Scoring)	Review after 2 weeks (Scoring)	Review after 4 weeks (Scoring)
1	<i>Prabhuta Mootrata</i>	2	1	0
2	<i>Avila Mootrata</i>	1	1	0
3	<i>Pipasadhikyata</i>	0	0	0
4	<i>Kshudhadhikyat</i>	1	0	0

	a			
5	<i>Karapada Daha</i>	2	1	0
6	<i>Dourbalya</i>	1	1	1
7	<i>Angamarda</i>	2	1	0

Table 2: Effect of Rhizome Powder of *Curcuma Longa* Linn. for objective parameters.

No	Objective parameter	Before treatment (Scoring)	Review after 2 weeks (Scoring)	Review after 4 weeks (Scoring)
1	F.B.S	136.2	124.5	116.9
2	F.U.S	Trace	Absent	Absent
3	P.P.B.S	176.1	170.1	152.6
4	P.P.U.S	1.0%	1.0%	Trace

DISCUSSION

Effect of therapy on subjective parameters

Prabhutmootrata and *Avilmootrata* between day 1 and day 30 was significantly reduced. Other subjective parameters like *Kshudhadhikyata*, *Karapada Daha* and *Angamarda* was also significantly reduced. Only in *Dourbalya* no change is seen.

Effect of therapy on objective parameters

FBS reduced significantly with the p value at 0.03 after a period of two months. FUS reduced significantly with the p value at 0.01 after a period of two months. PPBS reduced significantly with the p value at 0.19 after a period of two months. PPUS reduced significantly with the p value at 0.02 after a period of two months.

Diabetes mellitus is a major public health problem in the developed as well as developing countries. It is ranked seventh among the leading causes of death and third when all its fatal complications are taken into account. In the present study, treatment with *Haridra Choorna* produced significant hypoglycemia.

Haridra possess *Katu Tikta, Rasa, Laghu Rooksha Guna, Usna Virya* and *Katu Vipaka*.^[6] It mainly acts as *Pitta-Kapha Shamaka, Meda, Kleda Upashoshana*. It has *Usna Virya* which is mainly acts as a *Vatahara*. It is having opposite qualities to that of *Kapha* and *Medas*. This *Tridosha Shamaka* property of the drugs helps to correct the *Dhatu Dushti* and *Sroto Dushti* leading to their normal functioning. Hence it acts as *Mehahara*. *Haridra Choorna* has showed significant improvement in the symptoms of *Madhumeha* and blood sugar. *Curcuma Longa* Linn. is known to contain curcuminoids, glycosides, terpenoids and flavonoids.^[7] Maximal inhibition of the enzyme Human Pancreatic Amylase (HPA) was obtained with *Curcuma Longa* isopropanol extract and acetone extract. This inhibitory action on HPA causes reduction in starch hydrolysis leading to lowered glucose levels.^[8]

CONCLUSION

Madhumeha known as silent killer needs to be treated as early as possible to stop onset of complication. Single drug treatment like *Haridra Churna* can prove to be boon to the wide population suffering from Diabetes mellitus comprising of *Pathyakara Aahara Vihara* followed with regular practice of *Yogasanas*. This case study proves that *Haridra Choorna* is an efficient as well as an ideal drug for its potent *Madhumehahara* (Anti hyperglycemic) effect.

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