



CASE REPORT

A CASE STUDY TO EVALUATE THE EFFICACY OF SHATAVARI (ASPARAGUS RECEMOSUS LINN.) IN KRISHA MADHUMEHI (TYPE 2 DIABETES MELLITUS)

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ABSTRACT

Diabetes mellitus is a major problem now a days throughout the World. The incidence of the both types of Diabetes are rising, it is estimated that in 2000, 171 million people had Diabetes and this is expected to double by 2030 by worldwide. It is explained in Ayurveda as *Madhumeha*. *Acharya Charak* described the management of *Madhumeha* considering the body constitution & strength of the patient. There are two types *madhumehi*, one is having stout body structure with good strength (*sthula&valasali*) & another is having lean & thin body structure without strength (*krisha&durbal*). *Acharya Charak* has mentioned to give *brimhan* or *santarpan* therapy in *Krishamadhumehi*. *Shatavari* (*Asperagus racemosus*) is such a drug which has *brimhaneeya* property as well as it is also found to be effective in the treatment and control of *madhumeha*. In the present study *Shatavari* (*Asparagus racemosus Linn.*) is selected for clinical trial to the patient having *Madhumeha* with *Krishata*. The assessment was done on the basis of subjective parameters and objective parameters like BMI, blood sugar and urine sugar level of patient who was selected from OPD of Gaur Brahaman Ayurvedic College, Haryana. *Shatavari moola churan* was given at the dose of 6 gm twice daily for consecutive 2 months. BMI, Fasting and PP blood sugar and urine sugar level were computed before and after treatment. Result showed marked improvement in sign and symptoms of the patient along with improvement in BMI and lowering of blood and urine sugar level. After evaluating the total effect of therapies it was revealed that *Shatavari* is very much beneficial to increase the body weight of the patient along with good control of blood sugar level.

Key words: *Madhumeha, Krishata, Shatavari, Type 2 Diabetes Mellitus, Asparagus racemosus Linn.*

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INTRODUCTION

Madhumeha is considered as one of the *mahagadas* in Ayurveda⁽¹⁾. As *madhumeha* is classified under *vatic* type of *prameha*⁽²⁾. All types of *prameha* ultimately turn into *madhumeha* if neglected. *Acharya Charak* described the management of *madhumeha* considering constitution and strength of the patient. There are two types of *madhumehi* *Sthula* and *Krishna*⁽³⁾. The main cardinal features of this disease are *pipasha*, *prabhutaabilmutrata*⁽⁴⁾ (passage of excessive turbid urine), *karapadadaha* (burning sensation of palm and sole)⁽⁵⁾. These Sign and Symptoms can be correlated with Diabetes Mellitus Which is defined as a chronic metabolic disorder due to either insulin deficiency or due to peripheral tissue resistance to the action of the insulin or both. The classical symptoms are same like Ayurveda like polyuria, polydipsia, polyphagia, nocturia and rapid weight loss and many of who are asymptomatic are having nonspecific complaints such as chronic fatigue and malaise⁽⁶⁾. In this disease the management should be particular as includes dietary modifications, life style modifications along with anti diabetic drug. The treatment of *sthulapramehi* is comparatively easier than *krishapramehi* as because incase of *sthulapramehi* the main *dosha* (*kapha*) and *dusya* (*meda*) are *tulyaguna* (similar) in nature, that's why it has been said that

kaphajaprameha is *sadhya* in nature⁽⁷⁾. In case of *krishaprameha* the aggravated *dosha* is *vata* and the treatment is *viruddhaupakrama* in nature means if *medanashak* drug is given that will increase *vata dosha* more leading to more *krishata*, *dhatukshaya* and *valahani*⁽⁸⁾. Hence in this present study *Shatavari* is selected as because inspite of having *madhura* and *tikta rasa* it has *brimhaneeya* property which is found to be effective in *krishamadhumehi*.

AIMS & OBJECTIVE

To evaluate the efficacy of *Shatavari mula churna* in *krishamadhumehi*.

CASE HISTORY

A 55 years female patient came in the OPD of Gaur Brahman Ayurvedic College with the chief complaint of burning sensation of palm and sole, general weakness, fatigue along with gradual weight loss since 6 months and having the history of diabetes since 5 years.

Past History – Nothing Significant

Family History – patient's brother is also suffering from Diabetes mellitus.

Personal History :

Appetite – Good

Sleep- Disturbed

Bowel- Regular

Bladder- Nocturia present, 2 to 3 times at night

Menstrual History – Menopause 2 years back

General Examination :

Build – Medium , Height- 5ft 3 inches
Nutrition – Reduced, Weight- 42 kgs. BMI –Wt
in kgs/(Ht in meters)²=42/2.56=16.40 kg/m²
Pallor/Jaundice/Cyanosis/Pigmentation/Oede
ma- Normal
Pulse- 84/min, Regular
BP- 110/70 mmof Hg
Tongue – Clear

Systemic Examination :

CNS/CVS/Respiratory System/G.I System – No
abnormality detected

DashaVidhaPariksha

Prakriti- Vata, Pitta

Vikriti- Vata

Sara- madhyam

Samhanan- Abar

Satmya- Madhyam

Sattwa- Madhyam

Praman – Madhyam

Ahara Shakti- Madhyam

Vyayama Shakti- Abar

Vaya- Madhyam

Investigations- FBS, PPBS,Urine Sugar

Probable Diagnosis- *Krishamadhumehi*

Treatment Plan :

Shatavari mula churna was given at the dose
of 6 gm twice daily with luke warm milk for
consecutive 2 months.

Pathya(Wholesome diet and Regimen)

Fruits- Guava, pomegranate, Indian
gooseberry, orange, mausambi, lemon,
cucumber

Vegetable- Fenugreek, coriander, cabbage,
cauliflower, carrot, peas, drum sticks, beans,
bottle gourd, bitter gourd

Pulses- Bengal gram, green gram, lentil, red
gram, horse gram

Regimen- Exercise

Apathya (Unwholesome diet and regimen)

Fruits – Apple ,Mango, Cherry, Jackfruit

Vegetables – Brinjal, pamkin, mustard leaves

Pulses – Black gram

Regimen – Sedentary lifestyle

Result :

Improvement of subjective sign and
symptoms are as follows:

Table No.1 showing the Assessment criteria

Sl. No.	Criteria	BT on 18/11/16	Review after one month on 17/12/16	Review after 2 months on 15/1/17
1.	General weakness	Present	Mild relief	Moderate relief
2.	Burning sensation of palm and sole	Present	Moderate relief	Absent

3.	Nocturia	2-3 times	1 time	1 time
4.	B.M.I	16.40	16.79	16.94

Table No. 2 showing Investigation details of the Patient

Investigations	BT on 18/11/16	Review after one month on 17/12/16	Review after 2 months on 15/1/17
FBS	170 mg/dl	155 mg/dl	142 mg/dl
PPBS	210 mg/dl	180 mg/dl	168 mg/dl
Urine Sugar	+	+	-

DISCUSSION:

On the basis of the management *Charak* has classified *madhumeha* into two types, *sthulapramehi* and *krishapramehi*. In *krisha* (lean and thin) and *durbal*(weak) *madhumehi* *brimhan chikitsa* is advised. Hence *Shatavari* is selected for this study. It possess *madhura&tiktarasa* , due to *tikta rasa* it helps to reduce the blood sugar level. It has *guru*, *snigdha*guna with *rasayan prabhav* by these qualities it helps to increase body weight. As the *virya*of *shatavari* is *sheeta* and *vipakais madhurait* pacifies pitta, so it is capable to reduce burning sensation of palm and sole. In experimental study it is observed that, ethanolic root extract of *Asperagus racemosus* (EEAR) is effective in alloxen (ALX) induced diabetic rats. Diabetes was confirmed after 5 days of single intraperitoneal injection of ALX (150 mg/kg) in albino Wister rats, blood was withdrawn for glucose on 7th day. On 15thday

,over night fasted rats were sacrificed and blood was collected for determination of glycoselated haemoglobin (HBA1C) . EEAR at doses of 200 mg/kg showed significant reduction in blood glucose in compare to diabetic compare group. Based on the experimental results it is concluded that EEAR possess antidiabetic activity⁽⁹⁾. So this experimental study prove the result this case study also.

CONCLUSION :

Shatavari has showed significant improvement in the symptoms along with BMI and good control of blood sugar level also. Further study should be carried out in large sample to establish the efficacy of the said therapy.

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