

Case Study on Management of Madhumeha by I-Coffee

Dr. Seema Narayan Paikrao

Kayachikitsa Department, Ashvin Rural Ayurved College & Hospital, Manchi Hill, India

ABSTRACT

Diabetes mellitus is becoming fastest considerable disease in the world. It is a metabolic disorder may result in deficiency or dysfunction of the insulin production. The preventive measures in Ayurveda can prevent the disease. The main causative factor is said to be sedentary lifestyle and food habits in Ayurveda it is described in Prameha, which can be managed conservatively with exercise, diet and internal medications.

Considering all the factors, the present study was undertaken to evaluate the efficacy of I-Coffee in the management of Madhumeha. One diagnosed case of Madhumeha was taken from the OPD of Ashvin Rural Ayurved Hospital, Manchi Hill, Sangamner. Patient was guided to take a routine of prescribed I-Coffee for 28 days, twice, with normal routine activities.

Key words: Madhumeha, Diabetes Mellitus, I-Coffee.

INTRODUCTION

Madhumeha is considered as one of the ashtamaha gadas in ayurveda. As Madhumeha is classified under the Vatika type of Prameha, Purvaroop of Prameha can be taken as Purvaroop of Madhumeha. If all the Pramehas are neglected then it results in to Madhumeha. This may be the reason for not mentioning the specific poorvaroop by our Acharyas for Madhumeha. In the context of Prameha, the presence or absence of Poorvaroop Lakshanas helps us to differentiate it from Raktapitta and Roopa of a disease will be produced in the fifth stage of samprapthi i.e. Vyaktavasta. In this stage doshadoosha sammurchana will be capable to produce its lakshana. The lakshanas of the disease are of prabhoothamutra, karapada daha, avila mutrata & kshudaathi pravrthi.

The above ayurvedic co-relation of symptoms can be co-related to diabetes mellitus in modern and this is a clinical syndrome characterized by hyperglycemia cause by absolute or relative deficiency of insulin. The classical symptoms are of same like in ayurveda like thirst polyuria, nocturia and rapid weight loss and many of who are asymptomatic are having non-specific complaints such as chronic fatigue and malaise.

In this disease the management should be very particular because that management should include dietary modification, life style modification should be must and should and anti diabetic drugs should be given. In management choose a formulated proprietary ayurvedic anti diabetic coffee i.e. I-Coffee, which contains Eknayakam, Kapikacchu and Coffee. Ekanayakam is having properties like Katu, Tikta Rasa, Ushna Virya, Tikta vipaka. Kapikacchu is having Madhur, Tikta Rasa, Ushna Virya, Madhur Vipaka.

AIM AND OBJECTIVES

To evaluate the efficacy of I-Coffee in the management of Madhumeha.

MATERIAL AND METHODOLOGY

Place of Study- Ashvin Rural Ayurveda Hospital, Kayachikitsa OPD

Name of Patient- xxxx

Reg no- OPD no- 08994

Date of 1st visit- 3 April 2017

Age- 55yrs, Gender- Male, Weight-75kg, Height-5.10inches, BMI- 34.2

CHIEF COMPLAINTS-

Patient came with complaints of Karapada Daha(burning sensation in both the palms & soles) since 6months and Dourbalya(general weakness)

Past History-

H/O DM since 5years
No H/O Hypertension/Thyroid dysfunction or any other major medical or Surgical History.

Family History:

No History of similar illness in any of the family members.

General Examination:

- Built- Moderate
- Height- 5'10''
- Weight- 75 kg
- Nourishment-Moderate to Good
- Pulse-78/min
- BP-120/80 mm of Hg
- Temp-98.4 F
- Respiration rate-16/min
- Tongue- Clear
- Pallor/Icterus/Cyanosis/Clubbing/Edema /Lymphadenopathy-Absent

Systemic Examination

- CNS-Well oriented, conscious
- CVS- S1 S2 Normal
- RS- Normal, Vesicular Breathing, No added sounds
- P/A- soft, no tenderness, no organomegaly

Asthtavidha Pariksha

- Nadi-72/min
- Mutra-8-10times a day
- Mala-once/day
- Jihwa –Alipta
- Shabda-Prakruta
- Sparsha-Anushana sheeta
- Druk-prakrut
- Akriti-Madhyama

Dashvidha Pariksha

- Prakriti- Vata-kaphaja
- Vikriti- Kapha
- Saara- Madhyama
- Samhanana- Avara
- Satmaya- Madhyama
- Satva- Madhyama

- Pramana- Madhyama
- Ahara shakti- Abhyaharana Shakti- Madhyama, Jarana shakti-Madhyama
- Vyayama shakti- Madhyama
- Vaya- Madhyama

Observation:

After completion of 28th day. All symptoms get relieved. And investigation shows normal blood sugar. Previously Blood sugar level was F-149mg/dl, PP-186mg/dl and after management of I-Coffee it comes to F-104mg/dl, PP-135 mg/dl.

RESULT

Improvement in subjective symptoms and signs as following,
Complete relief from Karapada daha
Marked relief from Prabhutamutrata

CONCLUSION

According to recent searches coffee having high rich antioxidant and it reduced risk of diabetes. Acc. to WHO caffeine which is active component of coffee stimulates Pancreatic Beta cells to secrete insulin. Ekanayakam posses Tikta, Katu Rasa, KatuVipaka and Ushna Virya. It has Anti-Diabetic properties which reduce the Blood Sugar level and improve Insulin sensitivity. UshnaVirya which is mainly act as Vatahara. Kapikacchu is posses Madhur, Tikta Rasa, Guru, Snigdha Guna, Madhur Vipaka, Ushna Virya which helps to reduce Kapha and Vata. The Specially prepared Ayurvedic formulation of Coffee relieved the accumulated Kapha, Guruta and Snigdhatata channelized the Vayu properly with enhancement of Agni Dhatu, Bala and therefore significant results were obtained, relieved most of the cardinal symptoms as well as improved the Bio-Chemical Parameters.

REFERENCES

- Charaka Samhita by Ravidatta Tripathi, Published by Chaukhambha Prakashan, Varanasi 2015,Nidana sthana 4/8, 44, P-502, 508.

- Charaka Samhita by Ravidatta Tripathi, Published by Chaukhambha Prakashan, Varanasi 2015, Chikitsa sthana 6/11, P-170.
- API textbook of Medicine, Published by Jaypee Publication, 9th edition, 2012, Pg no.320.
- I-Coffee, M/s olive lifescience pvt. ltd, formulated and developed by Bio-Active Japan corporation, US patented drug.

How to cite this article: Paikrao SN. Case study on management of Madhumeha by I-coffee. International Journal of Science & Healthcare Research. 2017; 2(3): 26-28.

