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A CLINICAL STUDY ON THE ROLE OF GUDMAR GOMUTRA ARK IN THE MANAGEMENT OF PRAMEHA ROGA OR DIABETES

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A clinical study is conducted on 5 cases presented with classical features of Prameha Roga or Diabetes Type I & II to evaluate the effect of Gudmar Gomutra Ark. The results are highly encouraging. The present study also includes a clinical observation on the role of different contributory factors attributed the causation of the condition and clinical conditions considered for the differential diagnosis of Prameha Roga or Diabetes Type I & II found in classical texts.

Introduction

Prameha – a condition with Diabetes syndromes and its associated disorders means profuse urination, indicating a dysfunction in mutra vaha srotas or the urinary system & ambu vaha srotas or the water carrying channels. As per Ayurveda Prameha is not one disease but a multifaceted syndrome with various, complex disorders. Prameha describes a syndrome of varied symptoms and complications related to or causing diabetes. It includes the prodromal symptoms and disease conditions of diabetes mellitus type one and two and diabetes insipidus. Diabetes is a condition where the amount of glucose in blood is too high because the body cannot use it properly.

Need for Alternative therapies

Treatments available at present for Diabetes are not of Curing nature but rather of controlling. It involves the intake of insulin and non insulin medicines. Longer use of such medicines is found to damage the overall metabolism of body leading to kidney diseases. It is imperative to explore newer, efficacious drugs/procedures to tackle such disease entities. The present study was aimed to establish clinically the effect of internal medication involving Gomutra Ark in the management of Diabetes.

Historical Account

Diabetes was one of the first diseases described with an Egyptian manuscript from 1500 BCE mentioning "too great emptying of the urine". The first described cases are believed to be of type 1 diabetes. Indian physicians around the same time identified the disease and classified it as *madhumeha* or "honey urine", noting the urine would attract ants. The term "diabetes" or "to pass through" was first used in 230 BCE by the Greek Apollonius of Memphis.

Definition: Modern Concept

Modern definition of diabetes differentiates two main types, mellitus and insipidus.

Diabetes insipidus is an imbalance of the diuretic hormone vasopressin. It is rare and occurs mostly in young people. People with diabetes insipidus have normal blood glucose levels; however, their kidneys cannot balance fluid in the body. As a result, a person with diabetes insipidus may feel the need to drink large amounts of liquids.

Diabetes mellitus is a metabolic disorder characterized by increased blood sugar and passing of sugar in urine. It is further divided into 2 types. Type 1 diabetes which is insulin dependent & Type 2 diabetes, which is non insulin dependent. In type 1 the cells of islets of Langerhans in the pancreas are unable to produce enough insulin and person usually requires external source of insulin. In type 2 the functions of the pancreas are affected by fat clogging the cell membranes. These pancreatic cells then become resistant to insulin resulting in the body not being able to process sugar.

Ayurvedic Concept

There are 20 types of Prameha identified by Ayurveda, which correspond to various signs and symptoms found in diabetes syndrome. Ayurveda classifies Prameha according to the primary dosha involved.

- Kapha Prameha – 10 Types; relatively easy to cure; non insulin dependent
- Pitta Prameha – 6 types; difficult to cure; may be insulin dependent
- Vata Prameha – 4 types incurable or very difficult to treat; insulin dependent.

Signs & Symptoms

Prodromal or Purva Rupa

- Excess tartar on teeth
- Burning hands and feet
- Excess thirst
- Frequent, excess urination
- Nocturnal urination
- Goosebumps during and after passing the last drops of urine
- Sweet, sticky saliva
- Acetone- like smell to breath
- Sticky sweat and increased nasal crust, ear wax etc.

Cardinal or Rupa

- Polyuria- excessive urination
- Low specific gravity of the urine
- Polydipsia- excessive thirst
- Fatigue
- Disturbed water electrolyte balance
- Potassium depletion which leads to Kidney malfunction

Materials and Methods

- Type of study: Single Blind
- Level of Study: OPD

5 patients presenting with increased blood sugar levels were randomly selected for the study.

Treatments and dose schedule

Gudmar Gomutra Ark was prescribed with dosage of 5 to 10 ml as per the dosha imbalance of the patient before meals with hot water. All the patients were advised to follow Pathya & Apathya schedule.

Apathya: Foods to be avoided

- × **Refined Oil**-sunflower oil, groundnut oil, soya etc.
- × **Wheat**, Tuwar dal, **Polished rice(white)**
- × **All Gluten contained food items**

- × **Refined salt**, Sugar
- × Sabudana
- × Potato, Cabbage, Brinjal, Cluster Beans, onion, garlic, etc.
- × **Non Veg food**, Egg, Fish, Mushroom etc
- × No Alcohol, beer, wine, , Cigarette, Bidi, Guthaka, Tobacco
- × No Cold drinks, Coffee/Tea, Fridge items, Cold Water, Hotel food
- × **No Maida, Bakery items** (Pizza, bread, pasta, cakes, biscuits), pasta, noodles, packet
- × No Apples, No big banana, No foreign fruits
- × **Jersey cow milk**, packet milk, buffalo milk, all kinds of market ghee n Butter

Pathya: Foods to be consumed

- ✓ All Gluten free Food items
- ✓ Jowar roti, Ragi Roti Bajri, Millets, Green moong daal with covering.
- ✓ Sendava namak, sea rock salt
- ✓ Ghani oil(Groundnut, till, mustard, coconut)
- ✓ Organic jaggery, Raw sugar
- ✓ Fresh organic green leafy vegetables
- ✓ Unpolished rice
- ✓ Desi cow A2 milk, butter milk, butter
- ✓ Hand churned ghee from desi cow's milk
- ✓ Arjun tea
- ✓ Hot water
- ✓ Boiled sprouts
- ✓ Fruits harvested in local climate.

Observations

Observations made are mentioned as below in chart.

Sr No	Name	Age	Sex	Type of Diabetes as per Modern Diagnosis	Type of Diabetes/Prameha as per Ayurvedic Perspective	Blood sugar levels				Treatment duration	Current Status as on 10th September
						Fasting		Postmeal			
						Before Treatment	After Treatment	Before Treatment	After Treatment		
1	Patient 1	54	Male	Type 2 Non Insulin	Pitta Prameha	137	69	221	96	6 months	Patient does not have any Frequent urination after treatment. He doesn't take any allopathic tablets.
2	Patient 2	43	Female	Type 2 Non Insulin	Kafa Prameha	186	106	219	167	2 months	Patient does not show any diabetic symptoms. continues with reduced dosage of Allopathic tablets.
3	Patient 3	64	Male	Type 2 Non Insulin	Kafa Prameha	100	75	196	133	3 months	Patient does not have any problem and does not take any allopathic tablets now
4	Patient 4	58	Female	Type 2 Non Insulin	Pitta Prameha	162	113	257	161	2 months	Patient does not show any diabetic symptoms. continues with reduced dosage of Allopathic tablets
5	Patient 5	59	Female	Type 1 insulin dependant	Vata Prameha	172	135	222	192	2 months	Patient was taking 20 units of insulin. After the treatment, patient has reduced 5 units of insulin.

Conclusion

Diabetes has become the challenging problem for present day physicians. 63 million people from India and 422 million people around the globe are suffering with this.

Results obtained with this study even though with less number of patents, are highly encouraging. And Gudmar Gomutra Ark represents a true alternative method in management of diabetes without any side effects. Still, only long term studies with more number of cases in greater detail will provide a further insight into the subject.