

**Efficacy of *Mustadi Yapana Basti* in Diabetic neuropathy –A case study****Tiwari Swati*¹, Singh Shipra², Gupta Sanjay³**

1. P. G. Scholar,
2. P. G. Scholar, rajshipra90@gmail.com , 8979841730
3. Assistant Professor, ayursanjay44@gmail.com , 9411754007

Dept. of Panchakarma, Rishikul Campus (Haridwar), U.A.U.

Corresponding Author: Email - dr.swatitiwari91@gmail.com ; Mob. - 8057561763*Abstract -**

Diabetic Mellitus (DM) is a silent killer, which is spreading as an epidemic all over the world. Peripheral neuropathy is nerve damage caused by chronically high blood sugar and diabetes. It is the most common complication of diabetes. Incidences of diabetic neuropathy are more common in patients with poor diabetes control, overweight, have higher levels of blood fat and blood pressure, and are over the age of 40. In this study, patient's main complaint was numbness and burning pain in bilateral lower limbs especially in sole. Patient was diagnosed as a case of Diabetic neuropathy (DN) in which according to Ayurvedic principles, there is involvement of *Vata* and *Pitta dosha*. Ayurvedic treatment for diabetic neuropathy is one of the most underrated yet powerful treatments because in modern science there is no any proper medicine invented for DN. Ayurveda is beneficial in managing symptoms of diabetic neuropathy without side effects. *Panchakarma* therapies like *Virechana* (therapeutic purgation), *Basti* (therapeutic enema) etc. can be found effective in this

disease as according to Ayurveda, there is vitiation of *vata* and *pitta doshas* as *Basti* for *vata dosha* as well *tridosha* according to Acharya Sushruta. So in this study, *Mustadi yapana basti* has been taken as the primary treatment. This case shows the efficacy of Panchakarma specially *Mustadi yapana Basti* in DN with good follow up results and without any adverse effects. Thus we can say that, *Mustadi yapana basti* can be used as effective management in case of DN.

Keywords: Diabetes Mellitus, Peripheral neuropathy, Diabetic neuropathy, *Virechana, Basti*

INTRODUCTION:

Neuropathy (or diffuse neuropathy) is a nerve disorder which may be categorized as sensory neuropathy, motor neuropathy or autonomic neuropathy. Neuropathy can be caused by both type 1 and type 2 diabetes. Peripheral neuropathy, the most common type of diabetic neuropathy, causes numbness, loss of sensation, and sometimes pain in the toes, feet, legs, hands, and arms¹.

Managing your diabetes, your blood glucose levels are the only treatment in other medicine system which provides only symptomatic relief. DN can be considered as the complications of chronic uncontrolled Diabetes Mellitus. In Ayurvedic texts, *Basti* has its own special importance in the management and cure of various disorders specially *Yapana basti* promotes the longevity of life² so here, *Mustadi yapana basti*³ has been taken on the basis of its effects on Diabetes mellitus and its complications.. Here a male patient with DN not responding to allopathic medicines is planned for treatment module of *Mustadi yapana Basti* which resulted in wonderful response.

CASE REPORT

A male patient of age 65 years from Haridwar visited O.P.D. of Rishikul Campus, Haridwar.

Chief complaints:

Numbness and burning pain in bilateral lower limbs especially in B/L soles – 2years.

H/O present illness: Patient was a known case of Diabetes Mellitus Type 2 since 10 years. Then he gradually developed numbness along with burning pain in bilateral lower limbs especially in soles since 2 years which was worsening with time. He took various Allopathic treatments but did not get any relief.

Past history:

DM Type 2 since 10 years.

Family history:

Not significant

Treatment history:

Patient has a history of Allopathic medicines but had no relief.

Personal History

- G.C – Poor
- Appetite – Decreased
- Diet -Vegetarian
- Urine - Increased frequency and amount
- Bowel – Constipated
- Thirst - Excessive
- Sleep - disturbed due to burning

ON EXAMINATION

General Examination

- Pulse Rate- 72/min,
- B.P. - 130/84mmHg
- Pallor- P⁺
- Tongue- Coated
- Icterus - Not present
- Lymph nodes - Not enlarged
- Cyanosis - Not present
- Oedema- Not present
- JVP – Not raised
- Height - 5'8"
- Weight – 70 kg

CLINICAL FINDINGS:

- **Blood sugar:** F – 150 mg/dl and PP – 230 mg/dl
- **HbA1C** – 8.4 %

ASSESSMENT CRITERIA:



TABLE 1. CRITERIA OF ASSESSMENT FOR DN⁴ –

Symptoms	Grading
Numbness	
No numbness	00
Numbness only in feet	01
Numbness in whole lower limbs	02
Numbness on other parts of body	03
2.Tingling sensation	
No tingling sensation	00
Tingling sensation only on feet	01
Numbness in whole lower limbs	02
Numbness on other parts of body along with lower limbs	03
3.Burning sensation	
Burning sensation	00
Burning sensation only in foot soles	01
Burning sensation in whole lower limbs	02
Burning sensation in all over the body	03
4.Pain	
No pain	00
Only in feet	01
Pain in legs	02
Pain in legs with difficulty in walking	03

TABLE 2: OBSERVATIONS BEFORE TREATMENT

S.NO.	Symptoms	Before Treatment
1	Numbness	02
2	Tingling sensation	01
3	Burning sensation	02
4	Pain	02

THERAPEUTIC INTERVENTION:

The patient is planned for *Mustadi yapana basti* (therapeutic enema) in 2 sittings.

Step 1 - *Mustadi yapana basti* for 15 days in form of *Kala basti*.

Contents and preparation of mustadi yapana basti⁵:

Drugs used in *Mustadi yapana basti* as *kwatha dravya* are : Ushira(Vetiveria zizanioidis), Bala (Sida cordifolia) , Aragvadha (Cassia fistula), Rasana(Pluchea lanceolata), Bibhitaka(Terminalia bellirica), Katurohini (Picrorhiza kurroa), Trayamana (Jentiana kuroo), Punarnava (Boerhavia diffusa), Manjistha(Rubia cordifolia), Gudhuchi (Tinosphora cordifolia), Shaliparni(Desmodium Gangenticum), Prushnaparni (Uraria picta) , Gokshur (Tribulus terrestris), Kantakari (Solanum xanthocarpum) , Bruhati(Solanum indicum) and Madanphala.(Randia spinosa).

Kalka dravya used are : Shatpushapa (Foenicu,um vulgare) , Madhuyasti (Glycyrrhiza glabra linn.), Kutaja (Holarrhena antidysentrica linn), Rasan-jana (Berberis ariststa), Saindhava and Priyangu (Prunus mahaleb) with milk, Madhu (Honey), Ghee and Mansarasa.

Kwatha drugs used are Musta (Cyperus rotundus).

Preparation of *Basti*:

Yava churna of all *kwatha dravya* mention above are taken with crushed powder of *madanphala* and then water added to it. By giving heat to the above liquid decoction is prepared adding the milk the decoction is further heated till the watery contains was evaporated and still milk is left alone. Then by using classical method of preparation of *basti*, *Makshika*(honey), *saindhava lavana*, *sneha*, *kalka* and

*kwatha*⁵ are mixed. All Ayurvedic principles were kept in mind while preparing *Basti*.

Basti was given with the prior application of local *abhyanga* (massage) with *Ksheerbala tail* and Mild local *swedana* (local sudation).

Step 2 - Gap of 15 days.

Step 3 - 2nd sitting of *Mustadi yapana basti* for 15 days

Step 4 - Gap of 15 days.

Table 3: OBSERVATIONS

S. NO.	Symptoms	Before Treatment	After treatment	Follow up	% relief
1	Numbness	02	01	00	100%
2	Tingling sensation	01	00	00	100%
3	Burning sensation	02	01	01	50%
4	Pain	02	01	00	100%

Follow up: Patient was followed for the period of two months after the intervention of panchakarma therapy.

RESULTS

Besides the above mentioned percentage improvement, the other features as disturbed sleep, decreased appetite etc. were also improved. The bowel habit is changed from constipated to complete evacuation daily. The total G.C.become fairer than previous one. Excessive micturition and excessive thirst becomes normal as blood sugar level becomes normal. There were no any adverse effects of the given treatment found in the patient.

DISCUSSION:

Action of *Abhyanga* and *Sveda*

Skin is considered as the main abode of *Vata* along with *Pakvashaya*. As *Abhyanga* and *Sveda* involve cutaneous manipulation, it is considered as one of the prime procedures for mitigating *Vata*. Massage causes movement of the muscles thereby accelerating the blood supply. Skin is an organ with rich sensory nerve endings, which on stimulation gives abundant sensory inputs to the cortical and other centers in CNS. This fact was exploited since thousands of years for stimulation of higher centers of central nervous system, which is evident when it

is referred that *Snehana* and *Svedana* are the prime mode of treatment in treating neurological conditions⁶. *Ksheerbala* tail is used in *Abhyanga* because it primarily reduces the aggravation of *Vata Dosha* and pacifies associated *Pitta Dosha* which is the main cause behind DN⁷.

Effect of *Mustadi yapana basti*

Basti is considered to be the best treatment to normalize the *Vata Dosha*⁸ which is mainly involved in this condition. Moreover, the *Yapana Basti* are having *Rasayana* effect and can be administered for longer duration without any adverse effects. The ingredient drugs of *Mustadi yapana basti* have predominant *Vatahara* and *Rasayana* properties. Hence it is being a type of *Niruha Basti*, does the *Shodhana* as well as it gives strength to the patient.⁹. The drugs used in the *Mustadi yapana basti* might be able to break the pathophysiology of DM. *Laghu*, *Ruksha guna* and *ushna virya* of *Mustadi yapana basti* might be able to break the *avarodha* of *meda kleda*, as it is given in form of *basti* it will also normalise the *vyana vayu*. The above properties of *basti* are suited for the condition of *dosha dushya* of the disease. *Prameha* is mainly the disorder of *kapha dosha* (*Bahu drava shleshma*) and in *Samhita*, it is stated that *Santarpana* treatment is the first line of treatment in patients of *prameha* and *Mustadi yapana basti* is mainly *Santarpanjanya basti*. Also the *tikta rasa* of the *basti* is *Kaphahara* while the milk and meat soup used in the *basti* helps in maintaining *Bala* of the patients. As *Mustadi yapana basti* is prepared from the milk which is having the properties like *snigdha*, *balya*, *rasayana*, *sheet veerya* reduces *vata* and nourishes

the pancreas which helps the organ to function well¹⁰.

CONCLUSION:

Mustadi yapana basti due to its *tikta rasa*, *katu vipaka*, *ushna veerya* and *tridoshaghna* may be helpful in reducing the sign and symptoms of the DM and its complications by improving the functions of liver, kidney, urinary bladder and by correcting the *avarodha* formed by *meda* and *kleda* as this *basti* is *kaphashamak* and also *balya* for *mootravaha strotas* which can give symptomatic relief in DM¹¹. The result shows that the Ayurvedic treatment modalities were found quite effective and reliable for the treatment of DN which can be well correlated to *Upadravas* of *Madhumeha*. However, further work should be done on large samples to draw the final conclusion.

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