

A CASE STUDY: EFFECT OF BOUGAINVILLEA (BOUGAINVILLEA GLABRA) AND SHARIFA (ANNONA SQUAMOSA) PATRA GHAN VATI IN THE MANAGEMENT OF MADHUMEHA**Dr. Sakshi Negi*¹, Prof. Dr. O. P. Singh² and Dr. Shweta Shukla³**¹M.D. Scholar, Department of Kayachikitsa, Rishikul campus, Uttarakhand Ayurved University, Haridwar.²H.O.D. and Professor, Department of Kayachikitsa, Rishikul campus, Uttarakhand Ayurved University, Haridwar.³Assistant Professor, Department of Kayachikitsa, Rishikul campus, Uttarakhand Ayurved University, Haridwar.***Corresponding Author: Dr. Sakshi Negi**

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ABSTRACT

Madhumeha (Diabetes Mellitus) is an ignited issue of present era has attracted the interest of researchers. To control blood glucose, alternative vision and treatment strategies are needed. As we all know Madhumeha is a disease in which etiology, sign and symptoms coincide with current ideas of Diabetes Mellitus. There is a large no of medicinal plant who play an important role in management of Madhumeha, during past few years many bioactive drugs have been isolated from plants like Bougainvillea (Bougainvillea glabra), Sharifa (Annona Squamosa) etc. Considering all the factors, the present study was undertaken to understand the role of Bougainvillea- Sharifa Patra Ghan Vati in the management of Madhumeha, one diagnosed case of Madhumeha was taken from the OPD of P.G. Department of kayachikitsa, Rishikul Ayurvedic College Haridwar.

KEYWORDS: Madhumeha, Diabetes Mellitus, Bougainvillea, Sharifa.**INTRODUCTION**

Madhumeha is one amongst the type of Vataja Prameha as described in Ayurvedic literature.^[1] it is a metabolic disorder reflecting in abnormality of urine, this is similar to Diabetes Mellitus. According to Ayurveda Such person passes turbid urine in large quantities,^[2] In modern Diabetes Mellitus is one of most common endocrine disorders, it is a disorder of metabolism of carbohydrate, protein and fat due to absolute or relative deficiency of insulin secretion and with varying degrees of insulin resistance.^[3]

The aim of this case study was to understand the role of Bougainvillea-Sharifa Patra Ghan Vati in Madhumeha. Personal clinical experiences and various research article and modern text were studied thoroughly and analyzed for proper understanding of the role of Bougainvillea-Sharifa in Madhumeha, Bougainvillea-Sharifa have not been described in the Ayurveda for their Pramehaghna properties, but in folk medicine both of these have been extensively used for diabetes for decade together.

MATERIALS AND METHODS**CASE REPORT**

A 45 year old female patient with Registration no. K791/5150 came to OPD no.1 of P.G. Department of

Kayachikitsa, Rishikul Campus, Uttarakhand Ayurved University, Haridwar.

Chief Complaints

Patient came with following complaint- Excessive hunger (Ati Kshudha) since last 4 month Excessive urination (Prabhut Mutrata) since last 3 month Both Palms & Soles burning sensation (Karapada Daha) since last 4 month Lethargicness (Sithilangata) since last 4 month

History of Past Illness

No previous H/O any other severe illnesses.

Treatment History

No previous H/O any treatment

Surgical History: no H/O any surgery.

Family Histosry: all family members are healthy and No H/O any other severe illnesses.

General Examination

General condition- Average

B. P.- 120/70 mm/Hg.

Pulse – 90 / min

Height- 5' 1''

Weight- 65 kg

Temp.- 98.4 F
 Respiratory rate-16/ min
 Tongue- clear
 Pallor/ Icterus / Clubbing / Edema / Lymphadenopathy –
 Absent

Asthavidha Pariksha

Nadi (Pulse) = Vaatpittaja
 Mala (Stool) = Saam
 Mutra (Urine) = Bahumutrata
 Jihva (Tounge) = Saam
 Shabda (Speech) = Samanya.
 Sparsha- Anushana Sheet
 Druka (Eyes) = Panduta
 Akrti = Madhyama.

Diagnosis

Diagnosis made on the basis of Ayurvedic and modern text, As per Ayurvedic text symptoms of Madhumeha, Prabhut Avil Mutrata,^[4] Karapada Daha & Sithilangata,^[5] and As per modern text symptoms of

Diabetes mellitus are Polyphagia, Polyurea and Increased blood sugar level,^[6]

Treatment

On the basis of symptoms, Bougainvillea-Sharifa Patra Ghan Vati was used as a drug of present case. The dose was decided as 500 mg B.D. with luke warm water for 90 days before meal, this treatment was single blind and the assessment of the patient was done at the interval of 30 days.

OBSERVATION AND RESULT

The follow up was made on the 30th day, 60th day, 90th day. After completion of 90th day all symptoms got relieved and blood sugar level was decreased and during this period patient did not developed any other complaint. The subjective and objective assessment was done on the basis of classical symptoms of the Madhumeha and Diabetes mellitus. After treatment, the patient got significant relief in these symptoms.

Table 1: Biochemical data of the Patient.

Parameters	BT	1 st follow Up (30 th day)	2 nd follow Up (60 th day)	3 rd follow Up (90 th day)
Blood sugar fasting	140.80 mgs%	105 mgs%	126 mgs%	103 mgs%
Blood sugar PP	215.70 mgs%	165 mgs%	154 mgs%	144 mgs%

Table 2: Progress of Patient in Three Follow Up Visits.

Symptoms	BT	1 st follow Up (30 th day)	2 nd follow Up (60 th day)	3 rd follow Up (90 th day)
Ati Kshudha	3	2	1	0
Prabhut Mutrata	3	2	2	1
Karapada Daha	3	2	0	0
Sithilangata	2	1	1	1

The above systems were graded as - None-0, Mild-1, Moderate-2, Severe-3.

DISCUSSION

Madhumeha (diabetes mellitus) in India is a major health problem, especially in urban areas. Though there are various approaches to reduce the ill effect of diabetes and secondary

complications, herbal formulations are preferred due to lesser side effect, Bougainvillea and Sharifa shows anti diabetic properties such as Sharifa (*Annona Squamosa*) is useful for controlling blood glucose levels and improving plasma insulin and lipid metabolism^[7] and in Ayurveda it shows properties like Balya, Vaatpitta Shamak, Vrihana^[8] and Bougainvillea having Properties like hypoglycemic, antioxidant and clinical and experimental studies on Antidiabetic property of bougainvillea glabra have widely published with authenticated data^[9] Hence the plant was randomly chosen.

CONCLUSION

Improvement in subjective and objective parameter as following, complete relief in burning sensation in b/l palms & sole (Karapada Daha), complete result in excessive hunger (Ati Kshudha), marked relief in excessive urination (Prabhut Mutrata) and marked relief in lethargicness (Sithilangata) and significant result in blood sugar level.

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