

**EFFECT OF DIACTRAL IN POST COVID 19 COMPLICATION W.S.R TO DIABETES-  
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Article Received on 24/03/2022

Article Revised on 14/04/2022

Article Accepted on 04/05/2022

**ABSTRACT**

We report a high-risk case of a coronavirus disease 19 (COVID-19)-positive patient with post covid complication like diabetes mellitus (DM), treated successfully using an integrative therapy plan based on Ayurveda, along with government-mandated compulsory modern western medicine (MWM) treatment. Recently, some evidence has been emerging on the use of Ayurveda for treatment of COVID-19. The classical texts of Ayurvedic medicine such as *Charaka Samhita* and *Sushruta Samhita* contain descriptions of pandemics of similar proportions and describe them as *Janapadoddhvansa*, meaning the destruction of communities, along with their causes and treatment.

**KEYWORDS:** covid, janapadaddha, diabetes mellitus.**INTRODUCTION**

COVID-19 is a highly infectious disease caused by the SARS-COV-2 that can may lead to severe post covid complication like Diabetes some patients.<sup>[1]</sup> Globally, researchers are working hard to discover effective antiviral agents, immunity modulators and vaccines, but an effective remedy is not yet in sight.<sup>[2]</sup> There is limited evidence for the efficacy of repurposed antiviral agents, antimalarials, steroids and plasma therapy in mitigating the severity of the disease or improving the clinical outcomes.<sup>[3]</sup> As the pandemic is escalating globally, the health care systems, even in developed nations are being overawed by increasing number of patients. While supportive hospitalized care for severe and critically ill patients can help in the recovery, increasing occupancy of beds makes it challenging for patients to get timely attention and care. Not to mention patients presenting with mild and moderate symptoms who are increasingly being isolated at home. In India, the spread of COVID-19 was comparatively slow; however, as the lockdown restrictions are being eased, the country is experiencing alarmingly high surge in COVID-19 cases.<sup>[4]</sup> In many cities, hospitals are already overburdened and unable to respond to the challenging situation. In this scenario, it is important that a country like India with a pluralistic health care system should harness the potential of traditional systems of medicine like Ayurveda to fill gaps and unmet needs of patients within the framework of an integrative approach. The focus of Ayurveda on

strengthening host factors in the management of increase sugar level in blood, especially offers much scope for repurposing classical Ayurvedic formulations for the management of post COVID-19 complication of diabetes. In this case report, we are reporting the outcomes of Ayurvedic intervention as supportive care of post COVID-19 complication of diabetes patient who required insulin support and hospitalisation. In the light of this case report, we are suggesting that Ayurvedic intervention may be considered in an integrative set up, as a first line option even in early stages. that are being evaluated on experimental basis for management of post COVID-19 diabetes.

Diabetes falls under the category of Prameha in ayurveda. Prameha is a collective term of 20 disorders in which the entire urinary system is involved, characterized by abnormal values of excessive urination.

The role of intermediate metabolites is crucial in Prameha's pathogenesis because it is an acquired disease due to incorrect metabolism if nutrients are present. Because of incompletely digested food, Ayurveda Ama refers to toxic digestion and metabolism intermediates.

The treatment of diabetes without adverse side effects remains a major challenge, and Ayurveda can play an important role in it. The far-reaching distinction in

Ayurveda's primary and secondary Dosha typing helps the person to fine-tune therapy.

**Toxicity study on Diactral** –Water Extract of Diactral powder does not any side effect on mice there no mortality was found on seventh days.

DIACTRAL – is ployherbal drug formulation, which content Azadirachta indica, Black pepper, caesalpinia crista, cuminum cyminum, curcuma longa, Emblica officinalis, Enicostemma littorale, Eugenia jambolina, holarrhena antidysentrica, melia azadirachta terminalia arjuna terminalia belerica terminalia chebula, nigella sativa, picrorhiza kurroa, withania somnifera as its main constituent.

#### AIM AND OBJECTIVE

TO Evaluate the efficacy of drug DIACTRAL on post covid complication Diabetes.

#### CASE REPORT

A 34 year old man was brought by his relatives to the OPD of Kayachikitsa in the month of march 2021 in a

**Table 1: General Examination.**

General Condition	Weak
Height	150cm
weight Respiratory	62kg
Skin	Normal
BP	120/70 mmHg
Pulse	79/min/regular
Temperature	36.3c
Tongue	not coated
Pallor/Icterus/Cyanosis/Clubbing/E dema /Lymphadenopathy	absent

CNS	well oriented person, conscious
CVS	duel sound (S1,S2) present
RS	B/L, symmetrical, Normal Vesicular Breathing heard, No added sounds heard
GUT	frequent urination,

#### The laboratory studies showed the following

CBC -hemoglobin 11.4 g/dl, leukocytes 6400/cu mm, neutrophils 68%, lymphocytes 26%, Eosinophils 01%, Monocytes 01%, ESR 96 mm/h.

R.B.S -324Mg/dl

HbA1c -10.4

Considering the history, clinical examination and investigations, following treatment was given

severe condition of increase of sugar after covid recovery. Clinical examination revealed he was suffering from last from 3 years but it was controlled by modern line of treatment tab glycifface sr 500 mg BD. before 24 days he was covid positive on modern line of treatment of covid protocol but after completing the treatment his sugar was uncontrolled after taking tab gluciphase sr 500mg B.D nad suger used to get aggravated very fast in a very short period in the of time. He was admitted in hospital for 3 days for treatment where he was treated human atrophied 6 unit at morning and 4 unit at night.

Apart from this she didn't suffer from other medical conditions like hypertension, Dyslipidemia, Asthma, Thyroid disorders ect. There was no any family history related to this condition

*prakṛti* (body constitution) - *pitta-kaphaja*.

*agni -bala* (Digestive power)

*Sharir bala* (physique) - *avara* (poor).

Cannot do mild exercise too 3

#### 2. Objective assessment

A) RBS

B) HBA1C

## II. MATERIAL AND METHODS

Parameter of Assessment

### 1. Subjective assessment

A) Body Weakness

Can do routine exercise/work 0

Can do moderate exercise with hesitancy 1

Can do mild exercise only, with difficulty 2

**Treatment Plan****Table 4: oral drugs and external treatments.**

Date/Day	Test/Result	Test/Result	Treatment
29.03.2020/ Day 1	R.B.S- 324Mg /dl	HbA1c- 10.4	diactral
30.03.2020/ Day 2	R.B.S- 320Mg /dl		
31.03.2020/ Day 3	R.B.S- 318Mg /dl		
01.04.2020/ Day 4	R.B.S- 318Mg /dl		
02.04.2020/ Day 5	R.B.S- 305Mg /dl		
03.04.2020/ Day 6	R.B.S- 280Mg /dl		
04.04.2020/ Day 7	R.B.S- 281Mg /dl	HbA1c- 8.24	
From 05.04.2020 to 12.04.2020: Days 8–15			
13.04.2020/Day 16	R.B.S- 180Mg /dl		
28.04.2020/Day 31	R.B.S- 174Mg /dl		
01.05.2020/Day 33	R.B.S- 160Mg /dl	HbA1c -6.30	

**Table 5: Subjective (Signs & Symptoms)**

Signs	1 day	14 day	33 day
Body Weakness	2	1	0

**Table 6: Objective Parameters.**

Investigations	Before treatment	After Treatment
R.B.S	324 mg dl	160mgdl
HBA1C	10.4	6.20

**IV. DISCUSSION AND CONCLUSION**

Diabetes mellitus is a multisystem disorder associated with several complications. Though this disorder have a genetic influence mainly it also relate with faulty life style. Prevalence of this disorder is increased day by day. Based on this increasing trend, the international Diabetes Federation projects that 592 million individuals will have Diabetes by the year 2035. In Ayurveda this disorder is under the category of Prameha which have 20 types and mostly correlate with Madumeha and Ikshumeha.

In this study, we assessed the Ayurveda management of Diabetes by internal medicine Dictral in post covid complication.

Patient was presented to the Provincial Ayurveda hospital due to poor control of typeII Diabetes mellitus with Allopathic medicine. Prescribed allopathic medicine was not changed throughout this study. Only human attriplied was stop after 7 days of ayurvedic drug management.

When considering OPD management, RBS level was reduced up to normal references. Although she perceive

same internal medicine in whole OPD period, the RBS varied from 340mgdl-1 to 160 mgdl-1.

According to this study, it can be concluded that Ayurveda management is most effective when using with DICTRAL in post covid Diabetes. Also it was revealed that Ayurveda medical system can handle kind of severe Diabetic cases. So here is an open field for future research scholars to study the efficacy of Ayurveda management for several types of Diabetic cases.

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