

## Effect of Pramehantak Kashaya & Kapikachchu Churna in Diabetic Peripheral Neuropathy - A Case Study

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Nowadays, diabetes mellitus is a prevalent medical condition. Physical inactivity and the hectic, stressful lifestyle of the modern world are major contributors to diabetes mellitus. Uncontrolled high blood sugar in diabetic individuals can harm nerves and impair their ability to communicate, which can result in diabetic neuropathy. The patient seen in the Kayachikitsa OPD at the Shri N.P.A. Government Ayurved Medical College and Hospital Raipur CG is the subject of this study. Patients complained of lower extremity discomfort, numbness, burning, and tingling that had gotten worse over the previous two years. A five-year history of diabetes mellitus is part of the past medical history. Diabetic peripheral neuropathy is the diagnosis made after a patient's complete medical history and physical examination. Based on the Doshas and Dushyas involved, this research explores the likely Ayurvedic correlation of this ailment. Pramehantak Kashaya and Kapikachhu Churna, two Ayurvedic medications, were used to treat this patient with success. According to the results, 50% of the burning sensation in the hands and feet, 67% of the tingling sensation, 100% of the numbness, and 50% of the pain in the lower limbs were relieved. Results for every symptom were really significant. Thus, it can be said that Pramehantak Kashaya and Kapikachhu Churna are quite beneficial for diabetic neuropathy sufferers.

**Keywords:** Pramehantak Kashaya, Kapikachhu Churna, Madhumeha, diabetic neuropathy

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## Introduction

One of the most prevalent types of peripheral neuropathy is diabetic neuropathy, which is characterized by a progressive pattern of nerve destruction. Somatic nerves, a significant contributor to morbidity and mortality, are also involved in this process. Causes of diabetic neuropathy. After ruling out alternative neuropathy causes, it is diagnosed based on symptoms and indicators. It affects 50-90% of patients with diabetes, and 15-30% of them will develop painful diabetic neuropathy (PDN), depending on the diagnostic criteria.[1] Along with *Dhatu Kshaya* and *Oja Kshaya*, the *Samprapti* of *Madhumeha* has *Vata* and *Kapha Dosha Prakopa*. *Madhumeha* symptoms include burning, numbness, tingling, *Pipasadhikya*, *Kshudhadhikya*, *Aalasya* (lassitude), and *Mutra Madhurya* (sweetness of urine).[2-4]

Numerous problems, including vascular, renal, ocular, and dermatological issues, arise in long-term diabetes mellitus patients. One of the most frequent side effects is neuropathy, which can cause tingling, numbness, and burning sensations in the hands and feet. Medicine *Pramehantak Kashaya* They are laxative, digestive, and anti-inflammatory because the majority of *Katu Tikta Rasa* and *Ushna Virya* ingredients. *Pramehantaka Kashaya* medicine ingredient *Ushir*, *Giloy*, *Rakt Chandan*, and *Amalaki*. This drug effectively prevents and treats diabetes mellitus by controlling the burning sensation in the palms and sole.

Mostly diabetics patients trouble constipation *Pramehantak Kashaya* ingredient *Triphala* is very effectively laxative and antidiabetic drug. *Haridra* and *Daruharidra* anti-oxidant and anti-inflammatory properties support the body's immune system and aid in the battle against illness, and *Gokshura*, *Lodhra* and *Satavari* very effectively in urinary system. Diabetic patients trouble frequent micturition and burning micturition.[5] *Kappikachhu* was chosen for the *Balya* and neuroprotective therapy of diabetic neuropathy because of its neuroprotective, antioxidant, anti-stress, and adaptogenic qualities. It helps diabetic neuropaths feel better and reduce their body aches. *Kashaya* possesses strong antidiabetic, antioxidant, and antiglycation properties. These medications were chosen for the treatment of diabetic neuropathy because of their neuroprotective, antioxidant, anti-stress & adaptogenic qualities.[6,7]

## Materials and Methods

### History of the presenting illness

On 2/5/2024, a 52-year-old female patient with a history of diabetes mellitus arrived at the *Kayachikitsa* department's OPD no. 20240009758 with a 2-year history of lower limb discomfort, tingling, calf soreness, burning sensations in her hands and feet, and numbness in her hands and feet.

The patient was using oral hypoglycemic medications (glimipride 1g, metformin 500 mg) for diabetes mellitus. He had a sudden, severe paralysis in his right lower limb during the course of his sickness. He gradually had a burning feeling in his lower limbs, along with related sensory impairment that included tingling in the same leg and numbness in the proximal portion of the lower limb.

When she was admitted, her HbA1c was 8.1%. She was receiving care at an allopathic facility for her diabetes. She is a homemaker who works. No noteworthy prior history of trauma or other chronic illnesses was found. There was a history of diabetes in both the mother and the father.

**Family History:** DM in both mother and father was present.

**Personal History:** No H/o any drug allergy, No history of any type of addiction like smoking, alcohol.

### Systemic Examination

**Respiratory system:** No any deformity, with B/L lungs sound clear

**CVS system:** S1S2 is audible sound, No murmur

**Digestive System:** NAD with normal bowel sounds. P/A Soft

**Uro-genital System:** Burning micturition, frequent micturition

### Investigations

- CBC - No any significant finding.
- Hb -14.6gm%
- HbA1c - 8.1 %
- RBS - 136 mg/dl with medicine
- HIV, HBsAg, VDRL - Negative.

**Criteria for diagnosis[8]**

1. *Karpadadaha* (burning sensation of hand and feet)
2. *Karpadasuptata* (numbness in hand and feet)
3. *Piplika Sanchar* (tingling sensation both hand and feet)
4. *Suchivat Vedna* (pricking sensation)
5. Pain in Lower Limb

**Scoring and Gradation Patterns[8]**

**Table 1**

Burning sensation	Score
No burning sensation	0
Occasional burning sensation of palm and sole	1
Intermittent burning sensation throughout body	2
Continuous burning sensation throughout body	3

**Table 2**

Tingling sensation	Score
No burning sensation	0
Intermittent Tingling sensation in upper and lower extremities	1
Continuous Tingling sensation in upper and lower extremities	2
Continuous Tingling sensation in whole body	3

**Table 3**

Numbness	Score
No numbness	0
Numbness occasionally	1
Mild periodic numbness	2
Continuous numbness	3

**Table 4**

Pain	Score
No numbness	0
Pain in only feet	1
Pain in Leg	2
Pain in leg and hand	3

**Table 5: Showing scoring before and after treatment.**

SN	Symptoms	BT	AT	Relief %
1.	Burning sensation	2	1	50
2.	Tingling sensation	3	1	67
3.	Numbness	3	0	100
4.	Pain in Lower Limb	2	1	50

**Chikitsa (Line of treatment)**

**Name of drug Dose Frequency Duration**

Name of the drug	Dose	Frequency	Duration
Pramehantak Kashaya	40 ml	Empty stomach Twice a day for	3 months
Kapikachhu churna	3 grams	Twice a day After meal with warm milk	3 months

**Table 6: Pathya-Apathya**

- Avoid excessive exercise and day sleep. Don't walk for long time.
- *Madhumeha* is *Kapha Pradhan Roga*, so patient should avoid *Kapha Dosha Prakopak Ahara-Viharae.*, sweet (*Madhura*), *Amla* (sour), *Lavana* (Salty) food.
- Avoid fats (butter, oil, malai) and fat rich foods.
- *Vihara* (lifestyle modification) - *Aasanas* (*Dhanurasana*, *Paschimottanasana*, *Bhujangasana* etc.)
- Diet recommended to the patient Cereals - Old rice, Barley (*Hordeum vulgare*), *Godhuma* (wheat).
- Pulses - *Adhaki* (red gram - *Cajanus cajan*), *Kulattha* (horse gram), *Mudga* (green gram).
- Vegetables - *Tanduleyaka* (*Amaranthus spinosus*), *Methica* (*Methi* - *Fenugreek* leaves), *Patola*, *Karavellaka* (Bitter gourd).
- Fruits - *Orange*, *Naspati*, *Ananass*, *Apple*, *Jambu* (*Syzygium cumini*), *Kapitha* (*Feronia limonia*)
- Oils - *Atasi* (*Linu usitatisimum*), *Sarsapa* (*Mustard*).

The patient claimed significant improvement during the course of the three-month *Pramehantak Kashya* and *Kapikachhu Churna* course. The patient reported a remarkable improvement at the end of three months, prior to therapy his blood sugar level was 8.1%, and following treatment sugar level 6.5%

One of the most prevalent side effects of diabetes mellitus is neuropathy (*Madhumeha*). *Vata and Pitta Doshas* are implicated in Diabetic peripheral neuropathy, According to *Ayurvedic* principles. It results in burning and numbness in the hands and feet. *Kapikachhu Churna's* neuroprotective properties make it useful for reducing symptoms like tingling and burning. One type of *Vataj Prameha* is *Madhumeha*.

During the treatment, patient was kept only on oral medication for a period of two months. Thus, after the two months of treatment, patient had got significant improvement in burning sensation of hands and feet showed 50% relief, 67% relief in tingling sensation, 100% relief in numbness and 50% relief in Pain in lower limbs.

Now patient is gradually improving and there is no recurrence of symptoms after the 3 months of follow up.

## Conclusion

There will be an increase in patients with neuropathy as population of diabetics in India and around world rises. Therefore, it is imperative that we adapt our treatment strategies and assist in resolving complex issues like diabetic neuropathy. Type II Diabetes, lifestyle and dietary habits are considered as cause of disease. The causative factor of *Prameha* reduces digestive power and promotes formation of *Aama* (undigested substances) which is very sticky in its property and coats organs and tissues of body. This *Aama* is responsible for vitiation of all *Doshas* and *Dhatu*s. The *Pramehantak Kashaya* has property to digest *Aam* by its *Aampachana* property and remove it from body by its purgative action. The *Kashaya* have ingredients which have laxative, digestive, and anti-inflammatory properties because majority of *Katu Tikta Rasa* and *Ushna Virya*. This drug effectively prevents and treats diabetes mellitus by controlling burning sensation in palm and sole. Many of drugs have anti-oxidant and anti-inflammatory properties support body's immune system and aid in battle against illness, very effectively in urinary system. *Kappikacchhu* was chosen for *Balya* and neuroprotective therapy of diabetic neuropathy because of its neuroprotective, antioxidant, anti-stress, and adaptogenic qualities. It helps diabetic neuropaths feel better and reduce their body aches. During treatment and follow-up period, no unintended side effects of therapy were noted. Therefore, it can be said that these herbs are very beneficial in managing diabetic neuropathy; nevertheless, more research with a larger sample size and a longer duration is needed to confirm this effect. Based on findings, it can be concluded that Ayurvedic medications utilized in this study are useful in restoring reduced perception of heat, cold, and vibration. Additionally, these medications are safe bec. they haven't caused any negative effect.

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