

A CLINICAL STUDY TO EVALUATE THE EFFICACY OF CHANDRAKALA RAS ON MADHUMEHA

Vishnu Prasad Gautam¹, Mukesh Dubey², Ranjip Kumar Dass³, Govind Prasad Gupta⁴, Sanjay Goswami⁵

1. Associate Professor, Dept. of Rasashastra, MSM Institute of Ayurveda, BPS Mahila Vishwa vidyalaya, Khanpur Kalan, Haryana, India.
2. Associate Professor, Dept. of Agada tantra, MSM Institute of Ayurveda, BPS Mahila Vishwa vidyalaya, Khanpur Kalan, Haryana, India.
3. Assistant Professor, Dept. of Panchakarma, MSM Institute of Ayurveda, BPS Mahila Vishwa vidyalaya, Khanpur Kalan, Haryana, India.
4. Assistant Professor, Dept. of Kriya Sharira, MSM Institute of Ayurveda, BPS Mahila Vishwa vidyalaya, Khanpur Kalan, Haryana, India.
5. Associate Professor, Dept. of Sharira Rachna, MSM Institute of Ayurveda, BPS Mahila Vishwa vidyalaya, Khanpur Kalan, Haryana, India.

Received: 25-10-2013; Revised: 05-01-2014; Accepted: 10-01-2014

Abstract

This disease Madhumeha is a well known since the Vedic period. Madhumeha (Diabetic Mellitus) is one of the major killers of the modern world. It is a disorder, which is sharing neither the developing nor the developed nation. Irregular food habits, lack of exercise, stress and strains are some causative factors. Madhumeha leads to be a cause for blindness, renal failure etc., if it is not controlled. In spite of many advances in modern medicine the management of Madhumeha still remains unsatisfactory. Madhumeha may be compared with diabetes mellitus according to modern medical science. The term diabetes has much similarity to Prameha which is described in Ayurveda. A type of Prameha which is caused by Kapha-Prakopa is called as Madhumeha. A study was done on 20 patients of Madhumeha for the period of one month and dose 250 mg Chandra Kala Ras twice a day. Sign and symptoms were noted and blood examinations were done before and after treatment. On the basis of the result observed it may be concluded that the Chandra Kala Ras is having significant effect in ameliorating the disease Madhumeha.

Key words: Madhumeha; Prameha; Diabetes; Chandra Kala Ras.

***Address for correspondence:**

Dr. Mukesh Dubey,
Associate Professor, Dept. of Agada tantra,
MSM Institute of Ayurveda, B.P.S.M.V.,
Khanpur Kalan, Sonipat, Haryana – 131 305.
E-mail: dr.mukeshdubey69@gmail.com

Cite This Article

Vishnu Prasad Gautam, Mukesh Dubey, Ranjip Kumar Dass, Govind Prasad Gupta, Sanjay Goswami. A clinical study to evaluate the efficacy of Chandrakala ras on madhumeha. *Ayurpharm Int J Ayur Alli Sci.* 2014;3(1):11-16.

INTRODUCTION

According to Ayurveda, Madhumeha comes under Prameha described by Acharyas as classified in three categories on the basis of Doshas, Kaphaja Prameha (10 Subtypes), Pittaja Prameha (6 Sub types) and Vataja Prameha (4 Sub types). Charaka and Sushruta had described that a genetic factor as Beeja dosha that is defected genes are also responsible for Madhumeha.^[1] Charaka and Sushruta called it as Kulaja disease.

Charaka and Sushruta have described the Prameha Karaka Ahara vihara and more stress has been laid on sedentary life with consumption of high caloric food intake.^{[2][3]} The Vihara includes excessive sleeping during day and night, lack of exercise, laziness etc. Charaka also counted worry, grief and anxiety among the causative factor of Prameha. These factors are very much near to current aetiology of Diabetic Mellitus as over nourishment, lack of energy expenditure and psychological disturbances. Though Prameha is a Tridosaja disease, predominance of any one dosa enable its classification in to Vataja, Pittaja and Kaphaja Prameha. Vataj Prameha is known as Madhumeha.

Madhumeha or diabetes mellitus have Vata-Dosa dominance but Ayurvedic literature also say that all the Prameha have Kapha Dosa also.^[4] It suggests Madhumeha have vitiated Vata as well as Kapha.

Sushruta also classified Prameha in two categories. They are Krisha Pramehi (Lean) and Sthoola Pramehi (Obese).

These two types can again be compared with Type 1 and Type 2 diabetes respectively.^[5] Charaka have described a prognostic classification of Prameha

1. Saadhya (Curable) – Kaphaja, Sthoola (New Cases)

2. Yapya (Pallitable) – Pittaja and borderline cases.
3. Asadhya (Incurable) – Vataja, Krisha and Old Cases.

In this study, following sign and symptoms were recorded which are,

1. Madhura Mutra
2. Polyurea
3. Excessive thirst
4. Dryness of mouth
5. Burning sensation in hand and feet
6. Numbness in hand and feet
7. Excessive sweating
8. Debility
9. Liking of cold
10. Constipation
11. Sweetening in mouth.

The ingredients of Chandra Kala Ras were mentioned in Table 1.^[6]

The whole study was designed with the hypothesis to evaluate the efficacy of Chandra Kala Ras in patients of Madhumeha.

AIMS AND OBJECTIVES

To study the influence of modern life style on Madhumeha and effect of Chandra Kala Ras on Madhumeha.

MATERIALS AND METHODS

The patients having classical signs and symptoms were selected from the OPDs of Govt. Ayurvedic College, Udaipur, Rajasthan. This study was carried out in 20 patients.

A special Proforma including all signs and symptoms of Ayurvedic concept and investigation of urine, bloods etc. were made for assessing all the patients. The patients were thoroughly questioned and examined on the basis of Performa and investigations were carried out to confirm the diagnosis.

Table 1: Ingredients of Chandra Kala Ras

Sl.No.	Name of Drugs	Latin Name	Parts Used	Quantity Taken
1	Ela	<i>Elettaria cardamomum</i>	Beeja (Seed)	50 g
2	Karpoora	<i>Cinnamomum camphora</i>	Niryasa (Gum)	50 g
3	Shilajeet	<i>Asphaltum punjabinum</i>	Niryasa (Gum)	50 g
4	Amalaki	<i>Emblica officinalis</i>	Phala (Fruit)	50 g
5	Jatiphala	<i>Myristica fragrans</i>	Phala (Fruit)	50 g
6	Nagkeshara	<i>Mesua ferrea</i>	Phala (Fruit)	50 g
7	Shalmali	<i>Salmalia malabarica</i>	Moola (Root)	50 g
8	Abhrak Bhasma	Mica	Self Prepared	50 g
9	Rasa Sindoor	Red Sulphide of Hg	Self Prepared	50 g
10	Louh Bhasma	Iron	Self Prepared	50 g
11	Vanga Bhasma	Tin	Self Prepared	50 g

Hematological, biochemistry and urine examination were done before and after the treatment. Chandra Kala Ras^[6] - 250 mg. B.D. was given to all the 20 patients with honey as anupana.

Pathya and Apathya in Ahara and Vihara (Daily routine) of all patients were seriously directed during the total treatment period.

Pharmaceutical procedure

All Dravyas were collected. First, all dravyas of plant origin were powdered and filtered. Then Bhasmas of abrak, louha, vanga shilajeet was mixed and finally rasa sindoor was added and vigorously triturated to get a homogenous mixture. At last Bhavanas with decoction of Guduchi and root of Shalmali was carried out and then Vati of 125 mg. was prepared.

Laboratory investigation

The blood examination for sugar and urine were carried out before and after treatment with Chandra Kala Ras. (Table 6)

OBSERVATION

Total 20 patients were registered in the O.P.D. for the present study.

All the patients completed their schedule of treatment. General observations of all 20 patients are as follows. Maximum number of patients i.e. 90% belongs to urban area. (Table 2) Majority of patients were male i.e. 60%. (Table 3) 80% patients were vegetarian (Table 2) and according to caste majority of patients were Brahmin i.e. 30% and then Sikh & Kumavat i.e. 15% each and rest were Muslim, Jain, Rajpoot and Vaish each were 10% respectively. (Table 5) The highest percentage of symptoms found in patients were liking of cold, constipation (100 % each), hyperglycemia (90 %), sweating (86.67%).

Table 2: Selection of Patients according to Area

Sr. No.	Area	No. of Patients	Percentage
1	Urban	18	90 %
2	Rural	2	10 %

Table 3: Selection based on Sex

Sr. No.	Sex	No. of Patients	Percentage
1	Male	12	60%
2	Female	8	40%

Table 4: Selection Based on Food Habits

Sr. No.	Food Habits	No. of Patients	Percentage
1	Non Vegetarian	4	20 %
2	Vegetarian	16	80 %

Table 5: Selection Based on Caste

Sr. No.	Caste	No. of Patients	Percentage
1	Brahmin	6	30
2	Sikh	3	15
3	Kumavat	3	15
4	Muslim	2	10
5	Jain	2	10
6	Rajpoot	2	10
7	Vaishya	2	10

Table 6: Effect of Chandra Kala Ras on Blood and Urine Sugar

Sr.No	Sex	OPD No. & Reg. Date	Before Treatment		After Treatment		Urine	Sugar
			Fasting	P.P.	Fasting	P.P.	B.T.	A.T.
1	F	156/6.4.2000	208.63	280.4	158.63	229.4	++	++
2	F	107/4.4.2000	112.8	296.9	98.1	168.8	+++	++
3	M	097/4.4.2000	150.0	230.6	106.5	130.2	++	Nil
4	M	167/6.4.2000	243.0	360.0	210.5	304	++++	++
5	M	243/11.4.2000	116.0	269.0	90.0	242	+++	++
6	M	135/5.4.2000	150.3	240.3	110.0	205.5	++	++
7	M	095/4.4.2000	172.7	232.3	132.8	192.6	++++	++
8	F	202/10.4.2000	142.4	178.6	110.2	130.4	++	Nil
9	M	408/19.4.2000	286.0	313.0	225.0	261.0	++	++
10	M	417/19.4.2000	120.4	292.1	98.2	241.8	++++	++
11	M	468/21.4.2000	181.0	231.0	158.0	198.4	++	+
12	F	469/21.4.2000	180.0	250.0	134.0	216.4	++	Nil
13	M	485/22.4.2000	102.6	249.5	82.0	195.2	Nil	Nil
14	F	579/27.4.2000	215.0	217.7	162.0	169.0	Nil	Nil
15	F	512/24.4.2000	74.0	157.0	90.6	110.8	++	Nil
16	M	540/25.4.2000	131.25	162.0	102.5	132.4	++	Nil
17	M	541/25.4.2000	168.0	249.0	132.4	208.0	+++	+
18	M	619/28.4.2000	250.0	330.0	242.0	302.0	+++	+
19	F	896/11.5.2000	138.0	223.0	103.0	195.0	+++	++
20	F	894/11.5.2000	121.0	170.0	90.0	105.0	+++	Nil

Sweating of mouth, lassitude 83.33% each), dryness of mouth and debility (73.33% each), burning sensation in hand and feet (70 %) and polyurea (60%).

RESULTS

During the clinical study, it was observed by giving Chandra Kala Ras to all patients that there is decrease in blood and urine sugar and decrease in intensity of sign and symptoms.

On the basis of result, the Chandra Kala Ras is effective in 55.78 % of all the patients. Here it is suggested that if treatment is done for a

period of 3 months, then much better results may be obtained.

70-100 % relief in sign and symptoms were considered as highly benefitted. 40-70 % relief in sign and symptoms were considered as medium benefitted. 25 – 40% relief in sign and symptoms were considered as poorly benefitted. (Table 7)

The assessment was done on the basis of improvement in sign and symptoms with the help of suitable scoring method. Overall assessment of result was done as ever.

Table 7: Relief in symptoms

Sr.No.	No. of Symptom before treatment	No. of Symptom after treatment	Symptom cured	Effect of the medicine
1	28	17	60.71	Medium Benefitted
2	22	14	63.63	Medium Benefitted
3	19	15	78.94	Highly Benefitted
4	24	14	58.33	Medium Benefitted
5	17	8	47.05	Medium Benefitted
6	21	10	47.61	Medium Benefitted
7	29	12	41.37	Medium Benefitted
8	20	13	65.00	Medium Benefitted
9	17	5	29.41	Poorly Benefitted
10	18	7	38.88	Poorly Benefitted
11	24	16	66.66	Medium Benefitted
12	23	14	60.86	Medium Benefitted
13	19	9	47.36	Medium Benefitted
14	22	8	36.36	Poorly Benefitted
15	22	13	59.09	Medium Benefitted
16	26	15	57.69	Medium Benefitted
17	19	12	63.15	Medium Benefitted
18	23	9	39.13	Poorly Benefitted
19	29	11	37.93	Poorly Benefitted
20	19	14	73.68	Highly Benefitted

DISCUSSION

This study shows that all the patients have symptomatic improvement as well as improvement in the laboratory testing parameters. On the basis of present study, a clinical study to evaluate the efficacy of Chandrakala ras on Madhumeha shows following observations which are,

- The disease is well documented in Ayurvedic Classics like Charak and Sushrut Samhita.
- Madhumeha and Diabetes Mellitus have got a striking similarity in clinical manifestation, etiology, pathogenesis and treatment, so there is co-relation between both of them.
- Most common patients are urban resident (90%) then rural residents.
- Most common patients are vegetarian (80%)
- Majority of patients are from Brahmin Caste i.e. 30%

During this study, strict direction is given to follow Ahara Vihara which is advised them in writing and it is observed that if treatment period is enhanced then much better results may be obtained.

The present trial is a limited research work with very much limited resources on a few number of patients. It is proposed that the same project should be undertaken on a large series of patients with more objective scientific parameters under much better supervision to obtain concrete conclusion.

CONCLUSION

The Chandra Kala Ras was effective in reducing physical parameters i.e. Blood Sugar, Urine Sugar and relief in all major sign and symptoms of patients. All the patients were tolerated medicine very well and no side effect was observed during the study. It was also suggested that drug selected for current trial was absolutely safe for internal use.

REFERENCES

1. Charaka. Charaka Samhita. Shukla VD, Ravidutta Tripathy, editors. 2nd ed. Varanasi: Chaukhambha Vidya Bhawan; 2000. p. 352-353.
2. Charaka. Charaka Samhita. Shukla VD, Ravidutta Tripathy, editors. 2nd ed. Varanasi: Chaukhambha Vidya Bhawan; 2000. p. 502
3. Sushruta. Sushruta Samhita. Ambikadutta Shastri, editor. 11th ed. Varanasi: Chaukhambha Sanskrit Pratisthan; 2012.p. 326.
4. Charaka. Charaka Samhita. Shukla VD, Ravidutta Tripathy, editors. 2nd ed. Varanasi: Chaukhambha Vidya Bhawan; 2012. p. 167.
5. Christopher R, Edwards W, Ian AD, Boucher, Edwin Chilvers, Christopher Haslett. Davidson's Principles & Practice of Medicine, 17th ed. Great Britain: BPC Paulton Books Limited, 1996. p.724
6. Govind Das Sen. Bhaisajya Ratnavali. Ambikadutta Shastri, editor. 17th ed. Varanasi: Chaukhambha Sanskrit Pratisthan; 2004.p 512.

Source of Support: Nil

Conflict of Interest: None Declared