Efficacy of Mustadi Yapana Basti in Diabetic neuropathy –A case study

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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 life so here, Mustadi yapana basti 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 DN

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

### TABLE 2: OBSERVATIONS BEFORE TREATMENT

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>Symptoms</th>
<th>Before Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Numbness</td>
<td>02</td>
</tr>
<tr>
<td>2</td>
<td>Tingling sensation</td>
<td>01</td>
</tr>
<tr>
<td>3</td>
<td>Burning sensation</td>
<td>02</td>
</tr>
<tr>
<td>4</td>
<td>Pain</td>
<td>02</td>
</tr>
</tbody>
</table>

### THERAPEUTIC INTERVENTION:

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

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

**Contents and preparation of mustadi yapana basti**:


*Kalka dravya* used are: Shatpushapa (*Foeniculum vulgare*), Madhuyasti (*Glycyrrhiza glabra*), Kutaja (*Holarrhena antidysentrica*), Rasanjana (*Berberis aristata*), 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 kwatha⁵ 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**

<table>
<thead>
<tr>
<th>S. NO.</th>
<th>Symptoms</th>
<th>Before Treatment</th>
<th>After treatment</th>
<th>Follow up</th>
<th>% relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Numbness</td>
<td>02</td>
<td>01</td>
<td>00</td>
<td>100%</td>
</tr>
<tr>
<td>2</td>
<td>Tingling sensation</td>
<td>01</td>
<td>00</td>
<td>00</td>
<td>100%</td>
</tr>
<tr>
<td>3</td>
<td>Burning sensation</td>
<td>02</td>
<td>01</td>
<td>01</td>
<td>50%</td>
</tr>
<tr>
<td>4</td>
<td>Pain</td>
<td>02</td>
<td>01</td>
<td>00</td>
<td>100%</td>
</tr>
</tbody>
</table>

**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 conditions. Ksheerabala 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 DN.

Effect of Mustadi yapana basti

Basti is considered to be the best treatment to normalize the Vata Dosha 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. The drugs used in the Mustadi yapana basti might be able to break the patholphysiology of DM. Laghu, Ruksha guna and ushna virya of Mustadi yapana basti might 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 well.

CONCLUSION:

Mustadi yapana basti due to its tikta rasa, katu vipaka , ushna veerya and tridoshaghnata 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 moortrava strotas which can give symptomatic relief in DM. 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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