

A CASE STUDY OF 65-YEAR-OLD FEMALE PRESENTING WITH
DIABETIC NEPHROPATHY

Puri Manjusha B*

Professor and HOD, Rasshatr Bhaishyaja Department. Late B. V. Kale (Manjara) Ayurved Medical College & Hospital, Behind Bus Stand, Gandhi Maidan, Gandhi Market, Latur, Maharashtra 413531

Received 30-12-2019; Revised 28-01-2020; Accepted 26-02-2020

ABSTRACT

Diabetic nephropathy is the leading cause of chronic kidney disease in patients starting renal replacement therapy and is associated with increased cardiovascular mortality. Chronic renal failure (CRF) refers to an irreversible deterioration in renal function, which develops over a period of years. This initially manifests only as a biochemical abnormality. CRF is considered when glomerular filtration rate (GFR) falls below 30 ml/min. The conventional approach of management includes dialysis and renal transplantation, which are not affordable by Indian population mainly due to economic reasons most of the people from India prefer the herbal medicine.

Therefore, the exploration of a safe and alternative therapy is needed, which proves to be helpful in reducing the requirement of dialysis and in postponing the renal transplantation. A case study of female patient was conducted at OPD of Late B.V. Kale (Manjara) Ayurved Medical College & Hospital, Latur. She was given *Niruha 12 Basti* followed by 2 Matra Basti of *Triphala kvatha* daily with oral medicaments including *Punarnavaarishta* and Gandharvharitaki churn 250 mg once a day. Ayurvedic Medication for a 8 week period. We found all clinico, pathological parameters of the patient comes normal at the end of eight weeks of treatment

Here, we report a case of a 65-year-old female who presented with proteinuria, presence of mild raised creatinine and hypertension with a diagnosis of diabetes mellitus. Although we had initially diagnosed her with DN on the basis of Urine tests, Blood tests Renal function tests, Ultrasound -KUB, micro albumin, urea and eGFR we continuously monitored BSL Fasting and Post meal sugar up to 8 weeks. , we diagnosed her with diabetic nephropathy and initiated ATR treatment for diabetes nephropathy.

Keywords: ART, Diabetic Nephropathy, Diabetes mellitus, Chronic renal failure (CRF), CKD, ESRD.

INTRODUCTION

Diabetic kidney disease occurs in patients with diabetes mellitus (DM) and reduced kidney function that can be from many diverse causes, including hypertensive nephrosclerosis and unresolved acute kidney failure. Diabetic nephropathy is a diagnosis that refers to specific pathologic structural and functional changes seen in the kidneys of patients with DM (both type 1 and type 2 [T1/T2DM]) that result from the effects of DM on the kidney. These changes result in a clinical presentation that is characterized by proteinuria, hypertension, and progressive reductions in kidney function¹⁰.

Chronic kidney disease (CKD) has become a worldwide health-care concern that calls for prompt initiatives and firm commitments to find effective treatments. The prevalence of CKD is estimated to be 8% to 16% globally and is steadily rising. It not only causes pain in individuals with the disease, but also has effects on society. CKD patients are exposed to an increased risk of death, comorbidities, and cognitive impairment, which all contribute to poor quality of life. Moreover, the medical expenses covering hospitalizations for both cardiovascular and non-cardiovascular events and all-cause mortality are costly. Unfortunately, the end-stage renal disease (ESRD) population is expanding and the CKD population contains potential ESRD patients. Consequently, the expected number of individuals requiring renal replacement therapy (RRT) is tremendous. An example of this prognosis is as follows: if there are currently 100 patients with stage 3 CKD with estimated glomerular filtration rates (eGFRs) lower than 60 mL/min/1.73 m² 10 years from now, 65 of these 100 patients would have already died due to

***Corresponding author:**

Dr. Manjusha B Puri

Professor and HOD, Rasshatr Bhaishyaja Department.
Late B. V. Kale (Manjara) Ayurved Medical College &
Hospital, Behind Bus Stand, Gandhi Maidan, Gandhi
Market, Latur, Maharashtra 413531



**AYURVEDA DRUGS TOWARDS PHYSICAL STRENGTH AND BODY BUILDING
W.S.R. TO ASHWAGANDHA AND GOKSHUR**

Dr. Yogeshwar Ashok Tikle*¹ and Dr. Bandapalle Dattu Narayanrao²

¹M.D. (Swasthavrittha), Associate Professor, Jupiter Ayurved Medical, College, Nagpur, Maharashtra, India.

²Asso. Prof. (Rachana Sharir), Lt. B.V. Kale Ayurved College, Latur, Maharashtra, India.

***Corresponding Author: Dr. Yogeshwar Ashok Tikle**

M.D. (Swasthavrittha), Associate Professor, Jupiter Ayurved Medical, College, Nagpur, Maharashtra, India.

Article Received on 13/01/2020

Article Revised on 03/02/2020

Article Accepted on 24/02/2020

ABSTRACT

Ayurveda is one of the classical system of Indian health science that provides various approaches towards the healthy well being. The science of ayurveda mainly focuses towards the maintenance of general health by preventing invasion of disease causative factors thus we can say that ayurveda emphasizes concept of disease prevention rather than treatment. Ayurveda suggested concept of Dincharya as a preventive approach that helps to remain healthy and prevent invasion of diseases causative factors. On other hand ayurveda described use of various natural drugs to treat health ailments, these drugs may includes; herbs, plants, classical ayurveda formulations and drugs from animal sources, etc. Moreover Ayurveda enriched with several health supplements that improves general health and helps to maintain physical as well as mental health status. Considering this aspect present article explored role of two ayurveda drugs; Ashwagandha and Gokshur in body building.

KEYWORDS: Ayurveda, Ashwagandha, Gokshur, Body Building.

INTRODUCTION

The consumption of health supplements increases day by day since large number of global population using such products for various physical as well as mental health benefits. The natural health supplements also acquiring remarkable attention of health seeking peoples due to their health boosting effects. The ayurveda science mentioned various herbs/plants or animal products for empowering physical and mental health; *Ashwagandha* and *Gokshur* are some of them. These drugs offer

rejuvenative effects, improves digestive power, restore energy, increases strength, acts as an antioxidants and boosts circulatory process of body thus help to enhances physical and mental health. *Ashwagandha* and *Gokshur* can be used for body building due to their beneficial biological responses. Present article exploring role of *Ashwagandha* and *Gokshur* for body building purpose. The general health benefits of these herbs towards body building depicted in **Figure 1**.

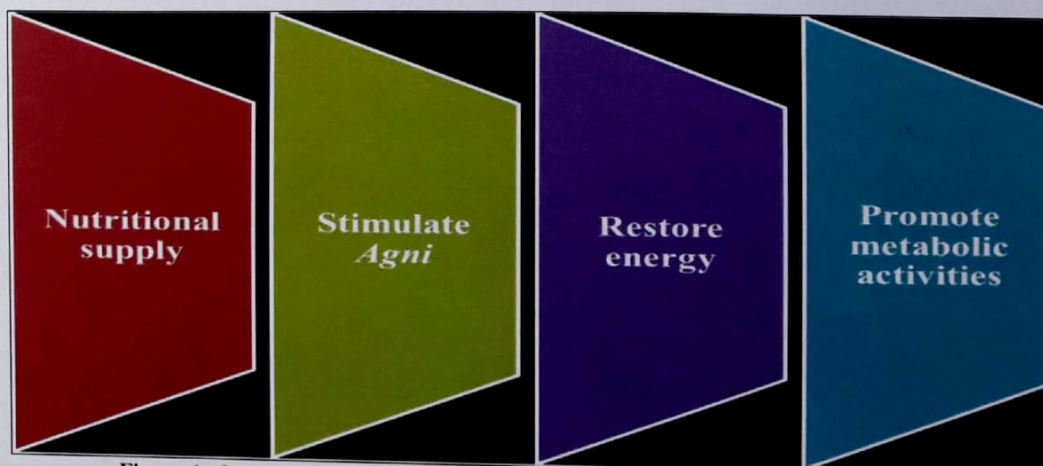


Figure 1: General health benefits of *Ashwagandha* and *Gokshur* in body building.

Practical Uses of Terminalia Chebula :

- ❖ Haritaki is a miraculous herb with versatile effects and this single herb is used to cure various disorders associated with body.
- ❖ Unripe fruit of this plant is used to treat diarrhea and dysentery and fruit powder is used for purgation therapy.
- ❖ Fruits are used for curative purposes and used to cure various disorders associated with obesity.
- ❖ Ripe fruit is used for treating ophthalmic disorders, diseases of spleen and piles.
- ❖ Fruit pulp is also rich in medicinal properties and it acts as astringent to cure bleeding gums, loose gums and ulceration of gums.
- ❖ Fruit paste is used externally to reduce inflammation, cleansing and quick healing of wounds.
- ❖ Haritaki is very beneficial herb for gastro intestinal disorders and it gives wonderful results in splenic enlargement. It is also used to increase appetite.
- ❖ Haritaki is very effective in gout, asthma and hiccups.
- ❖ It acts as tonic for nervous system and it is very effective in nervous weakness and promotes power of senses.
- ❖ It is anti-inflammatory and astringent in nature and it is also helpful in urinary tract infections.
- ❖ It is used to pacify all three dosha i.e vata, pitta and kapha.

Dosage :

Powder - 3-6gm

Decoction - 30ml

Yoga - Triphala churna ,haritakyadi churna , chyavan prash etc.**References :**

- 1) Bhavprakash nighantu, hindi commentary by padmashri Prof. K.C. Chuneekar.
- 2) Charakasamhita, Dr. Ravidutta Tripathi, Choukhamba Sanskrut Sansthan, varanasi. 2006.
- 3) Dravyagunavijnana , Dr. Priyavat Sharma.
- 4) The Ayurvedic Pharmacopeia, Controller Publication, Delhi, part 1.



Twak Shareer - According to Ayurveda & Modern Science

Dr. Karwa Dinesh Omprakash

P.G. Scholar, Dept. of Shareer Rachana

Dr. D. N. Bandapalle

Reader & Guide, Dept. of Shareer Rachana

Late B.V. Kale Ayurvedic Medical Collage & Hospital, Latur.

Abstract :

In Ayurveda mention that healthy skin is a result of overall condition of individual. So skin is the important organ of body because it protects the internal organs from the deleterious environmental influences . At present century, fast food and fast hectic life of man is being challenges with variety of disease. Improper dietary habits, less sleep, stress, pollution, acceleerate the disturbance in the body. Changes in colour may indicates homeostatic imbalance in body, therefore skin plays vital role. At present era the skin disease become a major hazard for mental health more than physical because it disturbs the cosmetic harmony. In this research article we have focus on twak or skin as er modern & ayurvedic science .

Keywords - Ayurveda, twacha ,skin.**Introduction :**

In Ayurveda, the word twacha or twak is used for skin. Twak is the updhatu of mamsa .Aachary charak has said it is Matrujabhav . Twak develops after the fertilization of the ovum. At the time of fertilization Shukra, Shonita and Atma get united for the manifestation of Garbha. Its growth is rapid and nourishes by Tridosha. Seven layer of the skin are formed and deposited rapidly transforming in the same manner as the layer of cream are formed and accumulates on the surface of the boiling milk . Twak is is formed by the paka of rakta, by its dhatwagni, Rakta becomes dry in the form of skin like the deposition of cream on the surface of the boiling milk. Thus, is also called as “RaktaSantanika”



**MANAGEMENT OF ANXIETY DISORDERS THROUGH *YOGA W.S.R. TO SHAWASAN*:
AN AYURVEDA REVIEW**

Dr. Yogeshwar Ashok Tikle^{1*} and Dr. Bandapalle Dattu Narayanrao²

¹M.D. (Swasthavrittha), Associate Professor, Jupiter Ayurved Medical, College, Nagpur, Maharashtra, India.

²Asso. Prof. (Rachana Sharir), Lt. B.V. Kale Ayurved College, Latur, Maharashtra, India.

*Corresponding Author: Dr. Yogeshwar Ashok Tikle

M.D. (Swasthavrittha), Associate Professor, Jupiter Ayurved Medical, College, Nagpur, Maharashtra, India.

Article Received on 13/02/2020

Article Revised on 02/02/2020

Article Accepted on 23/02/2020

ABSTRACT

Indian system of medicine Ayurveda elaborated various treatment methodologies for the management of different diseases and Yoga is one of them. Yoga helps to balance Doshas, enhances appetite, nourishes Dhatus and detoxify body therefore helps to manage normal health status. The Vedic system itself presented concept of Yoga that means history of Yoga is old as Ayurveda. Nadis, Chakras and Kundalini Shakti are major considerations related to the Yogic Kriya. This article described Ayurveda perspective of Yoga. Shawasan is one of the important Yoga pose that offers several health benefits and helps in mental disorders. Considering this present article explored role of Shawasan in anxiety disorders.

KEYWORDS: Ayurveda, Yoga, Shawasan, Asana, Anxiety.

INTRODUCTION

Ayurveda not only prescribed uses of drugs for health management but also suggested non- medical approaches for restoring normal health status. Yoga is one such scientific approach of classical Indian system which helps to combat against many diseases and also prevent

invasion of disease causative factors. Yoga helps in physical as well as mental disorders such as; insomnia, anxiety and depression. Shawasan is Yoga pose that helps significantly in mental problems like anxiety as depicted in Figure 1.

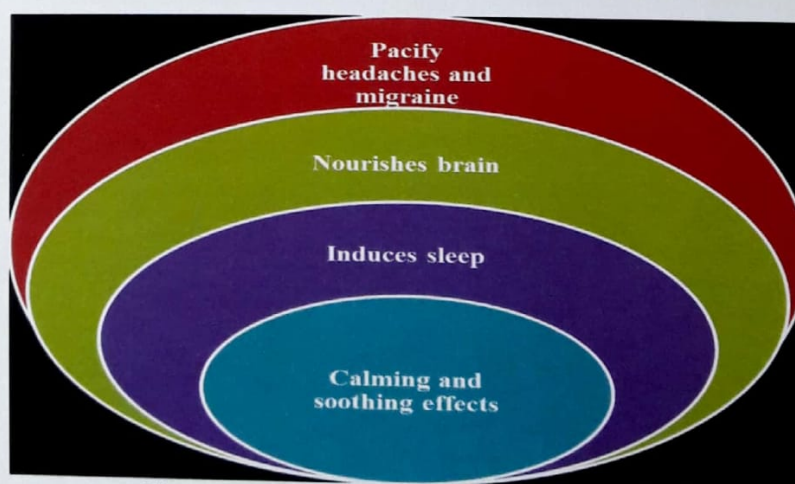


Figure 1: Beneficial effects of *Shawasan* in anxiety.

As per Ayurveda *Dukha*, *Karshyata*, *Balahani* and *Agnyanata*, etc. causes *Mana Vikaras* or anxiety. Improper conduction of daily regimen, *Anidra*, awful dietary habits and psychological disturbances, etc. may also leads anxiety or mental stress. The *Vataja* diseases

sometimes initiate insomnia that further leads anxiety disorders. Aggravation of *Vata* and *Mana santap* initiate consequences of mental disorders therefore it is prerequisite to pacify *Vata* for treating such disorders.