

## DRUG INFO

### WONDERFUL HONEY

**Sanskrit synomn** :- Makshik, Kshoudram, Madhu

**Rasa** :- Madhur, Kashaya

**Virya** :- Ushna

**Vipak** :- Madhur

**Action on doshas** - pacifies all the three doshas

**Pharmaco kinetics**:- It is considered as Best 'Anupan'. Almost each and every medicine is given with Honey or it is advised to mix with Honey. This facilitates absorption of medicines as well as increases bio-availability of medicine with which it is used.

It is also as an effective medicine for obesity and for sore throat.

Ayurved promotes its use even in diabetic patients.

Honey is used as antiseptic in unhealed wounds, it also enhances the speed of healing. Honey can also be used as cosmetic agent. It provides glow to skin as well as regular use of honey can improve skin complexion and texture. It protects skin from ultra-violet rays, environmental pollution and especially from after effects of make-ups.

Researches have shown that honey contains antioxidants, vitamins, minerals and amino acids.

#### Honey for diabetics References:-

- ◆ Oral administration of pure small or large-bee honeys in 5 ml/kg/doses could not produce a significant (P greater than 0.05) increase in glucose levels in normal and alloxan-diabetic rabbits (Akhtar MS, Khan MS.)
- ◆ Pure natural honey in low doses may be recommended as a source of carbohydrates and even as a sweetening agent in place of sucrose to the patients suffering from diabetes mellitus (JPMA 39: 107, 1989).
- ◆ Metabolic effects of honey (alone or combined with other foods) in type II diabetics. 1) Honey and bread produce similar degrees of hyperglycemia in type II diabetics. 2) Fat-rich

foods added to honey do not alter the total hyperglycemic effect but result in higher triglyceride and insulin serum concentrations. (Acta Diabetol Lat 1988 Jul-Sep;25(3):197-203)

- ◆ We suggest that honey may prove to be a valuable sugar substitute in diabetics, and that both the GI and PI should be used in the analysis of food. Samanta A, Burden AC, Jones GR Diabet Med 1985 Sep;2(5):371-3
- ◆ Counting the blood glucose increase after glucose as 100%, the corresponding increases in glycaemia for other carbohydrates were: fructose, 81.3%; lactose, 68.6%; apples, 46.9%; potatoes, 41.4%; bread, 36.3%; rice, 33.8%; honey, 32.4% and carrots, 16.1%. Ionescu-Tirgoviste C, Popa E, Sintu E, Mihalache N, Cheta D, Mincu I. iabetologia 1983 Feb;24(2): 80-4



- ◆ Honey is "manufactured" in one of the world's most efficient factories, the beehive. Bees may travel as far as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey.
- ◆ Bees produce honey as food stores for the hive during the long months of winter when flowers aren't blooming and therefore little or no nectar is available to them.
- ◆ Honey bees' wings stroke 11,400 times per minute, thus making their distinctive buzz.

## DRUG INFO

Karela *Momordica charantia*

**Sanskrit synomn** :- Karvellak

**Rasa** :- Tikta, Katu

**Virya** :-Ushna

**Vipak** :- Katu

**Action on Doshas** - pacifies Kapha and Pitta

Karela is the well-known plant as an anti-diabetic. Its mode of action is studied intensively in last several years. Several ways of actions are suggested for explaining its hypoglycemic activity. These are :-

Orally administered karela extracts shows lower glucose concentrations independently of intestinal glucose absorption and involve an extrapancreatic effect.

*Momordica charantia* extract lowered blood glucose by depressing its synthesis, on the one hand through depression of the key gluconeogenic enzymes glucose-6-phosphatase and fructose-1, 6-bisphosphatase and on the other by enhancing glucose oxidation by the shunt pathway through activation of its principal enzyme G6PDH

The mechanism of action of *M. charantia* could be partly attributed to increased glucose utilization in the liver rather than an insulin secretion effect.

Oral feeding of *M. charantia* fruit juice may have a role in the renewal of beta cells in STZ-diabetic rats or alternately may permit the recovery of partially destroyed beta cell

It also functions as good digestive and liver tonic. It has a property of lowering cholesterol and triglycerides. Fresh Bitterguard juice works as blood purifier.

### References:-

Diabetes Res Clin Pract 2001 Mar;51(3): 155-61

Hypotriglyceridemic and hypocholesterolemic effects of anti-diabetic *Momordica charantia* (karela) fruit extract in streptozotocin-induced diabetic rats.



- ◆ Results suggest that *M. charantia* fruit extract exhibits hypolipidemic as well as hypoglycemic effects in the STZ-induced diabetic rat. Ahmed I, Lakhani MS, Gillett M, John A, Raza H.
- ◆ Department of Pathology, Sher-e-Bangla Medical College, Barisal  
The results indicated that there was a significant (Student's t-test,  $P < 0.004$ ) increase in the number of beta cells in *M. charantia*-treated animals when compared with untreated diabetics, however, their number was still significantly less than that obtained for normal rats.

### Institute Boasts of Doctorates in Ayurved

<i>Dr. Kuldip Raj Kohli</i> Ph.D in Kayachikitsa	Clinical evaluation of few herbal extracts in Prameha vis-a vis Diabetes mellitus
<i>Dr. Abdul Wahid</i> Ph.D in Sharir Rachna	Concept of Srotas in Ayurved
<i>Dr. Pramod Garge</i> Ph.D in Shalakya	Management of Timir Roga by Triphala Ghrita as Tarpan and abhyantar
<i>Dr. Sunil Bhaskare</i> Ph.D in Kayachikitsa	Clinical Evaluation of Therapeutic efficacy of Vaishwanar Churna in Amavat
<i>Dr. Geeta Parulkar</i> Ph.D in Kayachikitsa	Comparative study between modern concept of allergy and Ayurvedic concept of Asthma vichar with special reference to immunological effect of Pippalyasav in Tamak Shwasa for Vyadhikshamtva

# SUCCESS STORY

## Postoperative Paraplegic finds hope at Podar Institutions Special Panchakarma Department

Name :- Mr. Ashish B. Shah

Age/Sex:- 38yrs, male

Treating Physician :- Dr. K.R.Kohli

### Chief Complaints:-

- ◆ Complete loss of power in both the lower extremities.
  - ◆ Unable to walk
  - ◆ Bowel & Bladder incontinence
- } Since 4 months

### History :

1993	Operated for Aortic valve stenosis
1997	Again operated for aortic valve stenosis
10th June 2001	He had undergone spinal surgery and as a complication of this surgery developed paraplegia.

### Examination :

General examination	Wasting of muscles of lower limbs, Unable to Walk Unable to sit properly, No sensation in both lower extremities.
Systemic examination	Respiratory and Cardiovascular system :- NAD Clinically P/A: Bowel & Bladder incontinence.
Central nervous system	Reflexes :- ankle and knee reflexes diminished Muscle Power :- Both upper and lower Extremities 0/5

### Treatment advised

- ◆ Mahayograj Gugul 2 tab thrice daily
- ◆ Brihatvatichintamani 2.5 gm } 25 doses  
Shudha Kuchala 10 gm } 1 dose thrice daily
- ◆ Ashvagandharishta }  
Balarishta } 30 ml of each thrice daily
- ◆ Ashvagandha ghrita 1 tea spoon twice daily.

### Panchakarma

- ◆ Sarvang Abhayang Sweda with Mahamash tail
- ◆ Pizinchil
- ◆ Pindasweda
- ◆ Patrapindasweda (Nirgundi+ Adulsa + arkapatra+ Erandapatra)
- ◆ Chatur sneha Basti
- ◆ Panchatikta ghrita sidha kshira basti

### Clinical Findings

Initial (30/10/01)	5/01/02	11/05/02	10/08/02 (latest)
Muscle Power. All 4 extremities - 0/5	Muscle Power. All 4 extremities are 1/5	Muscle Power in both L.E. (3/5)	Improvement in all muscle power (3/5)
No sensation over both the extreimities	Improvement in sensation	Improvement in sensation	No Major difference
Unable to walk	Walks with the help of walker & splint	Walks better with the help of walker with splints on.	Can stand without walker with splints for 10 minutes
Bowel & Bladder Incontinence	Small amount of control on bowel and bladder	Normal bowel control. Better control on Urination	Normalisation of stool and bladder control being gradually achieved

## DISEASE INFO

### MANAGING DIABETES : AYURVEDA WAY

Diabetes is one of those diseases that have been prevalent since ages. The sweetness in the urine of a diabetic patient has been discussed in the ancient texts, which are over 5000 years old.

Prameha or Madhumeha is the disease described in the Ayurvedic literature that correlates to the modern day Diabetes mellitus. The whole description of Prameha starting from the etiology, pathogenesis, clinical features, complications, and management all look to be comparable with the syndrome of Diabetes mellitus as known in modern medicine.

Ayurvedic texts are the first medical treatise in which we get clear definition of Madhumeha or Diabetes mellitus by mentioning Glycosuria (Madhviv mehati i.e., patient passes honey like urine) with hyperglycemia (Madhuryachh Tano ratah i.e. sweetness is spread in the whole body). The description of ten Dushyas (body tissues) makes it clear that the ancient Indian physicians had a crystal clear concept of the diabetes being a systemic/metabolic disease and that there was the derangement of almost all tissues in the body.

#### The principles of Ayurvedic management:

Two general categories of the Prameha affected patients have been advised following regimens.

1) In obese pramehi with adequate body strength having intense increase of doshas, purification of the body is advocated depending on the dosha predominance viz. Kaphaja are advised to have emetics, Pittaja purgatives etc.

2) Slender and weak patients are advised to have `Brimhana i.e. medications and diet which nourish body tissues (increase dhatus). Palliative medications depending on the symptoms and predominance of doshas are advocated.

The herbal drugs used in the management of Prameha are bitter, astringent and pungent in taste because one has to check the extra fluidity of Dhatus and give them good strength and compactness.

#### The role of Ayurvedic Management

Ayurvedic drugs are usually used in the form of combinations. These preparations not only help the patient in controlling the blood sugar but also help in relieving the distressing symptoms of diabetes. Even on long-term use they do not produce any resistance or tolerance. These drugs usually do not lower the blood sugar below the normal range and hence do not cause hypoglycemia in any situation. Most of these herbal preparations lower down blood glucose levels very gradually over a period of several weeks. They show their effect on symptoms pretty early. This symptomatic relief may not always be proportional to the blood glucose reductions. Ayurvedic combinations are many a times used as Adjuvant therapy in cases of Secondary failure. Even otherwise if the blood sugar levels are not very high, Diet, Exercise and Ayurvedic Herbal preparations can easily maintain well. In NIDDM, the patients kept on Insulin can also reduce Insulin dosages with the use of these herbals, but the reduction of Insulin has to be supervised and gradual.