

Ayurvedic Management of Avaranajanya Madhumeha with Multisystem Symptoms: A Case Report

Dr. Kritika Raool¹ and Dr. Kavita Daulatkar², Dr. Bhavana Bhalmey³

PG Scholar, Department of Ayurved Samhita Evum Sidhhanta¹

Professor, Department of Ayurved Samhita Evum Sidhhanta²

Professor and HOD, Department of Ayurved Samhita Evum Sidhhanta²

Bhauasaheb Mulak Ayurved Mahavidyalaya, Nandanwan, Nagpur

Abstract: *Background: Madhumeha, described in Ayurveda, resembles Type II Diabetes Mellitus and arises primarily due to Vata vitiation. Among its subtypes, Avaranajanya Madhumeha occurs when Vata is obstructed by aggravated Kapha, Pitta, Meda, and Mamsa dhatus, leading to fluctuating systemic symptoms and progressive metabolic imbalance.*

Case Presentation: A 65-year-old male presented with polyuria, burning sensations, constipation, lower back pain, swelling of legs, and anxiety for six years, with a known history of Type II Diabetes and HbA1c of 9.8%. General and Ashtavidh Parikshan findings indicated Pittaj Nadi, Sthula body constitution, and Meda-Pitta involvement.

Management: The patient received Shamana therapy (Arogyawardhini Vati, Shankha Vati, Sutshekhara Rasa, Suntha + Shatavari Churna, Haritaki Churna) for three months, along with Katibasti using Mahanarayan Taila for seven days.

Outcome: After treatment, the patient showed marked improvement in clinical symptoms, and HbA1c decreased to 5.9%, without adverse effects.

Conclusion: Individualised Ayurvedic therapy targeting Vata obstruction and dhatu imbalances can effectively manage Avaranajanya Madhumeha..

Keywords: Avaranajanya Madhumeha, Vata obstruction, Shamana therapy, Panchakarma, HbA1c

