

Clinical evaluation of Sheeta Kashaya of *Hibiscus furcatus* with and without Vamana
Karma with *Lindernia pusilla* in the cases of Prameha / Madhumeha
(Type 2 Diabetes Mellitus)

By

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**CLINICAL EVALUATION OF SHEETA KASHAYA OF *Hibiscus furcatus*
WITH AND WITHOUT VAMANA KARMA WITH *Lindernia pusilla* IN THE
CASES OF PRAMEHA / MADHUMEHA (TYPE 2 DIABETES MELLITUS)**

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ABSTRACT

In Ayurveda, Sushruta describes Prameha as a Tridoshaja Roga with predominance of vitiated Kapha Dosha. The main clinical features of Prameha are Prabhuta Mutrata and Awila Mutrata (increased quantity and turbidity in urine). Prameha is classified into twenty sub types such as ten types of Kaphaja, six types of Pittaja, and four types of Vataja Prameha.

Madhumeha is mentioned under Vataja Prameha. In Madhumeha the colour and taste of urine resemble bee's honey. Sushruta has mentioned that if all the types of Prameha are untreated they will turn into Madhumeha and becomes incurable. Sushruta and Vagbhata have described Prameha, under the Maha Roga (eight types of major disorders).

Diabetes mellitus is a chronic disorder of carbohydrate metabolism, marked by hyperglycaemia and glycosuria and resulting from inadequate production or use of insulin. Madhumeha can be correlated with diabetes, as there are many similarities in causative factors, signs and symptoms and complications.

The prevalence of diabetes worldwide has increased during past few decades. It affects 366 million people worldwide and 2.1 million of them are Sri Lankans (10.3%).

Prameha has classified by Charaka into two types that is Sthula/Balavan Pramehi (obese/strong diabetes) and Krusha/Paridurbala Pramehi (weak/lean diabetes). Sushruta and Vagbhata have mentioned two types of Prameha, that is Sahaja/Krusha Pramehi (hereditary/congenital/lean diabetes) due to Beeja Dosha and Apathya Nimittaja (Sthula obese) due to use of unhealthy foods.

The patients suffering from Krusha Prameha (lean diabetes) should be treated with Samtarpana Chikitsa and Sthula Prameha (obese diabetes) with Apararpana Chikitsa. Vamana Karma (A type of Shodhana Karma in Panchakarma Chikitsa) is mentioned as one of the therapeutic measures for Madhumeha. *Lindernia pusilla* (Family: Linderniaceae; Sinhala name: Wilandavenna) is a medicinal plant used in Vamana Karma by Sri Lankan traditional physician's family Dr H.M. Karunaratne. *Hibiscus furcatus* (Family: Malvaceae; Sinhala name: Napiritta), Sheeta Kashaya is one of the Samshamana Aushadha used for Madhumeha by eminent traditional and Ayurveda physician's family Dr K.D.C.M. Weerasinghe.

The present research was focused to clinically evaluate the effects of Sheeta Kashaya of *Hibiscus furcatus* with and without Vamana Karma with *Lindernia pusilla* for the patients suffering from Prameha / Madhumeha (Type 2 Diabetes mellitus).