Reg. No: RJ17D0105798 ISSN NO: 2582-0648

HEB JRIM

Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled As Health-Education, Bureau)

A Comparative Study of the Effect of '*Chhinnavahni Kashaya Vati*' Along with '*Agnimantha Kwatha*' & Metformin in the Management of Diabetes Mellitus Type-2

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Abstract:

Background and Aim:

Diabetes mellitus is a cluster of metabolic disorders characterized by hyperglycaemia which results either from insulin dysfunction or insulin insufficiency. In classical Ayurvedic texts this disease is mentioned as 'Madhumeha', and this name itself signals towards the main symptom of disease i.e. excretion of excessive amount of sweet urine. Diabetes are spreading across the globe at an alarming rate, and thus diabetes has become one of the most challenging health problems of the 21st century. This clinical study was undertaken to evaluate the clinical efficacy of Ayurvedic formulation 'Chhinnavahni kashaya vati' with 'Agnimantha kwatha' (as co-administer) in the management of diabetes mellitus type-2.

Materials and methods:

An open-label randomized controlled clinical trial was conducted on 60 patients of type-2 diabetes mellitus. 30 patients of Group-A received Chhinnavahni Kashaya vati (1g) with Agnimantha Kwatha (25 ml) thrice daily, and 30 patients of control Group-B were treated with Metformin (500 mg) before meals for consecutive 12 weeks.

Results:

Trials drug Chhinnavahni Kashaya vati with Agnimantha Kwatha significantly reduced fasting blood sugar (FBS), postprandial blood sugar (PPBS), HbA1C, and urine sugar ($p<0.001$). The overall reduction in PPBS and HbA1C was far better in group-A (trial group), whereas, decline in FBS and urine sugar levels was slightly better in group-B (control group). In group-A, overall 83% improvement was observed in subjective parameters, while group B showed 59.8% improvement. No side-effects were observed during the treatment.

Conclusion:

Chhinnavahni Kashaya vati along with Agnimantha Kwatha, effectively reduced hyperglycemia and may be used to improve the quality of life in the patients of diabetes mellitus type-II.

Keywords: diabetes, hyperglycemia, blood sugar, Ayurveda, Madhumeha.

Access this Article Online	Quick Response Code:
Website:http://heb-nic.in/jrim	
Received on 10/06/2022	
Accepted on 17/06/2022 © HEB All rights reserved	