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## An Experimental Study of Harishankara Rasa in Madhumeha

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### ABSTRACT

*Madhumeha* is one of the four types of *Vatika Prameha* characterized by passage of excessive quantity of urine having quality similar to *Madhu* (Polyurea & Glycosuria) along with sweetness of whole body (Hyperglycemia). Diabetes mellitus comprise an etiologically and clinically heterogenous group of hyperglycemic disorder. *Rasashastra* emphasize the usage of various *Rasa Aushadhi* in the management of *Madhumeha*. *Rasa Aushadhis* are important because of working fast even in low dose. In present study, drug was selected with the help of textual reference of *Rasendra Sara Sangraha Prameha Chikitsa – 1* (*HarishankaraRasa*). This study has planned to know *Pramehaghna* property of *Harishankara Rasa* on induced diabetic animal models. 25 Wistar strain albino rats were selected and divided into 5 groups with each consisting of 5 animals. Groups were Normal control group, Diabetic controlgroup, Diabetic + Metformin group, *Harishankara Rasa* with low dose and *Harishankara Rasawith* high dose. Study was done for 14 days. On 14<sup>th</sup> day, in alloxan control group, elevation in blood sugar was observed; in *Harishankara Rasa* with high dose treated group highly significant result was noted while in *Harishankara Rasa* with low dose treated group, effect was moderately significant. This indicates that even though the test drug showed increase effectiveness in higher dose in earlier stage later it became dose independent. It can be concluded that *Harishankara Rasa* in current study shows highly significant results in diabetic induced animal models. Further in histopathological study, no toxicity was seen in pancreasand kidney. So, it can be used safely in patients of diabetes.

**Keywords:** *Madhumeha*, Diabetes Mellitus, *Rasa Aushadhi*, *Harishankara Rasa*, *RasendraSara Sangraha*

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