PREVENTION AND MANAGEMENT OF DIABETIC NEUROPATHY BY PADABHYANGA AND ATIBALA KASHAYAPANA

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Hypothesis is: Diabetic Neuropathy can be closely related to Madhumeha. Prakupita Vata with the other doshas and dhatukshayaja avastha results in the manifestation of upadraya

Methods

Databases like PubMed, Google Scholar, Science direct, and classical texts were searched with. Key words like Diabetic neuropathy, Padabhyanga, peripheral neuropathy, foot massage Madhumehajanyapadadhaha, Abutilon indicum, Atibala. 10 relevant papers were selected.

Back ground

Hypothesis about factors leading to the development of Diabetic Neuropathy

HYPERGLYCEMIA

METABOLIC ABNORMALITIES
Polyl Pathway Activation
Antioxidant Depletion
Myoinositol depletion
AGE accumulation

VASULAR ABNORMALITIES
Functional Oxidative /mitrative stress
B2 PKC activation
Endothelial injury
Impaired microcirculation

NEUROPATHY

CLINICAL STUDIES

Effect of foot plantar massage in DM 2 patients
Improvement in balance, functional mobility, and functional reach values

Thai Foot Massage in DPN
Balance performance, ROM of the foot, and the foot sensation improved

Effect of Atibalamula and Bhumyamalaki in DN patients
Numbness, tingling, burning sensation relieved by average 75%, Pain 64%.

Discussion

- Padabhyanga improves neural microcirculation, relieves hypoxic ischaemia and thus can inturn improve expression of NGF and GAP-43 which helps in nerve regeneration.
- The high antidiabetic and antioxidant properties of Atibala probably contributed by the major known constituents ß-sitosterol and oleanic acid along with others can act on hyperglycemia and the Polyol pathway—induced oxidative stress and thus may help in treating DN.
- Studies suggest that normal HbA1c levels helps myelinated nerve fiber regeneration in patients with DN.

Conclusion

Combined effect of Padabhyanga and Atibala Kashayapana which is a cost effective therapy can give positive result in managing Diabetic neuropathy and thus further prevents complications like Diabetic Foot Ulcer, amputation etc. If you protect your feet they will stand up for you 'The Diabetic foot care is as important as the care of Diabetes.'

References

1. PMCID: PMC3326881
2. PMCID 28095093

PMID: 28095093