

# Role of Balya Mahakashay on Generalized Weakness in the Complications of Prameha

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**Abstract:** Diabetes mellitus is more than just a lifestyle disease; it is a chronic illness. Diabetes mellitus is a metabolic disorder characterized by elevated blood sugar. Among the two main types of diabetes, one is one in which the body doesn't produce insulin, and the other is one in which the body doesn't use insulin in an efficient way. Due to the high prevalence of diabetes mellitus among the elderly globally, complaints of weakness are common. The complaint of weakness includes weakness of muscles, impairment, and frailty. It occurs due to neuromuscular dysfunction brought on by poor glucose control. . The main side effects of anti - diabetic drugs are G. I. tract disturbance, hypotension, and hypoglycemia. The weakness occurs when glucose levels in the blood are increased. Pancreas does not produce enough insulin to use it efficiently. As a result, glucose accumulates in the blood, and cells do not get enough glucose. The balya mahakashay contains ten drugs, which are madhur, tikta in rasa, ushna in virya with laghu, and snigdha in guna. They balance themselves to break the samprapti of madhumeha without disturbing the physiology of the body. In this way, the balya mahakashay eliminates the weakness of the body. Balya mahakashay shows a very unique chemical composition and shares quite similar rasapanchak. Most of the properties of the chemicals are anti - diabetic and help to prevent endocrinal diseases. The different combinations of churna of Balya Dravya treat generalized weakness, and the chemical properties help to maintain blood glucose levels within limits. To avoid further dhatu shosh, the balya mahakashay can be used with yukti praman for diabetes mellitus complications.

**Keywords:** Balya, diabetes mellitus, generalized weakness, madhumeha.

## 1. Introduction

Perhaps the most common endocrine/metabolic condition in the world is diabetes mellitus. It is the primary cause of avoidable blindness, end - stage renal disease, and non - traumatic lower - extremity amputations worldwide, impacting over 530 million people. Additionally, it poses a significant risk for cardiovascular disease, which is the world's leading cause of death. Diabetes has enormous socioeconomic costs, which are increasingly being carried by the world's poorest nations. Type two diabetes mellitus is assuming epidemic proportions in the India due to the rapid socioeconomic and demographic changes that the country has undergone over the past three decades. The prevalence has gone up from around one percent to ten percent. In many urban areas the percentile is increased up to twenty. [1]

According to Ayurveda, the samprapti of madhumeha happens when the oja from the body is entered into mutrashay under the influence of vitiated vayu. According to Charaka Samhita, (during embryogenesis) the Ojas seems to be first in the human body. The resistance supremacy, immunity is shown by this Ojas constituent accessible throughout the body. According to Sushruta, Ojas is the fine crux of all the Dhatus and the superfine crux of Shukra dhatu (reproductive tissue) which are accountable for biological strength, vigor and immunity in the body which make an individual physically vigorous. [2] When the oja is eliminated from the body due to various reasons, the body feels fatigue and other symptoms. According to modern science when the pancreas does not produce enough insulin

then it results the excessive accumulation of the glucose in the blood. Cell does not get enough glucose for energy production and it turned out into the weakness. Beta cell failure shoes worsening of beta cell function with decrease in insulin secretion is the main determinant of the rate of progression of type two diabetes mellitus. In diabetes especially in insulin resistance the normal physiological response at physiological levels of insulin is impaired. An estimated 425 million adults had diabetes worldwide in 2017, and this number is predicted to rise to 629 million by 2045. Type 2 diabetes mellitus accounts for approximately 90% of cases. This increase in the prevalence of type 2 diabetes mellitus will result in a large economic and social burden, and is likely to occur predominantly in low - to middle - income countries, where approximately three - quarters of people with type 2 diabetes mellitus live. Cross - sectional studies have clearly demonstrated that glycemic control and management of comorbidities are suboptimal in both high - income and low - to medium - income countries. In many regions, however, longitudinal data on glucose - lowering treatment patterns and associated outcomes are scarce or non - existent. [3]

### Balya mahakashay - [4]

The balya mahakashay contains ten drugs. They are as follows,

1	Bramhi	6	Bala
2	Shatavari	7	Atibala
3	Ashwagandha	8	Rushabhi
4	Shaliparni	9	Payasya
5	Haritaki	10	Rushyaprokta

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- 1) Bala – According to Raja Nighantu, bala is kaphavishodhini and gives strength to the body. It helps to eliminate the kaph from the body through shodhan karma. [5]
- 2) Haritaki - Kaiyadev nighantu has mentioned haritaki as deepan, pachan and vaysthan. It will keep the strotas niram. [6]
- 3) Ashwagandha is Balya, Rasayani, and Anil Shleshmahara. [7]
- 4) Shatavari – Acharya sushrut has mentioned shatavari as balavardhini and rasayani. [8]
- 5) Shaliparni - Shaliparni according to charak is the greatest drug among vrushya and sarvdoshahar. It is widely used as one of the dashmula constituent. [9]
- 6) Brahmi – Brahmi is kaphshodhini according to rajnighantu, so it can be useful to eliminate the excessive kled from the body. [10]

#### Drug and their rasapanchak, chemical composition – [11]

Sr. no	Drug name	Latin name	Ras	Virya	Vipak	Guna	Chemical composition
1	Brahmi	Bacopa monnieri	Tikta	Ushna	Katu	Laghu	Brahmin Herpestine
2	Shatavari	Asparagus racemosus	Madhur Tikta	Sheet	Madhur	Guru Snigdha	Saponin
3	Bala	Sida cardifolia	Madhur	Sheet	Madhur	Laghu Pichhil	Eghedrine
4	Atibala	Abutilon indicum	Madhur	Sheet	Madhur	Laghu Snigdha	Asparagin
5	Haritaki	Terminalia chebula	Lavanvarjit pancharas	Ushna	Madhur	Laghu ruksha	Chebulin acid Corilagin
6	Shaliparni	Desmodia gangeticum	Madhur Tikta	Ushna	Madhur	Guru Snigdha	Yellow tar Hypaphorine
7	Ashwagandha	Withania somnifera	Madhur Tikta Kashay	Ushna	Madhur	Laghu Snigdha	Cuseohygrine Anahygrine

The chemical composition of all of these drugs is anti - diabetic, which helps to reduce blood glucose levels. They also have an effect on the endocrinal system. These drugs are also very rich in antioxidants and immune modulators.

## 2. Discussion

The main side effects of anti - diabetic drugs are GI tract disturbance, B12 deficiency, hypotension, and hypoglycemia. Vitamin B12 bound to protein and then absorbed by the body, but if the vitamin is destroyed by the anti - diabetic drug, the protein is not absorbed by the body, and a diabetic person feels fatigue and generalized weakness. The rasapanchak is very different and mixed with balya mahakashay. The combination of laghu, singha, guru guna, madhur, and tikta rasa, which help to maintain stability in the body and diminish fatigue. Tikta rasa do twaka mamsa prasadan, amapachan, and lekhan, which remove the excess kled from the body. Owing to shrotoshodhan the patients' medication can be absorbed to manage madhumeha lakshane.

## 3. Conclusion

When prameha is not treated for a long period of time, it will turn into madhumeha, which is also called ojomeha. The kled produced as a result of the samprapti of Prameha increases day by day. The oja is a small part of the body that plays a very important role in strengthening the body. Madhumeha is a dhatugata avastha of the Prameha. Here, the rasadhatu is vitiated and creates dourbalya. As a result, the other dhatu does not get the required nutrition. The Balya Mahakashya has a very unique rasapanchak. Along with the anti - diabetic chemical composition, it will become a good drug for dourbalya in Madhumeha. Due to the combination of the madhur, tikta rasa, and laghu snigdha guna, it will balance the dosha stithi while the application of the balya mahakashay. The drugs from the balya and mahakashay can be used with the yukti praman to treat dourbalya as well as madhumeha. The line of treatment is shodhan karma according to the bala of the patient. Here, it

can be used as the dourbalya generated by the Shodhan karma. Most of the drugs are immunomodulatory in action, so they will also help to maintain the ojokashya in the body. The pilot study is going to be useful for this review. The study is confirmed statistically as well.

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