

Personal Communication

## ***Effect of a Herbomineral compound on Diabetes***

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Diabetes is one of the common ailment, mostly attended at the State Dispensary. It is considered as one of the most common metabolic disorder distributed world wide affecting the population irrespective of age, sex, cast, socioeconomical status etc. The prevalence of Diabetes is always a controversial matter, as most of the surveys are of limited value.

A good number of patients after various types of treatment are attending our dispensary, but to manage the disease proper, supply of anti-diabetic agents are not usually supplied from the Govt. Pharmacy. On request of the patients we have to prescribe medicines that is available at the druggists out side the dispensary.

On satisfactory response to one such available herbomineral compound, we have planned for a study.

**Materials and Methods :** 20 cases

of proved maturity onset diabetes were selected for the present study from the patients attending the dispensary.

All the patients were subjected to detailed history taking followed by clinical examination and laboratory investigation. Out of the laboratory investigations, the post prandial Blood sugar estimation was taken for diagnostic consideration and assesment of results. Of the total cases 18 were males and 2 were females, all belonging to the Hindu religion and MIG, varying within the age of 40 to 68 yrs. of age. 18 cases had the hereditary history and duration of the total cases varied from 1 yr. to 18 yrs.

Out of the total cases, 10 cases were randomly selected for control study. In all these cases dietary restriction was imposed only without any drug.

**Drug and administration :** In the

present study, 'TRIBANG SHILA', an Ayurvedic Medicine, freely available at the market was selected for clinical trial. Tribang Shila is a herbomineral compound claimed to have good controlling effect on Diabetes mellitus.

Each Tablet of Tribang Shila contains Tribang Bhasma, Gudmaar, Neem, Jamun, Shilajit and Mamejawa. The drug was administered at the dose of 3 tab twice daily (at 8 a.m. & 8 p.m.) with water, for a period of 8 weeks. Patients under control group were served with placebo. Diabetic diet schedule was advised to all the patients.

Parameter of assesment : The result of the drug was assessed in terms of excellent response, good response and poor response. For assesment subjective improvement (improvement of the sign & symptoms) and objective improvement particularly reduction of P.P. Blood Sugar level were analysed at the end of the treatment. Patients were graded as excellent response

when they showed complete relief of sign & symptoms along with the reduction of Blood Sugar below 120 mg/dl. Patients were graded as good response when they showed 50% relief of sign & symptoms along with the reduction of Blood Sugar within 120 to 180 mg. Patients were graded as poor response when they showed no relief either of subjective or of objective (Blood Sugar estimation) features.

#### Result and observation :

Subjective Improvement : Symptomatic improvement was observed in all cases. In this series, patients had complained of polyphagia, polyuria, polydypsia, excessive sweating, dryness of throat, numbness, fatigue, weakness and constipation. The effect of the drug on these clinical features were observed at the end of the treatment, separately in trial group and control group. The observation in trial group is presented in the following table.

Table showing the clinical improvement in Trial Group ( Treated with Tribang Shila )

Clinical Features	Present before treatment	Relieved after treatment	Percentage of relief
Polyphagia	15	13	86.67%
Polyuria	20	20	100%
Polydypsia	18	17	94.45%
Excessive Sweating	8	5	62.50%
Dryness of throat	18	16	88.88%
Numbness	12	8	66.67%
Fatigue	16	10	62.50%
Weakness	17	13	76.47%
Constipation	7	4	57.14%

Table showing the total results.

Result	No. cases	Percentage
Excellent	4	20%
Good	10	50%
Poor	6	30%

Conclusion : In the present days when diabetic population is in increasing trend, a safe oral antidiabetic agent like 'Tribang Shila' will help the management more easier, particularly in maturity onset type of diabetes. Further study with this drug will explore the secret behind its efficacy.