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## A Clinical Study On The Efficacy Of Bhāvita Kośātakī Phala In Madhumeha (Type II Diabetes Mellitus)

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### Abstract

The present clinical study was undertaken to evaluate the efficacy of Bhāvita Kośātakī Phala Cūrṇa (Group A) compared with Mēṣaśṛṅgī Patra Cūrṇa (Group B) in the management of Madhumeha (Type II Diabetes Mellitus). A randomized, controlled, single-blind clinical trial was conducted on 40 subjects divided equally into two groups. Subjects were administered 500 mg capsules of respective trial drugs twice daily for three months. Objective parameters (FBS, PPBS, HbA1c, Urine sugar) and subjective symptoms (polyuria, polyphagia, polydipsia, weakness, burning sensation of palms and soles) were assessed before and after treatment. Group A showed statistically significant improvement in all parameters compared to Group B. The study concludes that Bhāvita Kośātakī Phala has superior efficacy in managing Madhumeha.

### Keywords

Bhāvita Kośātakī Phala, Madhumeha, Type II Diabetes Mellitus, Ayurveda, Clinical Trial

### Introduction

Madhumeha (Diabetes Mellitus) is a chronic metabolic disorder described in Ayurvedic literature as a Santarpanajanya Vyādhi. Owing to its rising global incidence, alternative treatments with minimal side effects are in demand. Bhāvita Kośātakī Phala, processed with its own Svarasa, is proposed to enhance therapeutic efficacy via Bhāvana Saṃskāra. This study aims to scientifically validate the therapeutic efficacy of this formulation.

### Aims and Objectives

- To evaluate the efficacy of Bhāvita Kośātakī Phala in Madhumeha.
- To compare its effectiveness with Mēṣaśṛṅgī Patra Cūrṇa.

## Materials and Methods

- Study Design: Randomized Controlled Single-Blind Comparative Clinical Study.
- Sample Size: 40 patients divided into two groups (n=20 each).
- Drugs:
  - Group A: Bhāvita Kośātakī Phala Cūrṇa 500 mg capsules
  - Group B: Mēṣaśṛṅgī Patra Cūrṇa 500 mg capsules
- Dose and Duration: 2 capsules twice a day for 3 months with lukewarm water
- Assessment Parameters:
  - Subjective: Polyuria, Polyphagia, Polydipsia, Daurbalya, Pāṇi-Pāda Dāha
  - Objective: FBS, PPBS, HbA1c, Urine Sugar
- Statistical Tools: Mean, SD, SE, Paired t-test

## Results

- Subjective Parameters: Group A showed greater reduction in symptoms such as polyuria (70%), polyphagia (72.72%), polydipsia (74.19%), burning sensation (74.07%), and weakness (89.18%) as compared to Group B.
- Objective Parameters:
  - FBS reduced by 17.28% in Group A vs. 12.28% in Group B
  - PPBS reduced by 16.89% in Group A vs. 15.08% in Group B
  - HbA1c reduced by 7.04% in Group A vs. 4.54% in Group B
  - Urine sugar reduction was 43.47% in Group A vs. 42.10% in Group B
- All parameters in both groups showed statistically significant improvements ( $p < 0.0001$ ), with Group A demonstrating superior efficacy.

## Discussion

The results validate the Ayurvedic concept of Bhāvana in enhancing the efficacy of Kośātakī Phala. The significant improvement in both subjective and objective parameters suggests that Bhāvita Kośātakī is more effective than Mēṣaśṛṅgī Patra in managing Madhumeha. The Bhāvana process likely enhances drug absorption and bioavailability, contributing to improved outcomes.

## Conclusion

Bhāvita Kośātakī Phala demonstrates superior therapeutic potential in the management of Madhumeha when compared to Mēṣaśṛṅgī Patra. It may serve as a safer, effective herbal alternative for Type II Diabetes Mellitus.

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