

SDP: Serving Humanity for Three Decades...

Success story

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When we started SDP 30 years ago, we took our baby steps towards the high-quality manufacturing of Ayurvedic medicines. We started with a few products, and now our portfolio has more than 200 Ayurvedic medicines in different formulations like Asava, Arishta, Taila, Ghrita, Leha, Arka, Vati, and more.

We realized from our clinical experience that if we use high-quality, hand-picked raw materials and process them into formulations as prescribed by Shaasthra, Ayurvedic medicines work wonders. Today, the hugely positive response we receive from doctors and patients on our medicines stands as testimony to our quality and approach.

From the early days, we were keen and quick to adapt technology to increase the productivity of manufacturing and potency of medicines. An amalgamation of ancient wisdom and modern technology has helped us boost production and meet doctors' demands without compromising the quality of drugs.



Although the medical field has advanced rapidly over the last century, many diseases have remained challenging for clinical management – PCOD, Vatha vyadhi, skin disease, and the list goes on. We consider and experience that the ancient wisdom of Ayurveda continues to be highly relevant in current times. Therefore, at SDP, we try our best to help humanity through Ayurveda.

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Asanadi Gana Plus for the Madhumeha challenge

The madhumeha/diabetes challenge is an opportunity to help

Diabetes, diagnosed and undiagnosed, is very common.

Diabetes, as you know, is a massive burden in India. Earlier it was a disease of the west, then a condition of Urban Indians, and now it is a disease of everyone — a research paper that examined 17,78,706 adults in India from 69 studies reflected the said scenario. The prevalence of diabetes increased from 2.4% to 15% over the years in rural India and from 3.3% to 19% in Urban India.¹ Thus, there is a need for Ayurveda to prepare itself to treat even more patients in the future.

7.7 crore

Number of people currently suffering from diabetes in India²

13.4 crore

Number of expected diabetes patients by 2045 in India²

57%

Number of people suffering from diabetes but not diagnosed²

Uncontrolled diabetes is very common

76% Percentage of diabetes patients where conventional modern medicine fails to achieve diabetes control because of several reasons.³

Controlling diabetes is very difficult, and hence many fails to keep their diabetes under control. As a result, several people need more than one drug to treat diabetes, and in several cases, despite that, they fail to keep their diabetes under control.³ As a result, a diabetes patient may take, on average, up to 7 drugs to keep their diabetes under control.⁴



The imbalance to balance

Treating Indian diabetes patients is challenging because there are several factors out of balance — Indian men have central obesity, increased insulin resistance, progressive loss of beta-cell function, and a stronger genetic predisposition to diabetes. Besides, our food rich in sweets, fat, and carbohydrates combined with low physical activity levels contribute to poor diabetes control.⁵

Since Ayurveda focuses on the following things, it is an opportunity to overcome the madhumeha challenge:⁵

1. Progressive loss of beta-cell function is characteristic of Indian diabetes patients, and Ayurvedic drugs help overcome the same.
2. Lipids are as crucial as insulin resistance, and Ayurveda gives prime importance to medadhatu dushti in the nidana of prameha and thus in its treatment.
3. Strong dinacharya, rutucharya, and pathyapathya knowledge suitable for Indians. The knowledge can be used to prevent and treat Indian diabetes patients.
4. Ayurveda brings about a balance of dosha and dhatu, eventually setting right the health.
5. Most of the drugs used in Ayurveda have Rasayana properties, which may help to reduce the progression of diabetes by lowering toxicity on beta-cells and the pancreas.

“Asanadigana plus is an opportunity to achieve the balance.”

Asanadi Gana Plus

Asanadi Gana Plus is a unique combination prepared by adding herbs to the Asanadi Gana of Sushruta.⁶ You would already know the effects of these herbs on diabetes from an Ayurvedic perspective. This is an attempt to bring in the findings of modern research.



Ingredients: Asana (*Pterocarpus marsupium*), Arjuna (*Terminalia arjuna*), Khadira (*Acacia catechu*), Chandana (*Santalum album*), Agaru (*Aquilaria agallocha*), Palasha (*Butea monosperma*), Rakta changana (*Pterocarpus santalinus*), Kramuka (*Areca catechu*), Indrayava (*Holarrhena antidysenterica*), Jambuu Beeja (*Syzygium cumini*), Saptarangi (*Salacia chinensis*).

Indications: Diabetes, obesity and skin diseases.

How does Asanadi Gana Plus help?

Research shows that Asana is beta-cell protective and has regenerative properties, and reduces blood glucose levels. Epicatechin, an active compound found in Asana, acts like insulin. Marsupsin and pterostilbene are found to have hypoglycemic activity.⁷

As you know, dyslipidemia is a significant component of metabolic syndrome. Arjuna and Khadira in Asanadi Gana Plus work on lipids and help to correct dyslipidemia. Both herbs are found to reduce blood glucose levels. Besides, they are also potent antioxidants, which help protect beta-cells of the pancreas. Another herb in the combination, Chandana, also reduces lipid levels.⁷

Rakta Chandana acts on the liver's carbohydrate metabolizing

enzymes, increasing glycolysis and decreasing gluconeogenesis, thus reducing blood glucose levels. It also helps end organs by improving lipid peroxidation in the brain, liver and heart tissue.⁷

Free radicals and oxidative stress have a role in diabetes progression. In addition to Arjuna and Khadira, Rakta Chandana also acts on these free radicals and helps overcome oxidative damage and the progression of diabetes.⁷

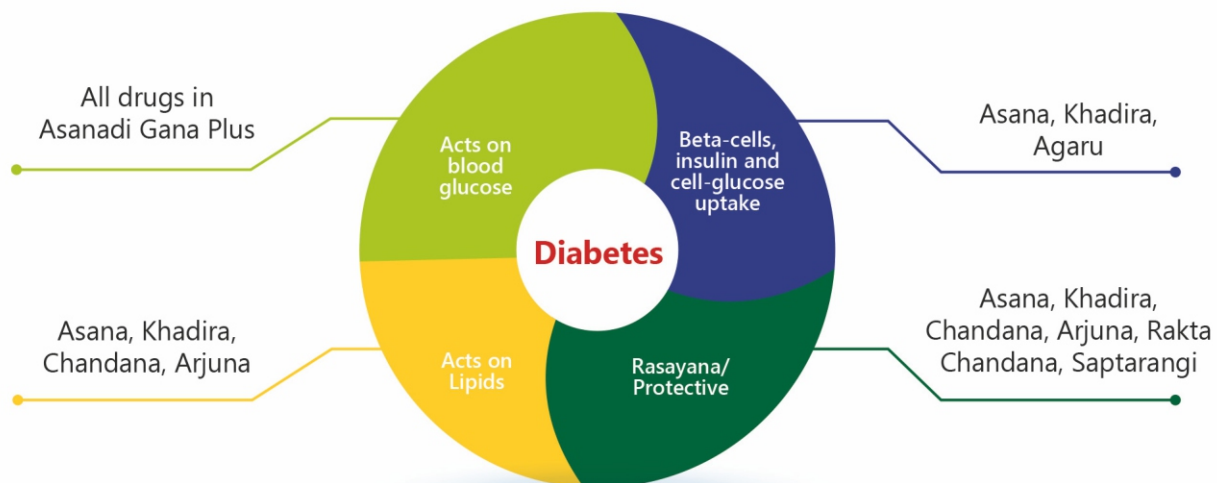
Palasha is a beneficial drug in dyslipidemia as it acts all around the problem. It is found to reduce total serum cholesterol, triglyceride, low-density lipoprotein and very low-density lipoprotein cholesterol; and to significantly increase high-density lipoprotein cholesterol. It also significantly lowers glucose

levels and oxidative stress in the pancreas.⁷

Agaru increases glucose uptake in cells like insulin and reduces blood glucose levels. Kramuka, a part of everyday household use in many houses, is rich in triterpenoids which are very effective in reducing diabetes,⁷ so is Indrayava.⁸

Jambu is a well-known anti-diabetic, and it has been researched for more than 100 years now. Studies have shown that Jambu can reduce glucose levels by about 30% on average, and some studies have reported a 65% reduction in blood glucose levels with Jambu.⁹ Saptarangi is shown to increase the first phase insulin response in diabetes and reduce glycosylated hemoglobin (HbA1c), and it may also delay the complications of diabetes.¹⁰

Actions of Asanadi Gana Plus in diabetes at a glance



- It is not easy to control diabetes, even with multiple modern medicines.
- The failure of treatment is because of the failure of comprehensive coverage of pathophysiology and other factors.
- Ayurveda can help through its comprehensive coverage of the pathology and ability to balance the imbalanced dosha-dhatu.
- Thus, indeed, Ayurveda can have an essential role in treating diabetes.
- Asanadi Gana Plus indeed has a role as it helps take care of high glucose levels, insulin dysfunction, glucose uptake by cells, and dyslipidemia.
- Besides, dinacharya and rutucharya, along with other necessary lifestyle modifications, are essential.

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Bhumyamalaki as a digestive tonic

Bhumyamalaki is commonly used in liver diseases.

Bhumyamalaki (*Phyllanthus niruri*, Euphorbiaceae) is a commonly used herb in treating stomach, genitourinary system, liver, kidney and spleen conditions in Ayurvedic medicine. It is a common plant found in tropical regions of the world.¹



But did you know it can be an excellent digestive tonic?

It is used as traditional medicine in South American nations like Brazil, Hiti, and Amazonia as a digestive.² In fact, Kayyadheva nighantu mentions it as Rochani, which means appetizer or digestant.³

The plant is used as a whole and is rich in flavonoids, alkaloids, terpenoids, lignans, polyphenols, tannins, coumarins and saponins, which have been identified from various parts of *Phyllanthus niruri*. It stimulates the liver and Jatharagni, thus promoting digestion. Phyllanthosides found in Bhumyamalaki have strong anti-spasmodic activity and have a protective effect on gastric mucosa, therefore helpful against gastric and peptic ulcers.

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PANCHA KASHAYAM

Bathing Bar

● SKIN DISEASE ● DANDRUFF ● HAIR FALL

