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**Management of diabetes mellitus through Ayurveda by *Dosha* and *Prakrity* based assessments**Prakash Mangalasseri<sup>1</sup>, Surendran E, Jayadevan C V<sup>1</sup>, Manojkumar A K<sup>2</sup> and Snigdha Roy<sup>3</sup><sup>1</sup>VPSV Ayurveda College, India<sup>2</sup>Kerala University of Health Sciences, India<sup>3</sup>ISM Kerala, India

Diabetes mellitus was reported to be responsible for 11% of the total global adult health expenditure and 5.1 million deaths. 80% of people with diabetes live in low- and middle-income countries. India becomes top in South East Asia region with 65.1 Million diabetic people with a prevalence of 9.09%. Traditionally in India, Diabetes was controlled by indigenous Ayurvedic Health Care System. In Ayurveda, the disease is diagnosed as Prameha and effectively managed by its unique principles. Ayurveda identify various Dosha, types for *Prameha* with different prognostic considerations. Among the three Dosha, sub-types of *Prameha*, *Kapha* is curable, *Pitta* is mitigatedly manageable and *Vata* is incurable. The psychosomatic constitution (*Prakrity*) of an individual also plays an important role in progression, prognosis of disease and response to the treatment. *Pitta prakrity* constitutions are more prone to stress and stress itself is a cause for manifestation of hyperglycemia. A cross sectional study was carried out to find out the association of stress and hyperglycemia in *Pitta* predominant constitution and it was demonstrated in the particular *Prakrity* ( $p < 0.001$ ). In routine clinical practices, the famous *Pitta* alleviating drug *Mahaatiktakam* decoction was found to be effective in hyperglycemia especially when associated with stress. A clinical trial was conducted to find out the efficacy of the decoction in stress associated hyperglycemia seen in diabetic patients of *Pitta* predominant constitution and the outcome was highly significant ( $p < 0.001$ ). The paper attempts to explore the utility of *Dosha* and *Prakrity* based considerations in the management of diabetes mellitus through Ayurveda.

**Biography**

Prakash Mangalasseri has graduated from Kottakkal, India and Post-graduation from Gujarat Ayurveda University. He is presently a PhD student from Kerala University of Health Sciences. He has wide research and treatment experience in general medicine, male infertility, Panchakarma therapy and Ayurvedic psychiatry. He has many publications and contributed chapters in various books.

ayurvedaprakash@gmail.com

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