



Management of Newly diagnosed type 2 diabetes mellitus in Ayurveda, A Case Report

ABSTRACT

Herbal drugs are usually incorporated plant formed mixture in the treatment of diabetes and other disease in Ayurveda and their reported side effects are very less and cost effective. Type 2 diabetes is the state of resistance of insulin which leads to impairment of glucose utilization. Debix an Ayurveda herbal drugs mixture was provided to manage the newly diagnosed diabetes in otherwise healthy 33 years old male with no history of any other disease or medication, on continuous 4 months monitoring treatment plus recommendation to adopt life style modification along with 30 minutes of exercise minimum 5 days in a week, the patient exhibited normal blood glucose report as well as HbA1c was quite improved. This sort of data in Ayurveda clinical case study is scarcely reported and published means no report is generally made in scientific way in Ayurveda hence this case presentation will be beneficial to the Ayurveda practitioner.

The rationale of this case report is, basis of treatment in Ayurveda can be commenced in newly diagnosed diabetes by Debix, a proprietary Ayurvedic medicine manufactured by Sandu pharmaceutical Pvt. Ltd without any report of side effects under continuous supervision, at least for four months to fully manage the case.



Biography

Niraj Khatri Sapkota has completed his PhD in Molecular Physiology applications to pharmacology at the age of 32 years from Zhejiang University, China, in 2014, one of the Thomson Reuters and Elsevier best ranked university of the world; he is now working as an Associate Professor in the Department of Physiology in Chitwan Medical College affiliated to Tribhuvan University, Nepal, on the part of Ayurveda he is actively doing research in affiliation with Asmita Ayurvedic Concern or Clinic as well he has been working as a Research Director. Thus he is an active researcher and academician of his country, Nepal. He has published more than 50 papers both original and review papers as a single author or with collaboration in reputed international journals and is serving as a reviewer, advisory and editorial board member and Editor of more than 30 international reputed journals.

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Ayurveda, Hypoglycaemia, Diabetes

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