



DIABETES

Treatment Approach

Santarpanajanya prameha

The patients of prameha who is strong should be administered shodhana chikitsa (purifactory therapy);

- ***Vamana – Therapeutic Emesis***
- ***Virechana – Therapeutic Purgation***
- ***Asthapana Vasti – Therapeutic Enema***

Apatarpanajanya prameha

While in the case of emaciated & weak patients, shamana chikitsa (palliative therapy) in the form of santarpana (rejuvenation/nourishing) should be administered.

Abundant of herbal & animal products including several metals, minerals incorporated with herbs have been described for the management of prameha in ancient literature. These includes in the form of Kwatha, Arishta / Asava, Churna, Gulika, Rasayana

The method of management, as a composite scheme of

- ***Diet control***
- ***Exercise***
- ***Yoga asana***
- ***Purifactory techniques &***
- ***Medications have all been claimed to be curative value in the literature.***

Diabetes Mellitus can not be cured, but it can be successfully managed with proper diet, physical activities and medication if needed. Some may claim that they can cure diabetes through a variety of methods, however once a patient is diagnosed as diabetic; they will always have to monitor their blood glucose

levels. Many patients have a very healthy and long life with well controlled diabetes.