



Case Study

ENLIGHTENING ON EFFECTUAL AYURVEDIC THERAPEUTICS IN EARLY DIAGNOSED TYPE 2  
DIABETES MELLITUS

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ABSTRACT

Diabetes mellitus is a lifestyle-related disease that has been recognized and described in Ayurvedic literature since ancient times. It is termed as *Prameha vyadhi* in Ayurveda. The characteristic symptom of the DM (*Prameha*) is polyurea (*Bahu mutrata*). It mainly causes due to *Kaphaprakopak aahar-vihar*. Due to this metabolic dysfunction occurs and it hampers the healthy life of a person. It affects both mental and physical health. This case study is about the male patient of age 38 years old. He came with early diagnosed type 2 diabetes to Jeena Sikho Lifecare Limited Clinic, Sangrur, Punjab on 30/11/2023. He had complaints like burning sensation in eyes, tingling numbness in legs etc. On the basis of Ayurvedic criteria he was diagnosed as *Pittanubandhi Kaphaj Prameha*. Ayurvedic treatment not only includes medications but also includes do's and don'ts for diet and lifestyle (*Pathya-apathya*). Various drugs like *Haridra*, *Amalaki*, *Shilajeet* etc. are used in the above-mentioned case. This study enlightens that how *ayurvedic* treatment can reverse the diabetes if it is diagnosed early. Investigation reports reveal a catching reduction in HbA1c and mean blood glucose level after treatment. This ongoing case study enlightens the effectual Ayurvedic therapeutics for diabetes.

INTRODUCTION

Diabetes Mellitus (DM) is a metabolic disorder characterized by an elevated blood sugar (glucose) level [1]. It occurs either when the pancreas does not produce sufficient insulin or when the body is unable to effectively utilize the insulin it produces.

According to modern science, DM is primarily classified into two types:

1. Type 1 Diabetes Mellitus- Also known as insulin-dependent DM, this type is characterized by a deficiency in insulin production.
2. Type 2 Diabetes Mellitus- Also known as non-insulin-dependent DM, this is the most common form of diabetes. In this condition, the body's cells are unable to efficiently absorb glucose from the bloodstream, resulting in elevated blood sugar levels.

Key contributing factors to the rise in Type 2 Diabetes include obesity, reduced physical activity, and advancing age. This type of diabetes is often preventable and reversible if diagnosed early and managed with appropriate medication and lifestyle modifications [2].

According to Ayurveda, *Kaphaprakopak aahar vihar* is the main cause of *Prameha* (diabetes) [3], that means a lifestyle disorder. Causes include curd and their products, heavy diet, lack of exercise, jaggery products etc. *Prameha* has 3 types in texts as follows [4]:

1. *Vataj Prameha*
2. *Pittaj Prameha*
3. *Kaphaj Prameha*

These classifications are based on the dominance of specific *Doshas*. The present case study involves Type 2 Diabetes Mellitus, which, according to Ayurvedic principles, is identified as *Kaphaja Prameha*.

Statistics

Figures of diabetes are growing very rapidly on the global level. The IDF (International Diabetes Federation) Atlas (2021) reported that 10.5% of the adult population (20-70 yr) has diabetes, with almost half unaware that they are living with the condition [5].

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By 2045, IDF projections show that 1 in 8 adults, approximately 783 million, will be living with diabetes<sup>[6]</sup>. Total number of people living with diabetes is projected to rise 643 million by 2030 and 783 million by 2045<sup>[7]</sup>. According to Indian Council of Medical Research- India Diabetes (ICMR INDIAB) study published in 2023, the prevalence of diabetes is 10.1 crores<sup>[8]</sup>.

### Case Report

A 38 years old male patient came to Jeena Sikho Lifecare Limited Clinic, Sangrur, Punjab, on 25/11/2023. He came with symptoms of –

1. Burning sensation in eyes.
2. Burning sensation with pain and tingling numbness to leg.
3. Polyuria and nocturia.
4. Pain and swelling over left shoulder due to pulling of weight.

### Follow up on 26/12/2023

Above symptoms reduced

### Follow up on 20/1/2024

1. No burning sensation
2. Urination normal
3. Headache
4. Body pain
5. Constipation

6. Sleep decreased

### Follow up on 23/3/2024

1. Sleep normal
2. Constipation
3. Headache
4. Body pain

The patient had a known history of migraine and a positive family history of diabetes on both the maternal and paternal sides. A comprehensive evaluation was conducted, including detailed medical history, physical examination, and relevant investigations. During his visit to the clinic, he was newly diagnosed with Type 2 Diabetes Mellitus based on his HbA1c level, which was 9.3%, and his mean blood glucose level measured 220.21mg/dL on 25<sup>th</sup> November 2023.

When he visited to above mentioned clinic, he diagnosed as *Kaphaj Prameha* with *Pittanubandhi* on the basis of Ayurvedic criteria. It means this type has predominance of *Kapha Dosha* and fewer predominance of *Pitta Dosha* as compared to *Kapha Dosha*. Due to this type and early diagnosis of *Prameha* (*Navotthit prameha*) it was quite easy to treat. Because *Acharya Charaka* said that *Kaphaj Prameha* can be cured if diagnosed early.<sup>[9]</sup> A detailed assessment of his fundamental signs on the day of the visit is as follows:

**Table 1: Dashvidha Parikshan**

<i>Prakriti</i> (Physical constitution)	<i>Vata Pitta</i>
<i>Vikriti</i> (pathological constitution)	<i>Kaphaj Pittaj</i>
<i>Sara</i> (excellence of tissues)	<i>Madhyam</i>
<i>Samhanan</i> (body compactness)	<i>Madhyam</i>
<i>Praman</i> (measurements of body parts)	<i>Madhyam</i>
<i>Satmya</i> (homologation)	<i>Madhyam</i>
<i>Sattva</i> (mental constitution)	<i>Madhyam</i>
<i>Aaharshakti</i> (capacity ingesting, digesting and assimilating the food)	<i>Madhyam</i>
<i>Vyayamshakti</i> (capacity to exercise)	<i>Madhyam</i>
<i>Vaya</i> (age)	<i>Yuvavastha</i>

**Table 2: Ashtavidha Parikshan**

<i>Nadi</i>	<i>Kapha paittik</i>
<i>Mala</i>	<i>Prakrita</i>
<i>Mutra</i> (urine)	<i>Prabhut mutrata</i> (polyuria)
<i>Jivha</i> (tongue)	<i>Saam</i>
<i>Sbhabd</i> (pronunciation)	<i>Spashta</i> (clear)
<i>Sparsh</i>	<i>Anushna Sheet</i> (normal)
<i>Drika</i>	<i>Prakrita</i>
<i>Aakriti</i> (physique)	<i>Sthool</i> (obese)

**Table 3: Investigation reports (on 1<sup>st</sup> day of admission)**

Test name	Value	Date
Glycosylated Hemoglobin (HbA1c)	9.3 percent	25/11/2023
Mean blood glucose	220.21 mg/dL	25/11/2023

## Ayurvedic Intervention

### 1. Medicines (*Shaman chikitsa*)

**Table 4: Medicines (*Shaman chikitsa*)**

Date	Drugs	Dose and time
Course (1) 30/11/2023	Divya shakti powder Prameha rog har powder Tab. Ashwagandha DM + syrup	½ tsf HS ( <i>Nishakala</i> with <i>Koshna jala</i> i.e. lukewarm water). ½ tsf TDS before meal ( <i>Pragbhakta kala</i> with <i>Koshna jala</i> ). 2 Tab BD ( <i>Adhobhakta kala</i> with <i>Koshna jala</i> ) 15 ml BD ( <i>Adhobhakta kala</i> with <i>Sam matra</i> of <i>Koshna jala</i> i.e. equal amount of lukewarm water)
Course (2) 26/12/2023	Divya shakti powder Prameha roghar powder Tab. Asthiposhak Tab. Ashwagandha DM + syrup	½ tsf HS ( <i>Nishakala</i> with <i>Koshna jala</i> i.e. lukewarm water) ½ tsf TDS before meal ( <i>Pragbhakta kala</i> with <i>Koshna jala</i> ) 1 Tab BD ( <i>Pragbhakta kala</i> with <i>Koshna jala</i> ) 1 Tab BD ( <i>Adhobhakta kala</i> with <i>Koshna jala</i> ) 15 ml BD ( <i>Adhobhakta kala</i> with <i>Sam matra</i> of <i>Koshna jala</i> i.e. equal amount of lukewarm water))
Course (3) 20/1/2024	Dr. Shuddhi powder Prameha roghar powder Cap. DM Bramhi vati	½ tsf HS ( <i>Nishakala</i> with <i>Koshna jala</i> ) ½ tsf TDS before meal ( <i>Pragbhakta kala</i> with <i>Koshna jala</i> ) 1 Cap BD ( <i>Adhobhakta kala</i> with <i>Koshna jala</i> ) 2 Tab HS ( <i>Nishakala</i> with <i>Koshna jala</i> )
Course (4) 23/3/2024	Dr. Shuddhi powder Cap. Arthri Prameha roghar powder Bramhi vati Chander vati Cap. DM	½ tsf HS ( <i>Nishakala</i> with <i>Koshna jala</i> ) 1 Tab OD ( <i>Adhobhakta kala</i> with <i>Koshna jala</i> ) ½ tsf TDS before meal ( <i>Pragbhakta kala</i> with <i>Koshna jala</i> ) 1 Tab HS ( <i>Nishakala</i> with <i>Koshna jala</i> ) 1 Tab OD ( <i>Adhobhakta kala</i> with <i>Koshna jala</i> ) 1 Tab OD ( <i>Adhobhakta kala</i> with <i>Koshna jala</i> )
Course (5) 1/6/2024	Prameha roghar powder Cap. DM	½ tsf TDS before meal ( <i>Pragbhakta kala</i> with <i>Koshna jala</i> ) 1 BD ( <i>Adhobhakta kala</i> with <i>Koshna jala</i> )

**Table 5: *Aahar-vihar* (lifestyle changes)**

<i>Pathya</i> (Do's)	<i>Apathya</i> (Don'ts)
Maintain an eating schedule between 8.00 am to 6.00 pm	Don't sleep in the day time
Before eating invoke the divine and sit in <i>Vajrasan</i> after each meal to regulate digestion	Skip sugar, dairy products, packed foods, milk and milk products
Wake up early and sleep early before 09.00 pm.	Avoid having ripen sweet fruits like banana, sapodilla fruit
Exercise and meditate regularly at least for 45 min.	Avoid eating after sunset
Always eat fresh and homemade food.	Don't awake at late night

**DIP (Discipline and Intelligent) diet:** Patient was kept on DIP diet plan for 5 months. This diet plan is clinically proved to play significant role in reversing the lifestyle disorders like diabetes <sup>[10]</sup>.

**Fruits:** All type of citrus fruits including oranges, berries, apple etc. Quantity of fruits is advised according to DIP diet formula as given below. Depending on this formula patient was advised to have 860gm fruits in the morning as his weight was 86 kg.

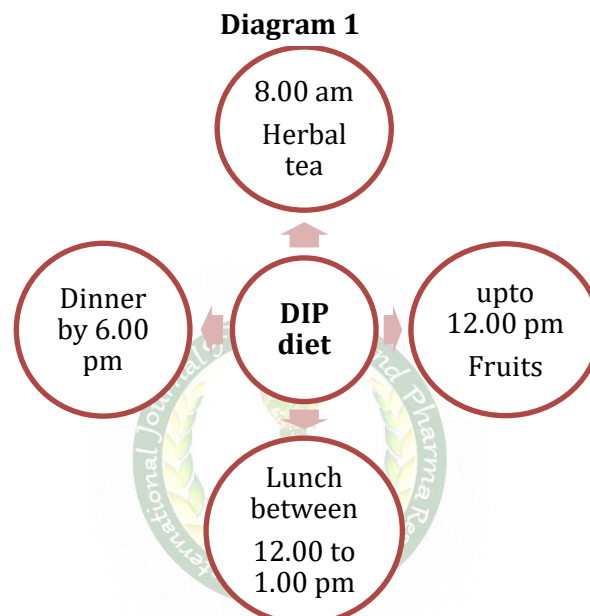
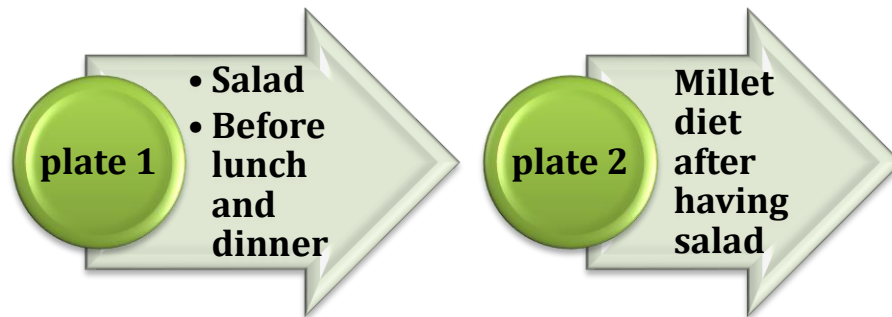
$$\text{Patient's weight in grams} \times 10 = \text{fruits in grams}$$

**Salad:** Salads such as cucumber, tomato, beetroot, etc., were advised to be consumed before lunch and dinner. Following the salad, the patient was instructed to eat a meal that included a millet-based diet. Based on the calculation using the formula provided below, the patient was advised to consume approximately 430 grams of salad prior to each meal.

$$\text{Patient's weight in grams} \times 5 = \text{salad in grams}$$

**Lunch and dinner:** Consumption of barley or other millet-based flatbreads, green gram soup (*Mudga Yusha*)<sup>[11]</sup>, along with rice and a variety of vegetables- particularly fruit vegetables such as bitter gourd, okra, bottle gourd, and ivy gourd- was recommended.

Diagrammatically this DIP diet is arranged as below to understand easily and follow the same. The main diet is mentioned in Diagram 1. In the diagram 2 DIP diet schedule is given.



## RESULT

Diabetic symptoms of patient on first day were absent after 5 months of successful anti-diabetic therapeutics. After treatment changes are as follows.

Table 6

Before treatment	After treatment
<i>Netra daha</i> (Burning sensation in eyes)	Absent
Pain in right frontal region with pain around the right eye due to migraine	Absent
<i>Pada daha</i> and <i>supti</i> (burning sensation with pain and tingling numbness to leg)	Absent
<i>Mala</i> (Bowel movement)	<i>Prakrit</i> (Normal, not constipated)
<i>Bahumutrata</i> (Polyuria and nocturia)	<i>Prakrit</i> (Normal frequency)
<i>Jivha aalepan</i> (white coating over tongue)	<i>Niram</i> (Clear)

Investigation values also revealed the positive readings as follows –

Table 7

Test name	Before treatment (25/11/2023)	After treatment
Glycosylated Hemoglobin (HbA1c)	9.3 percent	6.2 percent.
Mean blood glucose	220.21 mg/dl	131.2 mg/dL



## DISCUSSION

Treatment of *Prameha* starts with *Nidana parivarjana* (abstinence from the etiological factors). Because *Charakacharya* said that frequent consumption of both the dietary and life style responsible for the origin of *Prameha* should be stopped<sup>[12]</sup>. Along with it, practice of *Pathya* (dietary regimens) is also important for the management of *Prameha*.

**Ingredients of the above formulations are as follows**

**1) Divya shakti powder:** *Trikatu* (*Zingiber officinale*, *Piper nigrum*, *Piper longum*), *Triphala* (*Emblica officinalis*, *Terminalia chebula*, *Terminalia bellirica*), *Musta* (*Cyperus rotundus*), *vidang* (*Embelia ribes*), *Laghu ela* (*Elettaria cardamomum*), *Tejpatra* (*Cinnamomum tamala*), *Lavang* (*Syzygium aromaticum*), *Trivrutta* (*Operculina turpethum*), *Saindhav* (Rock salt), *Dhanyak* (*Coriandrum sativum*), *Pippali mul* (*Piper longum* root), *Jeerak* (*Cuminum cyminum*), *Nagkeshar* (*Mesua ferrea*), *Dadim* (*Punica granatum*), *Bruhat ela* (Black cardamom), *Hingu* (*Ferula asfoetida*), *Ajmoda* (*Apium graveolens*), *Sajjikshar* (*Sodium bicarbonate*), *Pushkarmool* (*Inula racemosa*), *Mishri* (Rock sugar).

**Use:** Boosts immunity and aids to treat indigestion

**2) Prameha roghar powder:** *Kutaki* (*Picrorhiza kurroa*), *Kirattikta* (*Swertia chirayta*), *Nimba* (*Azadirachta indica*), *Karvellak* (*Momordica charantia*), *Rasanjan* (*Berberis aristata*), *Amlika beeja* (*Tamarind seeds*), *Kala namak* (Black salt), *Guduchi* (*Tinospora cordifolia*), *Shunthi* (*Zingiber officinale*), *Babbula tvak and phal* (*Acacia Arabica* bark and fruit), *Sarpagandha* (*Rauvolfia serpentina*), *Trivang bhasma*, *Yashad bhasma*, *Revandchini*, *Guggulu* (*Commiphora mukul*), *Methika* (*Trigonella foenum*), *Jambu* (*Syzygium cumini*), *Karanj* (*Pongamia pinnata*), *Shilajeet*, *Haridra* (*Curcuma longa*), *Haritaki* (*Terminalia chebula*), *Indrayava* (*Holarrhena antidysenterica* seeds), *Vanshlochan* (*Bambusa arundinacea*), *Bibhitaki* (*Terminalia Bellerica*), *Amalaki* (*Emblica officinalis*), *Shweta musli* (*Chlorophytum borivilianum*), *Gudmar* (*Gymnema sylvestre*)

**Use:** All types of diabetes, controls blood sugar level, relieves urinary problems, improves immunity, useful in diabetic neuropathy and retinopathy

**3) Cap. DM:** *Aamragandhi Haridra* (*Curcuma amada*), *Guduchi* (*Tinospora cordifolia*), *Methika* (*Trigonella foenum*), *Shweta musli* (*Chlorophytum borivilianum*), *Nimba* (*Azadirachta indica*), *Karvellak* (*Momordica charantia*), *Jambu* (*Syzygium cumini*), *Bilva patra* (*Aegle marmelos* leaves), *Gudmar* (*Gymnema sylvestre*), *Shilajit* (*Asphaltum*)

**Use:** all types of diabetes and all diabetic complications.

**4) Tab. Ashwagandha** (*Withania somnifera*)

**Use:** Nervine tonic and it aids in sleeping disorders (*Anidra*).

**5) DM + syrup:** *Ashwagandha* (*Withania somnifera*), *Kumari* (*Aloe vera*), *Erand karkati* (*Carica papaya*), *Guduchi* (*Tinospora cordifolia*), *Saptrangi* (*Salacia oblonga*), *Karvellak* (*Momordica charantia*), *Jambu* (*Syzygium cumini*), *Nimba* (*Azadirachta indica*), *Gudmar* (*Gymnema sylvestre*), *Kalmegh* (*Andrographis paniculata*), *Arjun* (*Terminalia arjuna*), *Pippali* (*Piper longum*), *Tvak* (*Cinnamomum zeylanicum*), *Tulsi* (*Ocimum sanctum*)

**Use:** All type of diabetes, proteinuria, skin disorders and boost immunity

**6) Chander vati:** *Kapoor Kachri* (*Hedychium spicatum*), *Vacha* (*Acorus calamus*), *Kalmegha* (*Andrographis paniculata*), *Guduchi* (*Tinospora cordifolia*), *Devdaru* (*Cidrus deodara*), *Haridra* (*Curcuma longa*), *Ativisha* (*Aconitum heterophyllum*), *Daruharidra* (*Berberis aristata*), *Pippali mul* (Root of *Piper longum*), *Chitrak* (*Plumbago zeylanicum*), *Dhanyak* (*Coriandrum sativum*), *Haritaki* (*Terminalia chebula*), *Bibhitaki* (*Terminalia bellirica*), *Amalaki* (*Emblica officinalis*), *Chavya* (*Piper retrofractum*), *Vidang* (*Embelia ribes*), *Pippali* (*Piper longum*), *Maricha* (*Piper nigrum*), *Shunthi* (*Zingiber officinale*), *Gaj pippali* (*Scindapsus officinalis*), *Swarna makshik bhasam*, *sajjikshar*, *saindhav* (rock salt), *krushna lavan* (black salt), *Laghu ela* (*Elettaria cardamomum*), *Twak* (*Cinnamomum zeylanicum*), *Patra* (*Cinnamomum tamala*), *Danti* (*Baliospermum montanum*), *Trivrutta* (*Operculina turpethum*), *Vanshlochan* (*Bambusa arundinacea*), *Loha bhasma*, *Shilajeet* (*Asphaltum*), *Guggulu* (*Commiphora mukul*).

**Uses:** Diuretic, kidney dysfunction, UTI, CKD, stone, urine retention, anti-diabetic activity.

Apart from above formulations following formulations had been prescribed for along with complains which may not be related to diabetes like pain and swelling to left shoulder, constipation, insomnia.

**7) Dr Shuddhi powder:** *Trikatu* (*Zingiber officinale*, *Piper nigrum*, *Piper longum*), *Triphala* (*Emblica officinalis*, *Terminalia chebula*, *Terminalia bellerica*), *Dadim* (*Punica granatum*), *Musta* (*Cyperus rotundus*), *Tvak* (*Cinnamomum zeylanicum*), *Vidang* (*Embelia ribes*), *Laghu ela* (*Elettaria cardamomum*), *Bruhat ela* (black cardamom), *Hingu* (*Ferula asfoetida*), *Tejpatra* (*Cinamomum tamala*), *Kanchnar* (*Bauhinia*)

variegata), Lavang (*Syzygium aromaticum*), Ajmoda, Trivrutt, Sajjikshar, Saindhav, Pushkarmoola, Dhanyak, Sanaypatr (*Cassia angustifolia*), Pippali mul (root of *Piper longum*), Mishri (rock sugar), Jeerak (*Cuminum cyminum*), Nagkeshar (*Mesua ferra*).

**Use:** Relieves constipation

8) **Asthiposhak vati:** Godanti (purified Gypsum), Shilajeet (purified Asphaltum), Ashwgandha (*Withania somnifera*), Tavaksheer, Pippali (*Piper longum*), Amra haridra (*Curcuma amada*), Hadjorh (*Cissus quadrangularis*)

9) **Bramhi vati:** Brahmi (*Bacopa monnieri*), Rassindur, Sheelajit (purified Asphaltum), Marich (*Piper nigrum*), Vidanga (*Embelia ribes*), Pippali (*Piper longum*), Abhrak bhasma (Ash of purified Mica), Vang bhasma (Ash of purified Tin)

**Use:** Brain related disorders, depression, psychiatric disorders, insomnia, hypertension, anxiety

10) **Arthri capsule:** Nirgundi (*Vitex nigundo*), Trivrutta (*Operculana turpethum*), Shunthi (*Zingiber officinale*), Punarnava (*Boerhavia diffusa*), Guduchi (*Tinospora cordifolia*), Suranjan (*Colchicum luteum*), Rasna (*Pluchea lanceolata*), Shudha bhasma.

**Use:** Joint pain, Vata vyadhi, arthritis

These notable improvements in both clinical symptoms and laboratory parameters support the efficacy of Ayurvedic treatment in managing diabetes holistically. The case underscores the importance of early intervention, individualized care, and long-term discipline in achieving successful outcomes.

### Probable mode of action of above drugs according to modern science

Above mentioned herbs possess anti-diabetic potential. All drugs act in various ways. Some drugs reduce Glucose-6-phosphatase activity there by reducing the blood sugar level. Drugs like *Kirattikta* increases insulin sensitivity by stimulating insulin receptor and increases glucose absorption. They stimulate pancreatic beta cells for more insulin secretion. Some drugs like *Nimb*<sup>[13]</sup>, *Kirattikta* dilates blood vessels and act as prophylactic. *Karvellak* possesses charantin as anti-diabetic chemical compound<sup>[14]</sup>. *Kirattikta* contains mangiferin which is anti-diabetic. *Karanja* decreases cell membrane integrity. *Guduchi* acts by increasing C-Peptide level and decreases glycation of Hb<sup>[15]</sup>. Thus all herbs play a significant role in diabetes by various mode of actions. Image no. 1 reveals that how mentioned anti-diabetic herbs play a significant role in reducing blood sugar level as below -

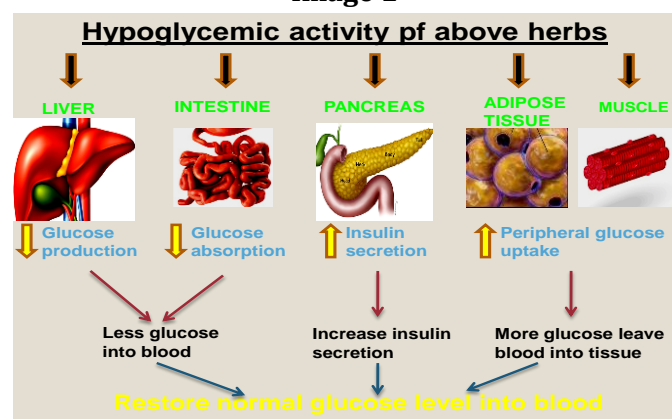
### Subjective Improvements (Before vs After Treatment)

Symptom	Before Treatment	After Treatment
Netra Daha (Burning sensation in eyes)	Present	Absent
Migraine pain with frontal and periorbital pain	Present	Absent
Pada Daha and Supti (Burning sensation, tingling and numbness in legs)	Present	Absent
Mala (Bowel movement)	Irregular	Prakrit (Normal)
Bahumutrata (Polyuria and nocturia)	Present	Prakrit (Normal frequency)
Jivha Aalepan (White coating on tongue)	Present	Niram (Clear tongue)
Kshudha (Appetite)	Disturbed	Prakrit (Normal)

### Objective Improvements

Test	Before Treatment (25/11/2023)	After Treatment
Glycosylated Hemoglobin (HbA1c)	9.3%	6.2%
Mean Blood Glucose	220.21 mg/dL	131.2 mg/dL

Image 1



### Some examples of herbs of above action

Increases insulin secretion – *Karanja*<sup>[16]</sup>, *Indrayava*<sup>[17]</sup>, *Guduchi*, *Kirattikta* etc.

Decreases intestinal glucose absorption – *Kirattikta*, *Indrayava*

### Probable mode of action of above drugs according to Ayurveda

According to Ayurveda all herbs mentioned in above formulations almost drugs possess *Katu*, *Tikta*, *Kashay rasa*, *Laghu*, *Ruksha guna*, *Katu vipaka* and *Ushna veerya*.

तिक्त रस

स्वयं अरोचिष्णु.....त्वक्मांसयोः स्थिरीकरणो...दीपनः पाचनः  
लेखनः क्लेदमेदोवसामज्जलसिकापूयस्वेदमुत्रपुरीष  
पित्तश्लेष्मोपशोषः॥ च. सू. २६

कषाय रस –

कषायो रसः संशमनः संग्राही सन्धानकरः पीडनो

रोपणः शोषणः स्तम्भनः श्लेष्मरक्तपित्तप्रशमनः

शरीरक्लेदस्य उपयोक्ता | च. सू. २६

उष्ण वीर्य –

तत्रोष्णं... शमं च वातकफयोः करोति| वा. सू. ९

वायु महाभूत –

वायव्यं रुक्षविशदं लघुस्पर्शगुणोल्बणम्|

रौक्ष्यलाघववैशद्यविचारग्लानिकारकम्॥ वा. सू. ९

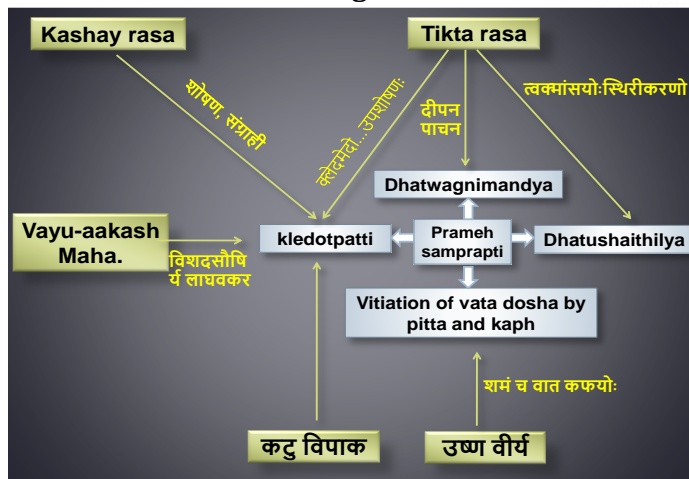
आकाश महाभूत –

नाभसं सूक्ष्मविशद लघुशब्दगुणोल्बणम्|

सौषिर्यलाघवकरं....॥ वा. सू. ९

Image no. 2 shows that how anti-diabetic herbs play a key role in *Samprapti bhanga* of *Prameha* i.e., breaking the pathophysiology of diabetes.

Image 2



From the *Rasapanchak* it can be concluded that almost drugs have predominance of *Teja*, *Vayu* and *Aakasha mahabhuta*. And few drugs have predominance of *Sheeta veerya* (cool potency) like *Nimba*, *Kirattikta* etc. *Sheeta veerya* drugs are useful to reduce burning sensation in the patient. As diabetes is a chronic complex disorder the main aim of the *Rasapanchaka* of above herbs is to regulate the metabolism of the body.

*Katu rasa* helps to diminish *Prameha* by *Krimighna hinasti* (anti-wormicidal or disinfectant property), *Margana vivranoti* that means it breaks *Srotoavrodha* to give proper direction to *Vata dosha* which is the regulator of all the cellular level bio-activities and *Shleshmanam shamayati*, *Sneha*, *Sweda*, *Kleda malan uphanti* property. It means it reduces *Kapha dosha*, fatty substances, more sweating and toxins from the body.<sup>[18]</sup>

*Tikta rasa* acts over *Prameha* by *Vishaghna* (anti-toxic), *Krimighna* property, *Deepan-pachana* (proper digestion) property, *Lekhana* (scraping of unwanted tissues and toxins) and *Kleda-medo-vasa-majja-lasika-puya-sweda-mutra-purisha-pitta shleshma upashoshah* property. It means that *Tikta rasa* strongly discards the *Dosh-dushya sangraha* of *Prameha* thereby cures *Prameha*.<sup>[18]</sup>

*Kashaya rasa* also helps in the management of *Prameha* by *Sangrahi*, *Shoshana*, *Stambhana*, *Shleshma prashamana*, *Sharira kleda shoshana* property.<sup>[18]</sup>

*Katu vipaka* and *Ushna veerya* helps in treatment of *Prameha* by regulating the metabolism of fats, carbohydrates and proteins that means *Deepana pachana* property.<sup>[19]</sup>

Ayurvedic treatment plays a significant role in reversing Type 2 Diabetes Mellitus, especially when the condition is diagnosed early and the symptoms are mild. In such cases, oral Ayurvedic medications along with proper dietary and lifestyle modifications (*Pathya–Apathya*) can lead to substantial improvement, often without the need for invasive interventions.

The choice of treatment- whether *Shamana Chikitsa* (palliative therapy) or *Panchakarma Chikitsa* (detoxification therapy)- depends upon the individual's *Doshic* involvement, *Dushya* (affected tissues), and overall condition. When patients strictly follow Ayurvedic principles and lifestyle disciplines throughout their lives, not only can diabetes be effectively managed or reversed, but the risk of recurrence is also significantly reduced. And even if recurrence occurs, it can be managed more effectively and swiftly.

## CONCLUSION

In this case, subjective improvement was remarkable, with complete relief from burning eyes, migraine pain, limb tingling and numbness, bowel irregularities, polyuria, tongue coating, and disturbed appetite after treatment. Objective parameters also showed significant reversal, as HbA1c dropped from 9.3% to 6.2% and mean blood glucose reduced from 220.21 mg/dL to 131.2 mg/dL. These outcomes demonstrate the efficacy of Ayurvedic therapy in restoring metabolic balance, preventing disease progression, and offering a safe, holistic, and cost-effective management approach for diabetes.

## Further Scope of Study

But further data collections with more clinical studies are needed to establish evidence-based practice for treating diabetic patients globally by Ayurvedic therapeutics. Also, studies on treatment of diabetic complications with Ayurvedic intervention should be done. This data collection must be useful in chronic conditions of diabetes.



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