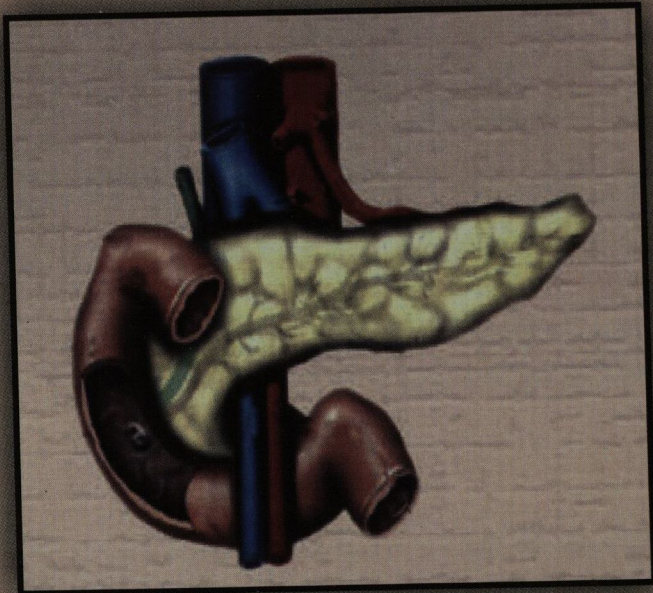


**AYURVEDIC MANAGEMENT OF**

# **Diabetes**

**Madhumeha**



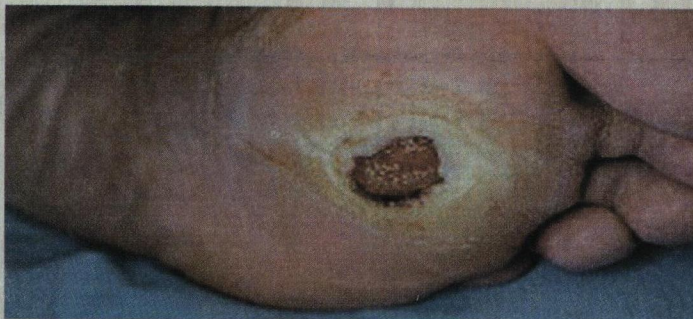
**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**  
**Ministry of AYUSH**  
**(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)**  
**Government of India**

## What is Diabetes ?

Diabetes (Madhumeha) is a systemic illness that interferes with the body's ability to process carbohydrates and sugar into fuel. It is characterized by high blood glucose levels

## What are the features ?

- Excessive hunger (Polyphagia)
- Excessive thirst (Polydypsia)
- Excessive urination (Polyuria)
- Tiredness
- Unexpected weight loss in some cases
- Passing of sugar in the urine



## What are the Causative Factors ?

- Hereditary proneness
- Excessive intake of sweet/ starch
- Excessive intake of freshly harvested food articles
- Freshly prepared alcoholic drinks

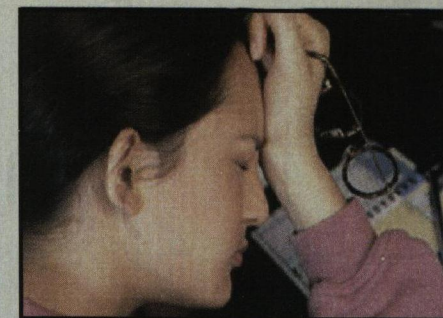
### Life style :

- Sedentary occupation
- Sleeping for long time specially during day time
- Lack of exercise
- Indulging in extra luxuries, laziness
- All Kapha aggravating factors
- Environmental toxins, autoimmune disorders



**Hereditary :** Beeja Dosha

**Manas Hetu :** Strain, stress - worries, grief, anger, anxiety, fear, depression



## How it is managed through Ayurveda ?

The line of treatment advocated in Ayurveda depends upon the condition of the patients physic

- Sthoola pramehi i.e. obese patient with diabetes: Shodhan chikitsa i.e. purification procedures according to doshas
- Krusha pramehi i.e. lean & weak patients with diabetes : Brimhana chikitsa or santarpana i.e. palliative medicine

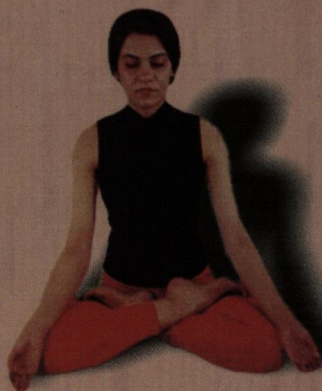
## Complications of Diabetes

1. Diabetic nephropathy
2. Diabetic retinopathy, etc



## ✓ DOs (Pathyas)

- ✓ Morning walk, light exercise
- ✓ Yoga, meditation, shivasan, pranayam
- ✓ Take low fat diet
- ✓ Barley, wheat
- ✓ Fruit and leaf of patola, shigru, Karavellaka



### Useful Herbs

Methi (*Trigonella foenumgraceum*),  
Bimbi (*Coccinia indica*),  
Gudmar (*Gymnema sylvestre*),  
Jambu (*Syzygium cumini*),  
Karavellaka (*Momordica charantia*),  
Udumbara (*Phycus glomerata*),  
Guduchi (*Tinospora cordifolia*),  
Triphala (*Myrobalans*)

## ⊘ Don'ts (Apathyas)

- ✗ Alcohol, milk, oil, ghee, flour, syrups, curd
- ✗ Amla, madhura, lavana rasa pradhana dravyas
- ✗ Naveena Anna (Freshly harvested grains)
- ✗ Ikshu rasa (Sugarcane juice)
- ✗ Guda (Jaggery)
- ✗ Meat of animal which are living in water
- ✗ Sedentary life style
- ✗ Divaswapa (Day sleep)
- ✗ Supression of urine
- ✗ Excessive diet
- ✗ Riding & walking for long time (Exertion)



## CCRAS Contributions :

- 1) Developed Ayush-82 drug for Diabetes mellitus
- 2) Revalidation of single hypoglycaemic drugs like Methi (*Trugonella foenumgiracum*) Bimbi (*Coccinea grandiflora*) etc.

Further information can be obtained from :

Director General

Central Council for Research in Ayurvedic Sciences

No. 61-65, Institutional Area, Opp. 'D'-Block, Janakpuri, New Delhi-110058

Telephone : +91-11-28525520/28524457, Fax : +91-11-28520748

E-mail : dg-ccras@nic.in/ccras\_dir2@nic.in

Website : www.ccras.nic.in

www.indianmedicine.nic.in

© C.C.R.A.S. 2017

This document is meant for publicity and distribution only. Not for commercial purposes. Reproduction of this material is possible only after taking permission from Director General