

✓ DOs (Pathyas)

- ✓ Morning walk, light exercise
- ✓ Yoga, meditation, shavasan, 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 (*Trigonella foenumgracum*) Bimbi (*Coccinea grandiflora*) etc.

Further information can be obtained from :

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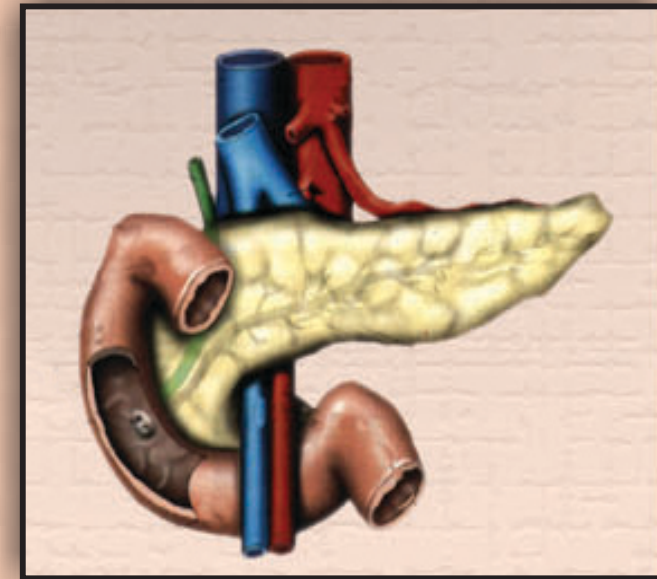
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AYURVEDIC MANAGEMENT OF

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

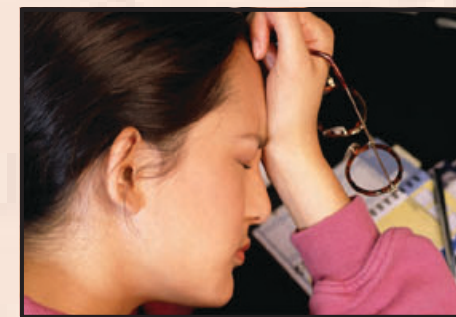
Life style :

- 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

