

ROLE OF AYURVEDIC THERAPEUTICS IN MANAGING EARLY DIAGNOSED TYPE 2
DIABETES MELLITUS- A CASE STUDYAcharya Manish¹, Dr. Gitika Chaudhary^{*2}, Dr. Richa³, Dr. Sunil Kumar Verma⁴, Dr. Tanu Rani⁵¹Director, Meditation Guru, Jeena Sikho Lifecare Limited, India.²Senior Consultant, General Surgeon, BAMS, PGDIP, PGDGS, MS (Ayurveda), Jeena Sikho Lifecare Limited, India.³Senior Research Officer, BAMS, PGDIP, CICR, CAIM, CMW, Jeena Sikho Lifecare Limited, India.⁴Consultant, BAMS, Jeena Sikho Lifecare Limited Hospital Ahmedabad, Gujrat, India.⁵Research Associate, BAMS, Jeena Sikho Lifecare Limited, India.***Corresponding Author: Dr. Gitika Chaudhary**

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ABSTRACT

Diabetes mellitus, a lifestyle disorder, has been extensively described in *Ayurvedic* texts under the term *Prameha Vyadhi*, with its hallmark symptom being polyuria (*Bahu Mutrata*). The condition is primarily caused by *Kapha-prakopak Aahar-Vihar* (diet and lifestyle that aggravates *Kapha*), leading to metabolic dysfunction and adversely affecting both physical and mental health. This case study involves a 18-year-old female patient who presented with newly diagnosed type 2 diabetes at Jeena Sikho Lifecare Limited Hospital, Ahmedabad, Gujarat, on 10/08/2024. Her symptoms included generalized weakness, she was identified as having *Kaphaj Prameh*. The treatment approach included not only *ayurvedic* medicines but also placed significant focus on dietary and lifestyle adjustments (*Pathya-Apathya*). Early results demonstrated a remarkable decrease in HbA_{1C} and mean blood glucose levels, showcasing the potential of *Ayurvedic* therapy to reverse diabetes when detected in its early stages. This ongoing study highlights the effectiveness of *Ayurvedic* interventions in the management and possible reversal of diabetes mellitus type 2.

KEYWORDS: Diabetes Mellitus Type 2, *Madhumeha*, *Ayurvedic* medicine, *Chandraprabha Vati*, HbA_{1C}.**INTRODUCTION**

Diabetes mellitus (DM) is a metabolic disorder characterized by hyperglycaemia. This occurs either when the pancreas fails to produce sufficient insulin or when the body cannot effectively utilize the insulin it produces. According to modern science, DM is primarily classified into two types: 1. Type 1 Diabetes mellitus – DM Type 1 develops in childhood or adolescence, but it can occur at any age due to immune system mistakenly attacks and destroys the insulin-producing beta cells in the pancreas. As a result, the body is unable to produce insulin and it requires lifelong insulin therapy and regular blood sugar monitoring. 2. Type 2 Diabetes mellitus – Type 2 diabetes typically develops in adulthood, though it is becoming increasingly common in children due to rising obesity rates and body becomes resistant to insulin, or the pancreas does not produce enough insulin to maintain normal blood sugar levels.^[1]

Prameha is a term from *Ayurveda*, the traditional system of medicine in India that refers to a group of disorders characterized by excessive urination (सामान्यं लक्षणं तेषां

प्रभूताविल मूत्रता).^[2] It is commonly associated with diabetes mellitus in modern medicine, though *Ayurveda* views it as a broader spectrum of metabolic imbalances. There are 20 types of *Prameha* describe in *Ayurveda* in three main types 1. *Kaphajprameha* 2. *Pittajprameha* 3. *Vatajprameha*.

Prameha nidana that is causes of *prameha* described in *Ayurveda* as

आस्यसुखं स्वप्नसुखं दधिनी ग्राम्योदकानुपरसः पर्यंसी
नवन्नपानं गुडवैकृतम् च प्रमेहेतु कफकृच सर्वम् ।^[3]

Means sedentary lifestyle with sweet and *kapha prakopak* diet cause *Prameh*. To become free from this disease or break the *samprapti* of disease we need to prevent causes.

PATIENT INFORMATION**Case Report**

A 18 year's old female with known case of early diagnosed type 2 diabetes mellitus & PCOD came for consultation to Jeena Sikho Lifecare Limited Hospital,

Ahmedabad, Gujarat, on 10/08/2024 with complaints of generalized Weakness. Previously she was not on any medication. She has no any significant family & surgical history. But her lifestyle was very sedentary. She loved sleeping and taking rest.

Follow up on 07/09/2024

1. Above symptoms reduced

Follow up on 12/10/2024

1. No any symptoms

Follow up on 16/11/2024

1. Improper evacuation of stool since two weeks.
2. Amenorrhea since two months. (LMP- 13sep2024)

General Examination on each Follow-up

A patient with a newly detected case of Diabetes Mellitus (DM) underwent a routine checkup, which revealed a Type 2 diabetes diagnosis based on a Glycosylated Hemoglobin (HbA_{1c}) report showing 11.90% and a mean blood glucose level of 294.83 mg/dL on July 11, 2024. *Ayurvedic* evaluation identified the condition as *Kaphaj-vataj Prameha*, characterized by an imbalance of *Kaphadosha* with minimal *vata dosha* involvement, aligning with *Acharya Charaka's* principle that *Kaphaj Prameha* can be cured if detected early. The patient's fundamental signs were assessed in detail upon arrival and each follow up.

Table No. 1: General Examination.

Date	Parameters	Findings
10/08/2024	BP	97/72 mmhg
	BSL (Random)	155mg/dl
	Weight	57kg
	PR	100//min
	Nadi	Vatakaphaja
	Bala	Madhyam
	Prakriti	Kapha-pittaj
	Mala (Bowel)	Normal
	Mutra (Bladder)	Normal
	Jivha (tongue)	Niram (Normal)
	Akriti	Sthula
07/09/2024	BP	104/70 mmhg
	BSL (Random)	166mg/dl
	Weight	57kg
	PR	78/min
12/10/2024	BP	100/72 mmhg
	BSL (Random)	185mg/dl
	Weight	58kg
	PR	94/min
16/11/2024	BP	106/78 mmhg
	BSL (Random)	171mg/dl
	Weight	59kg
	PR	80/min
	Bowel	Irregular

DIAGNOSTIC ASSESSMENT

Table No. 2: Investigation Reports.

Dates	Glycosylated Hemoglobin (HbA _{1c})	Mean blood glucose
11/07/2024	11.90 %	294.83 mg/dL

THERAPEUTIC INTERVENTION

Therapeutics

1. Medicines (*Shaman chikitsa*)

Table no. 4.

Date	Drugs	Dose and time
Course (1) 10/08/24	Prameha Roghar Powder	1 tsf BD (<i>Pragbhakta</i> with <i>koshna jala</i>)
	DM Cap	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Tab. Chandraprabha vati	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Madhumeh nashak syrup	15 ml BD (<i>Adhobhakta</i> with <i>samamatra kosha jala</i>)
	Nari shudhi Cap	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Rajpravartani Vati	2BD (<i>Adhobhakta</i> with <i>koshna jala</i>)

	Kanchnar Guggulu	1BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
Course (2) 07/09/24	Prameha roghar powder	1 tsf BD (<i>Pragbhakta</i> with <i>koshna jala</i>)
	DM Cap	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Tab. Chandraprabha vati	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Madhumeh nashak syrup	15 ml BD (<i>Adhobhakta</i> with <i>samamatra koshna jala</i>)
	Nari shudhi Cap	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Rajpravartani Vati	2BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Kanchnar Guggulu	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
Course (3) 12/10/24	Prameha roghar powder	1 tsf BD (<i>Pragbhakta</i> with <i>koshna jala</i>)
	DM Cap	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Tab. Chandraprabha vati	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Madhumeh nashak syrup	15 ml BD (<i>Adhobhakta</i> with <i>samamatra koshna jala</i>)
	Nari shudhi Cap	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Rajpravartani Vati	2BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Kanchnar Guggulu	1 BD
Course (4) 16/11/24	Relivon powder	½ tsf HS (<i>nishaakale</i> with <i>koshna jala</i>)
	DM Cap	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Tab. Chandraprabha vati	1 BD (<i>Adhobhakta</i> with <i>koshna jala</i>)
	Madhumeh nashak syrup	15 ml BD (<i>Adhobhakta</i> with <i>samamatra koshna jala</i>)
	Ladies Tonic	15 ml BD (<i>Adhobhakta</i> with <i>samamatra koshna jala</i>)
	Rajpravartani Vati	2BD (<i>Adhobhakta</i> with <i>koshna jala</i>)

Diet Plan: (Aahar- vihar)

- The dietary recommendations from Jeena Sikho Lifecare Limited Hospital include the following:
- Avoid wheat, refined foods, dairy products, coffee, tea, and packaged foods.
- Do not eat after 8 PM.
- When eating solid foods, take small bites and chew each bite 32 times.

Hydration

- Sip water slowly, paying attention to the amount you drink each time.
- Aim to drink around 1 liter of alkaline water 3 to 4 times a day.
- Include herbal tea, living water, and turmeric-infused water in your daily routine.
- Boil 2 liters of water and reduce it to 1 liter before drinking.

Millet Consumption

- Incorporate five types of millet into your diet: Foxtail (*Setaria italica*), Barnyard (*Echinochloa esculenta*), Little (*Panicum sumatrense*), Kodo (*Paspalum scrobiculatum*), and Browntop (*Urochloa aramosa*).
- Cook the millets in mustard oil using stainless steel cookware.

Meal Timing and Structure DIP diet^[4]

- Early Morning (5:45 AM): The day begins with herbal tea, either one curry leaf for 1 minute or five curry leaves for 5 minutes, along with raw ginger and turmeric.
- Breakfast (9:00-10:00 AM): The patient has steamed seasonal fruits, steamed sprouts (depending on the

season), and a fermented millet shake made with 4-5 different varieties.

- Morning Snacks (11:00 AM): 150 ml of red juice and soaked almonds will be provided.
- Lunch (12:30 PM - 2:00 PM): The patient receives two plates. Plate 1 contains a steamed salad, and Plate 2 includes a cooked millet-based dish.
- Evening Snacks (4:00 – 4:20 PM): Green juice (100-150 ml) and 4-5 almonds will be served.
- Dinner (6:15-7:30 PM): Plate 1 features a steamed salad, chutney, and soup, while Plate 2 contains millet *khichdi*.

Fasting

- It is recommended to fast for one day.

Special Instructions

- Offer thanks to the divine before consuming any food or drink.
- Practice *Vajrasana* after each meal.
- Take a slow 10-minute walk after every meal.

Diet Types

- The diet includes low salt solid, semi-solid, and smoothie options.
- Suggested foods are herbal tea, red juice, green juice, a variety of steamed seasonal fruits, fermented millet shakes, soaked almonds, and steamed salads.

Ingredients of the Ayurvedic Therapeutics/formulations used in treatment are as follows**1. CHANDRAPRABHA VATI^[5]**

Chandraprabha - *Karpura*– Camphor, *Cinnamomum* camphor, *Vacha* - *Acorus calamus*, *Musta* - Nut grass (root) – *Cyperus rotundus*, *Bhunimba* - The Creat (whole plant), *Andrographis paniculata*, *Amruta* – *Tinospora*

cordifolia, *Daruka* - Himalayan cedar (bark) *Deodara* cedar, *Haridra* - Turmeric rhizome - *Curcuma Longa*, *Ativisha* - Aconite heterophyllum, *Darvi* - Tree Turmeric (stem) - *Berberis aristata*, *Pippalimoola* - Long pepper root - *Piper longum*, *Chitraka* - Lead Wort (root) - *Plumbago zeylanica*, *Dhanyaka* - Coriander - *Coriandrum sativum*, *Haritaki* - Chebulic Myrobalan fruit rind - *Terminalia chebula*, *Vibhitaki* - Belliric Myrobalan fruit rind - *Terminalia bellirica*, *Amalaki* - Indian gooseberry fruit - *Emblica officinalis* Gaertn. *Chavya* - Java Long Pepper - *Piper chaba*, *Vidanga* - False black pepper - *Emblicaribes*, *Gajapippali* - Java Long Pepper (fruit) *Piper chaba*, *Shunti* - Ginger Rhizome - *Zingiber officinalis*, *Maricha* - Black pepper - *Piper nigrum*, *Pippali* - Long pepper fruit - *Piper longum*, *Makshika Dhatu Bhasma* - Purified Copper Iron Sulphate, *YavaKshara* - Kshara of Barley - Common barley, *SwarjikaKshara*, *SaindhavaLavana* - Rock salt, *SauvarchalaLavana* - Sochal salt *Chandraprabha vati* is used in *prameha*, *meha*-urinary tract disorder, diabetes, *mutrakrichra*, *mutraghat*, *Ashmari*(renal calculi), *vibandha*(constipation).^[4]

2. PRAMEH ROG HAR POWDER

Kutki-*Picrorhiza kurroa*, *Chiraita*-*Swertia chirayita*, *Neem*-*Azadirachta indica* *Karela*-*Momordica charanti*, *Rasonth*-, *Imli*-*tamarindus indica*, *Beej*, *Kala Namak*-(sodium chloride), *Giloy*-*Tinospora cardifolia*, *Sonth*-*Zingiber officinale*, *Babool*-*Chaal*-*Vachellia nilotica*., *Sarpgandha*-*Rauwolfia serpentina*, *TrivangBhasam*, *YashadBhasam*, *Revend* *Chinni*-*Rheum emodi*, *Sodhit*-*Guggulu*-*Commiphora wightii*, *Methi*-*Trigonella foenum-graecum*, *Jamun*-*Syzygium cumini*, *Babool* Fruit, *Karanj*-*Milletia pinnata*, *Shilajit*, *Haldi*-*Curcuma longa*, *Harad*-*Terminalia chebula*, *Inderjaun*-*Holarrhena pubescens*, *Banshlochan*-*Bambusa arundinacea*, *Bahera*-*Terminalia bellirica*, *White Musli*-*Chlorophytum borivilianum*, *Gurmar*-*Gymnema sylvestre*.

3. DM CAPSULE

Amba *Haldi*-*Curcuma amada*, *Giloy*-*Tinospora cardifolia*, *safed musali*-*Chlorophytum borivilinum*, *methi*-*TRigonella foenum graecum*, *neem*-*Azadirachata indica*, *karela*- *Momordica charanti*, *jamun*-*Syzygiumcumini*, *bilva* *patra*-*Aegle marmelos*, *gudmar*-*Gymnema sylvestre*, *shudh sheelajeet*-*Asphaltum punjabianum*.

4. SYP MADHU MEH NASHAK

Karela *Momordica charanti* -, *jamun*- *Syzygiumcumini*., *neem*- *Azadirachata indica*., *chirata*- *Swertia chirayita*., *gurmar*- *Gymnema sylvestre*, *kutaj*- *Wrightia antidysenterica*.

5. LADIES TONIC

Alovera, *Sonth*(*Zingiber officinale*), *Magha*, *Kali Mirch*(*Piper nigrum*), *Long*-*Syzygium Aromaticum* *Dalchini*-*cinnamomum verum*, *Tej* *part*-*cinnamum**umtamala*, *Badi Elachi*-*Amomum subulatum* *Nog kesar*- *mesua ferrea*, *Chitrak*-*Plumbago zeylanica*,

Piplamool-*Piper longum*, *Balbrihn*-*Gaj Peepal*-*Scindapsus officinalis*, *Chavya*—*Piper retrofractum*, *Hauber*, *Dhania*-*coriandrum sativum*, *Kotki*-*Picrorhiza kurroa*, *Supari*-*Areca catchu*, *Nagarmotha*-*Cyperus scariosus* *Harad*-*Terminalia chebula*, *Baheda*-*Terminalia bellirica*, *Amla*-*Phyllanthus amblica* *Rasna*-*Pluchea lanceolata*, *Devdaru*-*Cedru deodara*, *Haldi*-*Curcuma longa*, *Daru* *Haldi*-*Berberis aristata*, *Munakka*-*vitis vinifera*, *Danti* *Mool*-*Baliopsermum montanum*, *Bala*-*Sida cardifolia* *Atibala*-*Abutilon Indicum*, *Konchbeej*-*mucuna pruriens*, *Gokhru*-*Tribulus terrestris*, *Hina* *Patr*- *Lawsonia inermis*, *Akarkara*-*Anacyclus pyrethrum*, *Uttannan*-, *Tootty*-, *Punarnava*- *boerhavia diffusa*, *Shalparni*-*Desmodium gangeticum*, *Gambhari*-*Gmelina arborea*, *Ashok* *Chaal*-*Saraca asoca*, *Visar*-, *Ronuka*, *Kakad* *Sinhi*- *Pistacia integerrima*, *Meda*-*polygonatum verticillatum* *Mahameda*-*Polygonatum irrifolium*, *patha*-*Azadirachta patta*, *patla*-*stereospermum suaveolens*, *Chitrak*-*plumbago zeylanica*, *Sariva*-*Hemidesmus indica*, *Kalajeera*-*Nigella sativa* *Nishot*-*Operculina turpenthum*, *Ridhi*-*Habenaria intermedia*, *Sidhi*-*sesamum indicum*, *Jeevak*-*Malaxis acuminata*, *Kakoli*-*Rascoe* *purpure*, *Ksheer* *Kakol*-*Lilium polyphyllum*, *Priyanuv*-*Callicarpa macrophylla*, *Khair* *Chaal*-*SEnegalia catechu*, *Soi*-, *Mulathi*-*Glycyrrhiza glabra*, *Madhu* *Shaker*, *Mahua* *Flower*.

6. RAJAH PRAVARTINI VATI

10g fine power of each of;
Kanya-*Aloe Vera*, *Kaseesa*-*Purified Blue Vitriole*, *Tankana*-*Borax*, *Ramatha*-*Asa Foetida*.

7. KANCHANARA GUGGULU TABLET

Kanchnar(*Bauhinia Variegata*- *Bark*-240 gm), *Shunti*-*Ginger*-*Zingiber Officinale*-*Rhizome*-48 g, *Maricha*-*Black Pepper*-*Piper Nigrum*-*Fruit*-48 g, *Pippali* -*Long Pepper*- *Piper Longum*-*Fruit*-48 g, *Haritaki*-*Terminalia chebularetz*-*Fruit Rind*-24 g, *Vibhitaki*- *Terminalia*-*Fruit Rind*-24 g, *Amalaki*- *Emblica Officinalis*-*Fruit*-24 g, *Varuna*-*Crataeva Nurvala*-*Bark*-12g, *Ela*- *Cardamom*-*Elettari* *Cardamomum*-*Fruit*-3g, *Twak*-*Cinnamomum Zeylanicum*-*Stem Bark*-3 g, *Patra*- *Cinnamomum Zeylanicum*-*Leaves*-3 g *Guggulu*-*Commiphora Mukul*(*Guggulu Resin*)-equal to the amount of above ingredients-477 grams.

DISCUSSION

Probable mode of action of above drugs/ formulations according to modern science

Prameha roghar powder, *DM Cap*, *Tab. Chandraprabha vati*, *Madhumeh Nashak* syrup, *Diabetic drops* These formulations contains herbs possesses anti-diabetic properties. All drugs acts in various ways. *Chandraprabha Vati* when studied in alloxan-induced hyperglycemic rats, it was concluded that it exhibits antihyperglycemic effect & attenuates associated elevation in lipid profile.^[6] In vitro studies examining

Curcumin (*Haridra*) effect indicates increased glucose uptake & utilization by skeletal muscle cell & adipocyte, reduced hepatocytes lipid deposition & inhibition of gluconeogenesis.^[7] From *Azardica indica* (*Neem*) numerous compounds have been isolated and bioactive secondary metabolites show antidiabetic activity.^[8] *Syzygium cumini* (*jambu*) seeds possess many phytochemicals which are of high therapeutic value which possesses significant antidiabetic activity.^[9] Many drugs are having anti-oxidant, anti-inflammatory, anti-hyperlipidemic properties. Thus all herbs play a significant role in diabetes by various modes of actions, reducing insulin resistance, increasing insulin secretion, preventing gluconeogenesis and thus preventing hyperglycaemia.

Probable mode of action of above drugs according to *ayurveda*

Most of the herbs mentioned in above formulations possesses, *tikta*, *kashay rasa*, *laghu*, *ruksha guna*, *katu vipaka* and *ushna veerya*.

Tikta Rasa^[10] (bitter taste) plays a crucial role in managing *Prameha* (diabetes) by:

1. Neutralizing toxins (*Vishaghna*)
2. Eliminating worms and microorganisms (*Krimighna*)
3. Enhancing digestion (*Deepan-Pachana*)
4. Scraping away unwanted tissues and toxins (*Lekhana*)
5. Reducing excess fluids, fat, and toxins (*Kleda-Medo-Vasa-Majja-Lasika-Puya-Sweda-Mutra-Purisha-Pitta-*

Shleshma-Upashoshah)

Additionally, *Kashaya Rasa*^[11] (astringent taste) helps manage *Prameha* by

1. Reducing inflammation (*Sangrahi*)
2. Drying excess moisture (*Shoshana*)
3. Stabilizing blood sugar (*Stambhana*)
4. Reducing *Kapha* (*Shleshma Prashamana*)
5. Eliminating excess fluids (*Sharira Kleda Shoshana*)

The combination of *Katu Vipaka* (pungent metabolic property) and *Ushna Veerya*^[12] (hot potency) helps regulate metabolism, enhancing *Deepana Pachana* (digestive) properties.

All above *ayurvedic* formulation brings *kapha* & *vata dosha* in balance and purifying *medo dhatu* breaks *samprapti* (pathology) and cures *Kaphaj Prameh* (helps in reversing type 2 diabetes mellitus).

Rajopravartani vati & *kanchnar Guggulu* were used to treat her PCOD component.

RESULT

With the *Ayurvedic* formulations used in this case successful reversal of diabetes mellitus was observed, by significantly reducing her HbA_{1c} from 11.90 % to 6.16 % & mean blood glucose from 294.83 mg/dl to 130.09 mg/dl.

Dates	Glycosylated Hemoglobin (HbA _{1c})	Mean blood glucose
11/07/2024	11.90 %	294.83 mg/dL
09/10/2024	6.16 %	130.09 mg/dL

NEED FOR FURTHER RESEARCH

Type 2 Diabetes Mellitus (T2DM), known in *Ayurveda* as *Madhumeha*, is a chronic metabolic disorder that continues to rise globally. Although *Ayurveda* offers a holistic and individualized approach to its management—through herbs (like *Gudmar*, *Jambu*, and *Amalaki*), lifestyle modifications, *Panchakarma* therapies, and dietary guidelines—there remains a significant gap in evidence-based validation of these interventions. Many *Ayurvedic* formulations and procedures show promising results, but lack large-scale clinical trials, standardized protocols, and mechanistic understanding aligned with modern science. Moreover, the integration of *Ayurvedic* diagnostics (like *Prakriti* and *Dosha* imbalances) with biochemical markers remains underexplored. Therefore, further interdisciplinary and clinical research is essential to establish efficacy, safety, and long-term outcomes of *Ayurvedic* treatments for T2DM. This would not only enhance global acceptance but also offer integrative, cost-effective strategies for better diabetes care.

CONCLUSION

This case demonstrates that early-detected Type 2 Diabetes Mellitus with minimal symptoms, when

correlated with the *Ayurvedic* diagnosis of *Kaphaj Prameha*, can be effectively reversed through *Ayurvedic* interventions and lifestyle regulation. The patient's HbA_{1c} improved significantly from **11.90% (11/07/2024) to 6.16% (09/10/2024)**, confirming clinical remission.

Treatment with *Chandraprabha Vati*, *DM Capsule*, *Diabetic Drops*, *Prameh Rog Har Powder*, and *Madhumeh Nashak Syrup*—formulations with predominantly *Tikta* and *Kashaya Rasa*, *Katu Vipaka*, and *Ushna Virya*—along with the diet and lifestyle modifications, proved highly effective. Avoidance of causative factors, particularly sedentary habits as emphasized in classical *Ayurvedic* texts, remains crucial for sustaining remission.

While this case highlights the potential of *Ayurveda* in reversing Type 2 Diabetes Mellitus, further systematic clinical studies are warranted to validate these findings.

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स्वयं अरोचिष्णु.....त्वक्मांसयोः स्थिरीकरणो...दीपनः
पाचनः
लेखनः क्लेदमेदोवसामज्जलसिकापूयस्वेदमुत्रपुरीष
पित्तश्लेष्मोपशोषः||
च. सू. २६
11. कषाय रस –
कषायो रसः संशमनः संग्राही सन्धानकरः पीडनो
रोपणः शोषणः स्तम्भनः श्लेष्मरक्तपित्तप्रशमनः
शरीरक्लेदस्य उपयोगता |
च. सू. २६
12. उष्ण वीर्य –
तत्रोष्णं... शमं च वातकफयोः करोति|
वा. सू. ९