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**Efficacy of Ayurveda based Panchakarma therapy and Diet treatment to reduce down the dependency of OHA in type 2 Diabetes: An observational study**

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**Abstract**

**Objective:** This observational study aimed to assess the effectiveness of Ayurveda-based Panchakarma therapy and a specialized diet in reducing the dependency on oral hypoglycaemic agents (OHA) in patients with type 2 diabetes, focusing on HbA1c levels and other clinical parameters.

**Methods:** Thirty-four patients with uncontrolled type 2 diabetes despite OHA treatment underwent a comprehensive diabetes care (CDC) protocol, involving Snehana, Swedana, and Basti kadha, along with a low-calorie, high-fiber, and high-fat diet. Pre- and post-treatment assessments measured weight, BMI, fasting plasma glucose, post-prandial plasma glucose, HbA1c, and GTT parameters.

**Results:** Significant improvements were observed, with patients experiencing reduced weight (67.41 to 63.07), lower BMI (26.34 to 24.74), and decreased HbA1c levels (7.16 to 6.06). Most patients exhibited improved glucose tolerance in the GTT, and all allopathic medications were discontinued after 90 days of Ayurvedic treatment.

**Conclusion:** Ayurveda-based Panchakarma therapy and a specialized diet appear effective in reducing OHA dependency and enhancing glycaemic control in type 2 diabetes patients. These outcomes underscore the potential of this holistic approach.

**Significance:** This study highlights the promise of Ayurvedic therapies in type 2 diabetes management, emphasizing the need for further research to understand the mechanisms involved. It offers an alternative and complementary avenue for diabetes care, providing hope for individuals seeking holistic solutions.

**Keywords:** Type 2 diabetes, Ayurveda, Panchakarma therapy, OHA, HbA1c, GTT, holistic diabetes management.