

"A CLINICAL ASSESSMENT OF THE ROLE OF *PANCHAKARMA* THERAPY IN THE CARE OF YOUNG PREDIABETICS"

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ABSTRACT

Prediabetes is one of the major clinically entity, which have been vividly described in *Ayurvedic* classics in the context of *Prameha* striking resemblance with the available latest knowledge in this field.. Lifestyle and dietary errors are the major etiological categories described for *Prameha*, which is closely resemblance with the etiology of Prediabetes. When such clinical condition really established in the body for prolong duration, it may lead to *Madhumeha* vis a vis Diabetes mellitus. Due to wide spread pathogenic involvement this phase of disease is deeply rooted and it is difficult to be cure. Based on the above hypothesis the present study has been undertaken to evaluate the efficacy of certain *Panchakarma* measures (especially *Vamana* and *Virechana*) and avoidance of sugar cane products, newly rice & potato as remedial measures in a series of patients of Prediabetes. The present parallel study was conducted on 60 patients divided in three groups treated with *Panchakarma* (especially *Vamana* and *Virechana* measures) along with the diet group & control group treated with modern drug (Metformin). After completion of trial treatment the results were statistically analyzed on SPSS 16.0. The observation will be made in terms of clinical symptomatology, BMI, FBS, PPBS, serum cholesterol and serum TG. This study reveals that patients have good improvement and no unwanted effects were noted at the end of therapy.

KEYWORDS: Madhumeha, Panchakarma, Prameha, Prediabetes