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## Management of Madhumeha pidika with Ayurveda- A Case Report

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### Abstract

Madhumeha Pidika (diabetic carbuncle) is a recurrent skin infection complicating Madhumeha (Type 2 Diabetes Mellitus). This case reports the successful Ayurvedic management of recurrent Madhumeha Pidika in a 60-year-old male.

**Objective-** To evaluate the efficacy of an integrated Ayurvedic protocol in healing Madhumeha Pidika and stabilizing blood glucose levels.

**Materials and Methods-** A 60-year-old male patient, Jagjit Singh, presented with recurrent carbuncle on the right lower leg for 6 months, alongside Type 2 Diabetes Mellitus for 5 years. Initial Random Blood Sugar (RBS) was 198 mg/dL. Treatment involved Arogyavardhini Vati, Mahamanjishthadi Vati, Amlaki Choorna, Laghu Sutshekhar Rasa, and Mamejwa Ghan Vati, alongside continued allopathic medicine Glimpiride 2 mg+Metformin500mg twice a day. Follow-up included clinical assessment and blood glucose monitoring over 45 days.

**Results-** Post-treatment, the carbuncle healed completely (Figure 2), with Fasting Blood Sugar (FBS) reduced to 120-130 mg/dL and RBS to 140-160 mg/dL. No recurrence observed at next month follow-up.

**Conclusion-** The integrated Ayurvedic approach effectively managed Madhumeha Pidika by addressing doshic imbalance, promoting wound healing, and glycemic control.

**Keywords-** Madhumeha, Pidika, Diabetic Carbuncle, Ayurvedic Management, Arogyavardhini Vati, Mamejava ghan vati

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