



## A Case Report On the Ayurvedic Management of Type1 Diabetes

<sup>1</sup>Athira M.S, <sup>2</sup>Sunil John Thykkattil, <sup>3</sup>Anu T.S

<sup>1</sup>M.D. Scholar, Department of Kayachikitsa, Govt. Ayurveda College, Tripunithura

<sup>2</sup>Professor, Department of Kayachikitsa, Govt. Ayurveda College, Thiruvananthapuram


<sup>3</sup>Assistant Professor, Department of Kayachikitsa, Govt. Ayurveda College, Tripunithura

*Email : [serviceheb@gmail.com](mailto:serviceheb@gmail.com)*

### ABSTRACT:

Diabetes mellitus is a metabolic disease due to multiple etiology and it affect the entire system of the body. Diabetes mellitus is rapidly becoming the world's largest silent killer. About 5- 10% of total diabetes comes under Type1 diabetes. The pathophysiology behind the Type1 Diabetes is autoimmune destruction of the beta cells of pancreas and none other than exogenous insulin administration is available for management. This condition comes under incurable group of diseases according to conventional medicinal system. According to the Ayurvedic perspectives, it is diagnosed as sahaja premeha roga and premeha chikitsa chooses based on to the physique of the patient this is krisha and sthoola premehi. Type1 diabetes comes under the former group and etiology behind this roga could be beeja dushti. The clinical trial conducted in 15year old girl approached in OPD with complaints of general weakness, weight loss, diminished vision, burning sensation all over the body etc. and investigations are suggestive of Type1 Diabetes. According to Ayurvedic view, it is diagnosed as sahaja premeha, dosha dushti and dhathukshaya was obvious and treatment focused on correcting this. After the completion of three phase of treatment patient shows marked improvement, from the result it is evident that Ayurvedic way of approach in treating Type1 diabetes is effective and successful.

**Keywords:** Diabetes mellitus, Type1 Diabetes, Premeha, Madhumeha, Sahaja premeha

<b>Access this Article Online</b>	<b>Quick Response Code:</b> 
Website: <a href="http://heb-nic.in/jrim">http://heb-nic.in/jrim</a>	
Received on 18/11/2021	
Accepted on 08/12/2021 © HEB All rights reserved	