

# The Clinical evaluation of shodhana (Vamana) and shaman in the Management of NIDDM

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Madhumeha can be considered as hyperglycemia along with glycosuria'. Prevalance of it, is increasing significantly in India,

Once this disease occurs it stays for life times and increasingly divulges complications-like Angiopathy (Micro and macro). Today every 4<sup>th</sup> person is victim of DM in the world. To overcome this calamity research should be done globally.

As per the modern science DM is a no longer just a disease of hyperglycemia or hypoinsulinomia but a new concept of diabetes as the METABOLIC-DYSLIPIDAEMIC-CARDIO-VASCULAR SYNDROME" has emerged in recent years. Because of which Ayurved Acharya described it in "ASTHOMAHAGAD" i.e. difficult to cure.

Though the blood sugar is under control with modern medicine. The patients gradually loose their resistance power. Hence these patients are prone to get may complicated problems even with simple injury. These Diabetic patients need Shodhana Therapy followed by Rasayana Therapy to enhance the resistance power of the body of which sustain with minor problem.

It is claimed that a disease cured by Shodhana never relapse or re-occur as this therapy eradicates the very root cause of disease.

In present clinical study, 60 NIDDM patients selected, -investigated and divided randomly into two groups.

1<sup>st</sup> group patients given classical Vamankarma, after that oral administration of Guduchikwath. 2<sup>nd</sup> group put on only oral administration of Guduchi Kwatha. The Clinical results will be discussed at the time of paper presentation.

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