

## Diabetes & Ayurvedic Remedies

### U. Pilapitiya

Ayurveda speaks of a series of diseases called Prameha (obstinate urinary disorders including Diabetes Mellitus). Vitiating of all the three dosas is the *raison d'etre* for the manifestation of all types of Prameha. "Prameha" means passing a large quantity of turbid urine. However this disease is classified as Vatika, Paittika and Slaismika etc. depending upon the dominance of one or the other of the three vitiated dosas.

Nidama pariwargana (to be aloof from the causative factor) is the prophylactic treatment. Therefore the etiological factors will be discussed. The 20 types of Prameha will be described along with Madumeha (Diabetes mellitus).

Treatment of Madumeha (Diabetes mellitus)

Two types of patients.

1. Stout and strong
2. Very emaciated and weak

In the case of strong persons depletory treatment is recommended and in case of weak emaciated person palliative treatment is suggested. Great emphasis is given to physical exercise and dilatice regimens.