

Trend of Research on *Prameha* (Diabetes mellitus) and Guidelines for Future Work

Author: Neha Joshi¹

Co Authors: Punita Pandey², Arun Kumar Tripathi³ and Vipin Kumar⁴

¹⁻³P.G. Department of Kayachikitsa, Uttarakhand Ayurved University, Gurukul Campus, Haridwar, Uttarakhand, India

⁴Department of Samhita, Sanskrit Evam Siddhanta, Uttarakhand Ayurved University, Gurukul Campus, Haridwar, Uttarakhand, India

ABSTRACT

Introduction: Ayurveda is the ancient Indian system of medicine, in which the clinical approach is based on preventive, curative and promotive aspect. To make ayurvedic diagnosis and treatment more accurate research in the area of clinical principles of Ayurveda, which are described in various ayurvedic literatures, is required. *Prameha* is one of the most common and favourite topics for research in Ayurveda, mainly due to its high incidence rate.

Objective: Till date, lot of research work has been done in *Prameha*. To collect various studies on *Prameha* and to observe shortcomings and scope for future studies. **Data source:** Ayurvedic Research Database (ARD), "Shodhganga"- A reservoir of Indian thesis. **Result:** Exploration of untapped areas of research in *Prameha* is indispensable for the development and propagation of Ayurveda based management of *Prameha*. **Conclusion:** The tendency of research works reflects the need for a change in thinking during the selection of the subject, aims and objectives, to avoid repetition of same work.

Key Words *Prameha, Madhumeha, Research work*

Received 19th July 22 Accepted 10th September-22 Published 10th September 2022

INTRODUCTION

Prameha is one of the most common and favourite topics for research in Ayurveda, mainly due to its high incidence rate. *Prameha* is the result of faulty lifestyles, unnatural dietary habits and physical inactivity. According to IDF (International Diabetes Federation) 463 million people in the world suffer from diabetes amongst them 88 million belong to South-East Asia. Out of 88 million, 77 million people belong to India. According to IDF (International federation of

Diabetes) the prevalence of diabetes in the population is 8.9%^{1,2}.

Diabetes mellitus is a group of metabolic disorders marked by high level of blood glucose resulting from defects in insulin production, insulin action or both. A lot of research work has been done in *Madhumeha* among 20 types of *Prameha*, in which a person passes honey like (sweet) urine. In *Ayurveda* classics '*Madhumeha*' is described as '*Asadhya Vyadi*' and cannot be cured totally but controlled. To explore the

REVIEW ARTICLE

unexplored areas of *Prameha Roga* is the need of hour.

AIMS AND OBJECTIVES

- To study the previous research works and to find out the untapped areas of research on *PRAMEHA*.
- To provide future guidelines for research work regarding *Prameha Roga*.
-

MATERIALS AND METHODS

The materials used for the article are “Ayurvedic Research Database (ARD)”- A classified directory of PG and PhD research works (By Prof. M.S. Baghel), “Shodhganga”- A reservoir of Indian thesis. And also, by interaction with MD, PhD scholars of some institutions, various ayurvedic literatures. After a detailed reviewing of these materials, observations are made.

OBSERVATIONS AND DISCUSSION

After detailed study of *Prameha Roga* and previous research work on *Prameha Roga* the following observations have been noted;

A lot of research work has been done in *Madhumeha*, its etiopathogenesis and clinical presentation and management part, which is highly appreciable.

Shortcoming observed:

After screening and analysing the titles of research studies on *Prameha* the following shortcomings were detected;

- After review of the research works it seems, *Prameha* is not other than *Madhumeha* i.e., *Madhumeha* overlaps all other types of *Prameha*, which is not true.
- A large number of studies have been targeted at evaluating the drug's effect on Diabetes mellitus.
- Limited studies have evaluated the role of *Shodhan Chikitsa* while *Sanshaman Chikitsa* has been used in many studies.
- It was also evident that large numbers of clinical trials were directed only at reducing high blood sugar level which is at variance with the actual principle of Ayurveda. Ayurveda works on lifestyle modification of *Pramehi*.
- A small number of studies worked on analysing disease pathology, evaluating clinical stages and validating clinical parameters.
- Even after such a large number of studies, no study attempted to provide a standard protocol for the management of the disease.
- No research has studied the different types of *Prameha* described by *Acharyas* other than *Madhumeha*.
- Very few studies had followed the *Chikitsa Siddhant* of Ayurveda i.e., '*Krishna and Balwaan pramehi*' for management of *Prameha*.
- Very few studies had worked on types of *Prameha* of *Acharya Sushruta*.

Table 1 Formulations and Herbs that have been Researched Previously^{3,4}

1.	<i>NISHAKATYADI YOGA</i> ⁵ (<i>Sahasrayoga in Prathama Prakaran – Kashaya Yoga, Yoga No. 270 (C.C.R.A.S.-1990)</i>)
2.	<i>DARVYADI VATI</i> ⁶ (<i>C.Chi.6/26</i>)

REVIEW ARTICLE

3. **MEDOGHNARASAYANA VATI**⁷
4. **SARASVATA CHURNA**⁸
5. **CHIRAYATA GHANAVATI**⁸
6. **NYAGRODHADI GHAN VATI**⁹ (*Su. Su. 28, Chakradatta Prameha chikitsa*)
7. **SHILAJATVADI VATI**¹⁰ (*Bhaishjyaratnawali, Siddhayog Sangrah, Rasoddhara Tantra (Prameha Chikitsa)*)
8. **TRIPHALADI VATI**¹⁰
9. **GOKSHURADI GUGGULU**¹¹ (*Sharangdhar samhita madhyam khand 7/84-87*)
10. **NYAGRODHADI VATI**¹¹
11. **SAPTARANGYADI GHANAVATI**¹²
12. **TRIPHALADI GRANNULES**¹³ (*C.Su.23/10-11*)
13. **MEDOGHNA RASAYANA**¹⁴
14. **PRAMEHAGHNA GHANAVATI**¹⁵
15. **VIDANGADI GHANAVATI**¹⁶
16. **TRIPHALADI GHANAVATI**¹⁷ (*Chakradatta Chi. – 35/24*)
17. **GUDUCHI RASAYANA**¹⁸
18. **ASANA VATI**¹⁸
19. **ASANA KASHAYA**¹⁸
20. **SHILAJEET COMPOUND**¹⁹
21. **YASHAD COMPOUND**¹⁹
22. **NEEM OIL**²⁰
23. **DURVA PANCHANG SWARASA**²¹
24. **MADHUMEHAHARA YOGA**²²
25. **VIDHANGADI LAUHA**²²
26. **LAGHU DUGDHKA CHURNA**²³
27. **NIMBA KWATH**²⁴
28. **UDUMBARA KWATH**²⁴
29. **AVARATAKI PUSHPA CHURNA**²⁴
30. **MADHUMEHAHARA YOGA-A₂**²⁵
(*Madhumehahara Yoga with Rasa Sindoora*)
31. **MADHUMEHA VATI**²⁶
32. **DEVADARVYADI GHANAVATI**²⁶ (*Sarangdhara M.K. – 10/53-59*)
33. **HARIDRA-AMALAK CHURNA**²⁷
34. **AMALAKI HARIDRA GHANAVATI**²⁸
35. **DEVADARVARISTHA**²⁹ (*Sarangdhara M.K. 10/53-54*)
36. **DEVADARVYADI KWATHA**³⁰
37. **VISHALA KWATHA**³⁰
38. **SHILAJITVADI VATI**³⁰
39. **METHI BEEJ PRAYOG**³¹
40. **SHRUNGYADI CHURNA**³²
41. **CAP. MĀMAJJAKĀ**³³
42. **SHANKARA VATI**³⁴
43. **CHAVYADI SHAKTU**³⁴
44. **MADHUMEHANTAK CHURNA**³⁵
45. **SHILAJIT YOGA**³⁶
46. **CUCUMIS TRIGOUS**³⁷
47. **CASSIA GAUCA**³⁷
48. **MAYURASIKHA PRAYOG**³⁸
49. **DARVYADI KWATHA**³⁹
50. **MADHUMEHARI CHURNA**³⁹
51. **HARISHHANKARRAS**⁴⁰
52. **KHADIR-KRAMUK KWATH**⁴⁰
53. **MADHUPRAMEHARI VATI**⁴¹
54. **ELADI CHURNA**⁴²
55. **KATANKATERYADI KWATH**⁴²
56. **KATAKKHADIRADI KASHAYA**⁴³
57. **NIRURYADI GULIKA**⁴³
58. **DASHMULADI GHANA VATI**⁴⁴
59. **TARKESHWAR RASA**⁴⁵
60. **TRIKATU GUTIKA**⁴⁵

REVIEW ARTICLE

61. JAMBVADI YOGA⁴⁶
62. SHILABHRARASA⁴⁶
63. PREMEHAGAJKESARI⁴⁷
64. SHIVA GUTIKA⁴⁸
65. OJOMEHANTAKA YOGA⁴⁹
66. MADHUDAMAN YOGA⁵⁰
67. MEHANTAKA YOGA⁵¹
68. NISHA TRIPHALA YOGA⁵²
69. METHIKA, GUARGUM PRAYOG⁵³
70. MEDHYARASAYANA⁵⁴
71. NYAGRODHADI CHURANA⁵⁵
72. SHARPUNKHA PRAYOG⁵⁶
73. MAMAJJAKA, MAHANIMBA PRAYOG⁵⁷
74. SAPTACHAKRA, AVARTAKI PRAYOG⁵⁸
75. CASSIA TORA⁵⁹
76. PALANDU SEEDS⁶⁰
77. CAESAPINIABONDUCCELLA⁶¹
78. AMRITA PIPPALI NIMBADI YOGA⁶²
79. JAMBU (*Eugenia Jambolana*)⁶³
80. *C. tamil*⁶⁴
81. DHAVA (*Anogeissesslatifolia* Wall)⁶⁵
82. LAJJALU (*Mimosa Pudica* Linn)⁶⁶
83. KIRATATIKA & RAKTAYUSTIKA⁶⁷
84. MANJISTHA PRAYOG⁶⁸
85. B.S. PATRA GHAN VATI⁶⁹
B.S. (Bougainvillea glabra And Annona squamosa)
86. MADHUMEHA NASHINI GUTIKA⁷⁰ (*Rasamrit*)
87. PHALTRIKADI KWATH⁷¹ (*C.Chi.6/40*)

Guidelines for future studies:

- To study all types of *Prameha*, including *Madhumeha*.
- To establish authentic clinical assessment criteria for various types of *Prameha*.
- Analysing pathology of various types of *Prameha*, evaluating clinical stages and validating clinical parameters.
- Ayurvedic literature-based treatment protocol for *Sadhya*, *Yapya*, *Asadhya Prameha* respectively.
- To establish authentic clinical treatment protocol according to body type of the patient i.e., treatment protocol for *Sthoola* and *Krishha Pramehi*.
- Ayurvedic literature-based treatment protocol for *Prameha Upadrava* and

complications of Diabetes mellitus. E.g.; diabetic foot, diabetic neuropathy, diabetic nephropathy.

- To establish authentic clinical treatment protocol for *Prameha Pidika*.
- Survey based studies to make people aware to *Prameha Roga* and its dangerous complications.
- Dietary protocol for *Pramehi* based on geographical and environmental variations and *Prakriti* of the patient.
- To improve quality of life of a patient suffering from various type of *Prameha* and its socioeconomic impact on that individual's health.
- 20-types of *Mutra-Ati-Pravriti Janya Vikara* and 20-types of *Mutra-Apravriti Janya Vikara*, described by *Acharya Vagbhatta* are also untapped part of *Prameha Roga*. *Acharya*

REVIEW ARTICLE

Vagbhatta has included all these *Mutra Vikara* under *Prameha Roga*.

- *Acharya Sushruta* has mentioned various *Kasaya* for various types of *Prameha* where there is a lot of scope for research.
- *Acharya Charak* and many others have given various *Aushadh Yogas* for *Prameha* arising from different *Doshas*. These *Aushadh Yogas* can also be subjected to research because of their beneficiary properties in *Prameha*.
- *Acharyas* have also mentioned a healthy lifestyle for *Pramehi* which is also a subject of research.
- *Bija Dosha Janya Prameha (Sahaja Pramehi)* can also be a subject of research. By the help of ayurvedic concepts one should try to disintegrate the pathogenesis of *Sahaja Pramehi*.

CONCLUSION

Prameha is a lifestyle disorder with specific set of symptoms caused by the *Vikrita Tridosas*. This itself has various types, among which much research work has been done on *Madhumeha* and the need of hour is to explore the untapped areas of *Prameha Roga*. The tendency to study reflects the need for a change in thinking during the selection of the subject, its aims and objectives. It is very important to consider Ayurveda based multidimensional aspects of *Prameha Roga* and multidimensional approach to manage *Prameha* along with its complications.

REVIEW ARTICLE

REFERENCES

1. <https://idf.org/our-network/regions-members/south-east-asia/members/94-india.html>
2. <https://www.thehindu.com/sci-tech/health/india-has-second-largest-number-of>
<https://www.thehindu.com/sci-tech/health/india-has-second-largest-number-of-people-with-diabetes/article29975027.ece>
3. Baghel MS, Researches in Ayurveda; seventh edition, Jamnagar. 2001-2018
4. <https://shodhganga.inflibnet.ac.in/simple-search>
5. **Dr Ajay Tikoo:** A clinical study on the role of *Virechana Karma* and *Nishakatakadi Yoga* in the management of *Madhumeha* w.s.r. to Diabetes mellitus. (2005)
6. **Nishant Shukla:** A clinical study on role of *Manas Bhavas* in etiopathogenesis of *Madhumeha* with special reference to diabetes mellitus and its management by *Darvyadi Vati* and *Rasona* and *Til Taila*. (2005)
7. **Dyuti R Dave:** Further clinical studies in the management of *Madhumeha* with *Medoghna Rasayana Vati*. (2006)
8. **Soma Bhatia:** A clinical study on the role of *Manasabhava* in the etiopathogenesis of *Madhumeha* (Diabetes mellitus) and its management by *Sarasvata Churna* (2001)
9. **Dr. Jyoti Kumari:** A Comparative Clinical Study of *Nyagrodhadi Ghanavati* and *Virechana Karma* in The Management of *Madhumeha* (Diabetes Mellitus) (NIA-2007)
10. **Shweta M. Khanapurkara:** Comparative Study of Efficacy of *Triphaladi Vati* and *Shilajitwadi Vati* in *Prameha* (Diabetes Mellitus) (2008)
11. **Vd.Yogesh Patil:** A Comparative Study Of “*Nyagrodhadi Vati* And “*Gokshuradi Guggulu*” In The Management Of ‘*Madhumeha*’ (With Special Reference To Diabetes Mellitus) (Jamnagar-2010)
12. **Kanwar Samrat Singh:** Study on *Apathyanimitaja Prameha* (Type-2 Diabetes) and its management with *Saptarangyadi Ghanvati* (2011)
13. **Ankush Gunjal:** A Clinico-Experimental Study on *Triphaladi Granules* in *Apathyanimitaja Prameha* (Type 2 Diabetes Mellitus). (2013)
14. **Harish Ahuja:** A Clinical Study on the efficacy of *Virechana* and *Medoghna Rasayana* in the management of *Madhumeha* w.s.r. to Diabetes mellitus (2004)
15. **Pawar Anand M:** A comparative study on the role of Basti Therapy and *Pramehaghna* drugs in the management of *Madhumeha* (Diabetes mellitus) (2003)
16. **Asha Patel:** Management of *Madhumeha* (Diabetes Mellitus) with *Shodhan* and *Shaman Chikitsa* (2004)
17. **Parmar S.** – The role of *Virechana* and *Triphaladi Ghanavati* in the management of *Madhumeha* (Diabetes mellitus) (2002)
18. **Ranjana D. Siddhpathaki** – A clinical study on the role of *Asana* and *Guduchi*

REVIEW ARTICLE

- Rasayana* in the management of *Madhumeha* (Diabetes mellitus) – 1999, (Dept. of K.C.)
19. **K. Sahoo:** A comparative Pharmacoclinical study of *Shilajeet* compound and *Yashad* compound on *Madhumeha* (Diabetes mellitus) 1998 (Dept. of R.S. & B.K.)
20. **Kavita Rath:** A Pharmacotherapeutic study of Neem oil on *Madhumeha* (Jamnagar-1998) (Dept. of D.G.)
21. **Patel B.R.:** The role of *Durva* on *Madhumeha* and *Shukrameha*. (Jamnagar-1993) (Dept. of D.G.)
22. **Balbir Singh:** The role of *Virechana* and *Medohara* drugs in the management of *Madhumeha* (Diabetes mellitus) (Jamnagar-1992) (Dept. K.C.)
23. **Shanishchara J.D.:** A study of *Laghu Dugdika* (*Euphorbia thymifolia*) on *Madhumeha* (Jamnagar-1992) (Dept. of D.G.)
24. **Marvah Binu:** A clinical study on the role of certain Ayurvedic drugs in the management of *Madhumeha* (Diabetes) – 1997 (Dept. of K.C.)
25. **Chhaya Mayank Kumar:** Experimental and clinical study of modified hypoglycemic compound (*Madhumehahara Yoga – A2*) – 1990, (Dept. of K.C.) & **Namdhar Sharma:** A comparative study of *Madhumehahara yoga*, alone and along with mercurial preparation – *Rasa Sindoora* – 1988 (Dept. R.S. & B.K.).
26. **Khati G:** Studies on *Madhumeha* and its management with the Ayurvedic compound preparation – 1986 (Dept. of K.C.)
27. **V. C. Katiyar:** Further studies on the phenomenon of the *Madhumeha* and its management with *Haridra-Amalaki churna* and *Devadarvyadi Ghanavati* – 1984 (Dept. of K.C.)
28. **S. K. Pandey:** Studies of phenomena of *Madhumeha* in Ayurveda and its management with Ayurvedic formulations – 1982 (Dept. of K.C.)
29. **S. M. Gupta:** Studies on the concept of *Madhumeha* in relation to *Agnis* and its management with Ayurvedic drugs. – 1981 (Dept. of K.C.)
30. **D. C. Pandya:** *Madhumeha Chikitsatmaka Evam Prayogika Adhyayana* – 1973, (Dept. of K.C.)
31. **Panjwani Parin:** *Methic beeja ka Madhumeha roga par Adhyayana*, (Jamnagar-1989) (Dept. of D.G.)
32. Meena LMH: A Clinical Study on the efficacy of Certain Herbal Drugs in the management of *Madhumeha* Non-Insulin Dependent Diabetes Mellitus <http://hdl.handle.net/10603/312048>
33. Nampalliwar Ramesh Amit: Systematic Review of *Desa* as a *Nidana* of *Madhumeha* Diabetes Mellitus and Randomized controlled Trial on the efficacy of *Mamajjaka Enicostemma Littorale*. <http://hdl.handle.net/10603/338307>
34. Vishesh Rathod Motilal: A clinical Study of Evaluate the Therapeutic efficacy of *Shankarvati* and *Chavyadi Shaktu Prayoga* in the management of Syndrome X *Santarpanotha Madhumeha* <http://hdl.handle.net/10603/312143>
35. Bhattacharya, Bhaswati: Pharmaceutico therapeutic study of *Madhumehantak Churna*

REVIEW ARTICLE

- ayurveda powder for diabetes Management of *Madhumeha* W.S.R To
<http://hdl.handle.net/10603/275730> Hyperglycemia. NoveshKolhe – 2011
36. Raju K V N: A Comparative Clinical 44. Clinical evaluation of *Dashmuladi Ghana*
Study of *Vamana* and *Virechana* with And *vati (kalpita yoga)* in the management of Diabetic
Without *Shilajit Yoga* in The Management of Neuropathy. - Priyaranjan Tiwari – 2006
Madhumeha with Special Reference to Type 2
Diabetes Mellitus. 45. A Clinical study on the role of *Tarkeshwar*
rasa & Trikatugutika with *vasti karma* in the
<http://hdl.handle.net/10603/304644> management of *Madhumeha* (Diabetes mellitus) -
R. K joshi -2002
37. Md.Salauddin: Photochemical Investigation 46. Comparative study of different dosage
and Hypoglycemic activity of *Cucumis trigous* forms of *Jambvadi Yoga* and *Shilabhrarasa* w.s.r
and *Cassia gauca* to its hypoglycaemic effect. Divya singh – 2007
<http://hdl.handle.net/10603/72383>
38. Telagari Madhusudhan: Evaluation of 47. Prepration of *Premehagajkesari* and study
Phytochemical and Anti Diabetic Potential of on *Madhumeha* (phd) - santosh kumar mishra –
Three Sources of *Mayurasikha* an Ayurvedic 1995
Drug <http://hdl.handle.net/10603/198143>
39. A comparative of Efficacy of ' *DARVYADI* 48. Prepration and Clinical study on shiva
KWATHA ' AND ' *MADHUMEHARI CHURNA* ' gutika w.s.r madhumeha. - Rajendra kumar
in the management of *MADHUMEHA* W.S.R to Bhardwaj – 1993
Diabetes mellitus type II (NIDDM) - Dr. Deepak
kumar -2016
40. A clinical Efficacy of *Harishhankarras* 49. An Epidemiological study of Diabetes
And *khadir-kramuk kwath* in *Madhumeha* with Mellitus and Clinical trial of *Ojomehantaka yoga*.
special Reference to Diabetes Mellitus Type 2 - - shivani gupta – 2009
Dr. Vikas Nariyal -2015
41. Clinical evaluation of "*Madhupramehari* 50. An etiopathological study of *Madhumeha*
vati " in the management of *Madhumeha* with w.s.r to Diabetes mellitus & Therapeutic trial of
special -Dr. Naresh kumar kumawat- 2014 *Madhudaman yoga* - Deepak kumar sharma –
2008
42. A Clinical study to Evaluate Efficacy of 51. An Etiopathological study *Madhumeha*
Eladi churna and *Katankateryadi Kwath* in the (Diabetes Mellitus) and the therapeutic effect of
management of *Madhumeha* W.S.R to Diabetes - *Mehantaka yoga*. - Rakesh sarswat -2007
Dr. Sayema Ansari – 2013
43. The Comparative study on *Katakkhadiradi* 52. The Aetiopathology of *Madhumeha*
Kashaya and *Niruryadi Gutika* in The (Diabetes mellitus) and the therapeutic effect of
Nisha Triphala Yoga. (M.D) - Ish Sharma -2002
53. A Clinical study of *Madhumeha* and
Management by *Aahara*, *Vihara*, and *Aushadhi*

REVIEW ARTICLE

- has *Methika* and *Guargum*. - S.V Ghonghade – 1998
54. Critical Review of the stress factor involved in the pathogenesis of Diabetes mellitus and its Treatment with *Medhya Rasayana* to Establish the principal “*Udvegashokakshimpramvathakprakopamapadya the*” - Madhuri kumari – 2009
55. *Vyadhipratyaneeka sidhantanukarmame “Nyagrodhadi churana” ka Madhumeha Roga par saiddhantika evam chikitsatmak Adhyayana*. - Hansraj sharma – 2005
56. A clinical study of *Sharpunkha* w.s.r to Diabetes mellitus. - m. Indra Reddy 1998
57. Mamajjaka evam Mahanimba ka Dravyagunatmaka Adhyayan Madhumeha rog ke paripekshaya mein- Sunita D. Ram – 2001
58. Saptachakra evam Avartaki ka Madhumeha ke paripekshaya mein Guna karmatmaka Adhyayan. - P.Kumar – 1990
59. Hypoglycaemic action of *Cassia Tora Linn*. - Mahesh khare – 1990
60. A study of Antidiabetic action of *Palanduseeds*. - Mohan Laljaiswal- 1988
61. A comprehensive study of *Caesapinia bonducella (L) Fleming* in the management of *Madhumeha* (Diabetes mellitus) - Satish paknikar – 2004
62. A clinical study on the effect of *Amrita Pippali Nimbadi Yoga* case of NIDDM w.s.r to the role of *Agani & Ojas* - P.S mehra – 2000
63. Controlled clinical trial of *Jambu (Eugenia jambolana)* in Diabetes mellitus. - R.K Upadhyay – 1985
64. Clinical co-relation of *Prameha* (Diabetes mellitus) & evaluation of the response of *C. tamil* in glucose & insulin metabolism. - H.M chandola – 1980
65. A study on *Dhava* (*Anogeissesslatifolia wall*) w.s.r to its role in the management of *Madhumeha* (Diabetes mellitus) - Neelima Sharma – 2005
66. Effect of *Lajjalu* (*mimosa pudica linn*). On nonhealing diabetic foot ulcer w.s.r to platelet function. - Sabita paul – 1999
67. Study on *Kiratatikta* and *Raktayustika* in insulin. - G.P Prasad – 1999
68. Effect of *Mangistha* on Diabetic vasculopathy. - S.D Hapuarachchi -1998
69. Vipul bartwal: A comparative clinical study to evaluate the efficacy of *Nyogrodhadi Churna* and *B.S. Patra Ghana Vati* in the management of *Madhumeha* w.s.r. type-2 Diabetes mellitus.
70. Sakshi Negi: A comparative clinical study to evaluate the efficacy of *Madhumeha Nashini Gutika* and *Darvyadi Kwath* with *B-S Ghan Vati* in the management of *Madhumeha* w.s.r. to Diabetes mellitus.
71. Parshant Minhas: Clinical Evaluation of The Effect of *Phaltrikadi Kwath* and *Madhumehara Vati* in *Madhumeha* (DM Type – 2)