

**Evaluation of the effect of an Ayurveda regime on fasting blood glucose level of diabetes mellitus type 2 patients withdrawn conventional treatments: A retrospective study**

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Diabetes mellitus type 2 (DMT2) is the commonest form of diabetes and it is due to insulin resistance or relative insulin deficiency. This is a multifactorial disorder involving environmental and strong genetic factors. At present its worldwide prevalence is increasing and as a chronic progressive disorder its incidence increases with age. This study was designed to evaluate the effect of a selected Ayurveda regime on Fasting Blood Sugar (FBS) level of DMT2 patients. 370 case records of previously known DMT2 patients for last 12 months were obtained from the diabetic clinic of Gampaha Wickramarachchi Ayurveda Hospital. Cases related with Heart diseases, Hyperlipidaemia, Kidney diseases, Bronchial asthma and Hypertension were excluded. 35 cases from above patients who had 01-02 months of withdrawal from previous conventional treatments, (Allopathic, Ayurveda, Indigenous medicine, etc.) and had taken the regime for at least one month were selected. The regime consisted of a herbal decoction (IM), a tablet (*Chandrapraba vati*) and a mixture of two herbal powders (*Hingvashtaka curna* and *Bashkara lavana curna*). Data related to laboratory investigations of FBS which have been taken within period of 4 weeks. They were divided into two parts to interpret the result after two weeks and four weeks separately. 88.57% of the selected cases indicated a decrement of FBS level, 8.57% indicated an elevation of the FBS and 2.86% indicated no significant change 4 weeks after treatments. Mean decrement of FBS level after 02 weeks was 24.37% and 31.07% of decrement showed after 04 weeks. It can be concluded that the regime had shown beneficial effect in controlling the FBS level in DMT2 patients & further studies should be carried out.

**Key words:** *Diabetes mellitus, Fasting blood sugar, Herbal decoction, Chandrapraba vati, Hingvashtaka curna and Bashkara lavana curna*

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