Prameha since Vata is the main etiological factors in the pathogenesis, if we can control vata through the use of basti we can cure half the disease as diabetes mellitus type 2 can be treated completely using Ayurvedic principles.

**Case:**

Patient name-XYZ
Age- 54yrs
Occupation- Bank job
Sex- Male
Reg No-12123

C/O- Pain in lumbar region
- tingling sensation over left leg
- difficulty in walking

N/H/O- DM/HTN/PTB/BA/EPILEPSY
N/H/O- Malaria/Typhoid/Dengue/Chikungunia
S/H/O- Laminectomy lumbar vertebrae operative
N/H/O- BT/Drug allergy
O/E-GC- Fair and afebrile

Investigations:
BSL-F=128 ; PP=171
HbA1C=7.16

Treatment given:

1)Panchakarma- Panchatikta panchaprasrutik basti for 16 days
(2 Niruha followed by 1 Anuvasan basti)
2)Orally- Trayodashang guggul 2BD
Tab Calcium 1 OD
Cap Vitamin d3 once a week

Mode of action of basti- Vata is the very active principle in balancing the vitiated Doshas. Rectal administration is the best way to treat the diseased condition since Vata is the predominating dosha that causes these problems. Basti procedure restores the balance of the vitiated Doshas and nourishes them.

The basti procedure restores the balance of the vitiated Doshas and helps in treating diabetes mellitus. The drugs used in this procedure are Nimba, Bhunimba, Patol, Rasna, Saptaparna, kwatha for niruha and kalka of sarshap and ghee. All the above drugs have the properties to work against kapha which is one of the predominating dosha in diabetes. The drugs when used wisely and with proper reference can definitely give good hand in the treatment of today’s complicated disease.

Conclusioin : Hereby we can conclude that Ayurvedic principle when used wisely with proper reference can definitely give good hand in the treatment of today’s complicated disease. The treatment used here was purely ayurvedic without any interference of any other pathydrugs so as to bring out proper conclusion on the usage and efficiency of ayurvedic treatment.

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