

## 1. MADHUMEHA (DIABETES MELLITUS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Guḍūcī swarasa (Tinospora cordifolia)	Swarasa	10 ml BD	Honey	A. H.Ci. 12/6
2.	Āmalakī Cūrṇa ( Phyllanthus emblica)	Cūrṇa	6 gm BD	Honey	A.H.Ut. 40/48
3.	Kārvellaka Phala Cūrṇa (Momordia charantia)	Cūrṇa	3 gm BD	Water	D.V. (PV Sharma) vol.II, page-685

**B. Compound formulations**

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Niśāmalakī vaṭī	Vaṭī	500 mg TDS	Triphala Kaṣāya	A. H. Prameha Cikitsā
2.	Bṛhat vañgeśwara Rasa	Rasayoga	125 mg BD	Ajādugdha/ Godugdha	B. R. Prameha Cikitsā
3.	Candraprabhāvaṭī	Vaṭī	500 mg BD	Water/ Milk	S.S.Ma. K.
4.	Devadārvāriṣṭa	Ariṣṭa	20 ml BD	Equal qty. of water after meals	B. R. Prameha Cikitsā
5.	Śilājītwādi lauha	Lauha	500 mg BD	Honey/ Milk	B. R. Prameha Cikitsā
6.	Vasanta kusumākara Rasa	Rasayoga	125 mg BD	Honey	R. S. Rasāyana Vājīkaraṇa Adhikāra

7.	Lodhrāsava	Āsava	20 ml BD	Equal qty. of water after meals	A.H. Ci. 10/39-42
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### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, special variety of rice (sāṃvaka, kodrava), wheat	Freshly harvested grains, rice
Pulses	Green gram (mudga), kulattha, pigeon pea (arahara), alasi, chickpea (canā)	Black gram (uḍada)
Fruits & vegetables	Paṭola, bitter gourd (kāravellaka), āmalakī, haridrā, kapittha, black pepper	
Others	Honey, betel nut, rock salt	Milk, curd, butter milk, clarified butter, oil, jaggery, alcohol, sugarcane products, betel, eating before digestion of previous food, incompatible food

Life style	Walking, playing, physical exercise, bathing	Day sleeping, sudation, smoking, suppression of natural urges, therapeutic blood letting, riding, walking
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**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.