

Preventive Approach to Type II Diabetes Mellitus: A Case Study

Dr. Shweta Chavan¹ and Dr. Mamta Talmale²

Assistant Professor, Department of Swasthavritta

Shri K.R. Pandav Ayurved College and Hospital, Nagpur¹

Professor and Head of Department, Department of Swasthavritta

Bhauasaheb Mulak Ayurved Mahavidyalaya, Nandanvan, Nagpur²

Abstract: *The escalating prevalence of Type 2 Diabetes Mellitus (T2DM) in India necessitates effective preventive strategies, particularly for individuals at high risk of developing the condition. This case study examines the application of an integrative Ayurvedic approach to prevent the progression of prediabetes in a 48-year-old male, identified as high-risk using the Indian Diabetes Risk Score (IDRS). The treatment protocol focused on addressing Kapha and Meda imbalances, incorporating Shamana therapy along with tailored dietary recommendations, lifestyle modifications, and stress management strategies. Significant clinical improvements were observed, including a reduction in symptoms such as fatigue, polyuria, and polydipsia. Objective metabolic parameters, including fasting and postprandial blood glucose, HbA1c, and IDRS score, showed notable improvement over six months. This case highlights the potential of Ayurveda to provide effective, personalized, and evidence-based preventive care, supporting the management of prediabetes and mitigating the risk of T2DM progression.*

Keywords: Type 2 Diabetes Mellitus, prediabetes, Ayurveda, Indian Diabetes Risk Score, Kapha, Meda, Shamana therapy, lifestyle modification, preventive healthcare