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Evaluation of the effect and efficacy of herbal powder preparation derived from ‘*Thalpathe Piliyam*’ in the management of type II Diabetes mellitus

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Abstract

Diabetes Mellitus is a metabolic disorder of multiple etiology characterized by chronic hyperglycemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action or both. The effects of Diabetes Mellitus include long-term damage, dysfunction and failure of various organs (WHO, 1999). It is a chronic disease caused by inherited and acquired deficiency in production of insulin by the pancreas or by the ineffectiveness of the insulin produced. Such a deficiency results in increased concentrations of glucose in the blood, which in turn damage many of the body's systems, especially the blood vessels and nerves. (WHO, 2013) This study was designed to determine the effect and efficacy of selected herbal formulation mentioned in “*Thalpathe Piliyam*” in the management of type II Diabetes. All patients were selected from medical clinic of Gampaha Wickramarachchi Ayurveda Teaching Hospital according to the inclusion and exclusion criteria. The selected patients were assigned into two groups (group A and B) consisting of 30 patients for each group. The patients of group A were treated with the powder of selected herbal formula and dietary management during the period of 1 month. Patients of group B were treated with allopathic medicine and dietary management during the period of 1 month. After 1 month, the patients of group A and group B showed significant reduction in fasting blood sugar and blood pressure and heart rate. Thus, the powder of selected formulation could be recommended in the management of type II Diabetes.

Keywords: Type II Diabetes Mellitus, *Thalpathe Piliyam*

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