

Comprehensive Ayurvedic Care in Type-2 Diabetes

Ashok Kumar Panda*

National Research Institute of Ayurvedic Drug Development, Central Council for Research In Ayurveda Science, Department of AYUSH, Ministry of Health & FW, India

***Corresponding author:** Ashok Kumar Panda, National Research Institute of Ayurvedic Drug Development, Central Council for Research In Ayurveda Science, Department of AYUSH, Ministry of Health & FW, CN-4, Sector -V, Bidhan Nagar, Kolkata-91, India, Tel: 09434631670; E-mail:

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sugar above 400 mg/dl. It takes one month to three months to reach the absolute control of Post prandial blood sugar [7]. However, intensive lifestyle intervention can be more effective along with the Ayurveda drug/formulations. Although there is widespread use of herbal dietary supplements that are believed to benefit type 2 diabetes mellitus, few have been proven to do so in properly designed randomized trials; their efficacy for intermediate-term glucose control remains unclear.

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