

SIMPLE HOME REMEDIES FOR DIABETES MELLITUS

Madhumeha which has been correlated with Diabetes Mellitus has become a global problem in spite of advances in modern science. DM is a metabolic disorder characterized by abnormal carbohydrate, fat, and protein metabolism, which is clinically diagnosed on the basis of hyperglycaemia (i.e. accumulation of glucose in the urine and blood of the person). The main symptoms will be Polyuria, Polydipsia, Polyphasia and Unexplained weight loss etc.

Simple Home remedies:

1. Dried seedless fruit powder of *Amalaki /Amla (Phyllanthus Emblica L.)* 3-6 gm with warm water.
2. Juice of *Karvalli/Karela (Memorandia Charantia Linn.)* leaves 10-15 ml daily.
3. Juice prepared by boiling the Curry leaves (*Murraya koenigii*) 20-30 ml or Powder of dried leaves 3-6gms daily.
4. Prepare a decoction with *Methika/Methi (Trigonella foenum-graecum Linn.)* 20-30 ml or Powder of seeds 3- 6 gms daily.
5. *Haridra (Curcuma longa Linn.)* powder 1- 3 gm daily.
6. *Jambu/jamun (Syzygium cumini Linn.)* seed powder 3-6 gm daily.
7. Decoction prepared with the leaves of *Nimba (Azadirachta indica A.Juss)* 10-15 ml daily.
8. Decoction prepared with the leaves of *Kalabanda (Aloe vera L.)* 10-15 ml daily.

Note: The suitable/available remedy may be selected and used for 45 to 90 days as per the progress and body constitution.

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