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Efficacy of two Ayurvedic dosage forms of guduchi (*Tinospora cordifolia* wild. miers) on type 2 diabetes**Rohit Sharma**

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All diseases with manifestation of polyuria are described under 'prameha' in ayurveda, ultimately fates into madhumeha, which is a subtype of prameha and correlated with type 2 diabetes. Anti-diabetic potential of two highly potent dosage forms of guduchi (*Tinospora cordifolia* wild. miers.) viz. satva (sedimented starchy aqueous extract) and ghana (solidified aqueous extract) are highly appreciated and applied by ayurvedic fraternity. Recent experimental studies validate and establish these ayurvedic claims, however, till date no report is available on their clinical evaluation. Present study is aimed to evaluate the therapeutic potential of guduchi satva (GS) and guduchi ghana (GG) in madhumeha (type 2 diabetes). A randomized clinical trial was conducted on 100 known patients of madhumeha of both genders. The patients were randomly allocated into two groups, viz. GS (group A) and GG (group B). Both drugs were administered orally, 500 mg twice daily, with luke warm water, half hour before meal for four weeks. The efficacy of therapy was assessed based on relief in cardinal signs and symptoms and blood sugar, lipid profile and other routine biochemical, haematological and urine examinations. The data was analyzed statistically by applying paired and unpaired 't' tests. Both the dosage forms exerted statistically proven significance in reduction of blood sugars along with relief in signs and symptoms of madhumeha. Present study validates the ayurvedic therapeutic claims of efficacy of both dosage forms of guduchi i.e. GS and GG, where GG is found to be comparatively more efficacious (in view of glycemic control and relief in signs and symptoms) and establishes their use as safe anti-diabetic agent. No any adverse drug reactions were observed during the course of study