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Management of newly diagnosed type 2 diabetes mellitus in alternative medicine: A case report**Niraj Khatri Sapkota***Chitwan Medical College, Nepal*

Herbal drugs are usually incorporated plant formed mixture in the treatment of diabetes and other disease in Ayurveda and their reported side effects are very less and cost effective. Type 2 diabetes is a condition of insulin insensitivity or the state of resistance of insulin which leads to impairment of glucose utilization. Debix an Ayurveda herbal drugs mixture was provided to manage the newly diagnosed diabetes in otherwise healthy 33 years old male with no history of any other disease or medication, on continuous 4 months of treatment plus recommendation to adopt life style modification and 30 minutes of exercise the patient exhibited normal blood glucose report as well as HbA1c was quite improved and finally reached at normal percentage. This sort of data in Ayurveda clinical case study is scarcely reported and published means no report is generally made in scientific way in Ayurveda hence this case presentation will be beneficial to the Ayurveda practitioner. The rationale of this case report is, basis of treatment in Ayurveda can be commenced in newly diagnosed diabetes by Debix, a proprietary Ayurvedic or in alternative medicine manufactured by Sandu pharmaceutical Pvt.Ltd without any report of side effects under continuous supervision, at least for four months to fully manage the case.

Biography

Niraj Khatri Sapkota has completed his PhD in Molecular Physiology applications to Cardiovascular Pharmacology at the age of 32 years from Zhejiang University, China, World top 70th academically ranked University in 2019, as well one of the Thomson Reuters and Elsevier best ranked university of the world, he is now working as an Associate Professor in the Department of Physiology in Chitwan Medical College affiliated to Tribhuvan University, Nepal. He is the Hypertension and Heart Failure physio-pathophysiologist and Fatty liver disease book writer that have been published in 8 languages in Europe such as French, German, and Portuguese etc. He is expert in his field of research and academican of his country, Nepal.