

EKAMOOLIKA PRAYOGA IN PRAMEHA: A COMPILATION OF CLASSICAL REVIEW

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ABSTRACT

Ayurveda, one of the most ancient and well-documented systems of medicine, describes *Diabetes Mellitus* under the term *Prameha* or *Madhumeha*. The condition arises from indulgence in causative factors leading to vitiation of *Kapha* and *Meda*, which descend through the *Mutravaha Srotas* and localize at the *Bastimukha*, producing symptoms such as *Prabhoota Mutrata* and *Kharapada Daha* etc. Numerous *Ekamoolika Prayogas* (single-herb therapy) are mentioned in classical Ayurvedic treatises for various diseases, including *Prameha*. This review compiles *Ekamoolika Prayogas* for *Prameha* from the *Brihatprayee* and analyses the *Rasapanchaka* of the mentioned herbs. *Ekamoolika Prayoga* offers a simple, economical, and effective therapeutic approach. Most herbs described possess *Tikta-Katu-Kashaya Rasa*, *Laghu-Ruksha Guna*, *Ushna Virya*, and *Katu Vipaka*, indicating *Tridoshahara* and *Medohara* properties. Pharmacologically, these herbs exhibit hypoglycaemic, antioxidant, and insulin-sensitizing activities, supporting their efficacy in managing *Prameha*.

KEYWORDS: *Brihatprayee*, *Diabetes*, *Ekamoolika prayoga*, *Prameha*, *Single drug therapy*.

INTRODUCTION: In *Ayurveda* *Prameha* is considered as one among *Mahagada*.^[1] *Prameha* is being characterised by the excessive excretion of *mutra* (urine). It is caused due to the indulgence in the various etiological factors like *aasya sukham*(Idle sitting), *swapna sukham*(Over sleeping), intake of *dadhi*, *gramyaoudhuka mamsa rasa*, *payamsi*, *nava annapana and guda* (jaggery) which leads to vitiation of *Kapha dosa* which inturn vitiates *vata*, *pitta doshas* and the *dhatus* like *meda*, *mamsa*, *udaka* which further proceed downwards through *mutravaha srotas* and get localized at *bastimukha* and leading to the respective symptoms that of vitiated *doshas*.^[2] The *Prameha* is mainly classified into 3 types of which 10 *Kaphaja*, 6 *Pittaja* and 4 *Vataja* which are *Sadhy*, *Yapya* and *Asadhy* respectively to treat.

Ekamoolika prayoga is a simple, convenient, economical and effective method of treatment which incorporates the principle of using single herbs to promote health and treat numerous ailments and health situations. Using single herbs in treatment helps in minimizing the exploitation of commonly used medicinal plants. This approach also contributes to preventing more species from being added to the endangered list of medicinal flora.

In *Brihtrayees*, there is abundance of *Ekamoolika prayogas* are mentioned in management of many diseases, there is also mentioning of many numbers of *Ekamoolika prayoga* indicated in the disease *Prameha*. Also, some drugs have been already scientifically proven in the management of *Prameha* (Diabetes).

MATERIALS AND METHODS

- The content of this review has been comprehensively compiled from the *Brihatrayee - Sushruta Samhita*, *Charaka Samhita*, *Ashtanga Sangraha*, and *Ashtanga Hridaya*.
- Based on the above classical references, a conclusive compilation of *Ekamoolika Prayoga* beneficial in *Prameha* has been prepared.
- Various Ayurvedic texts have been referred to tabulate the *Rasapanchaka* of the herbs mentioned in the *Ekamoolika Prayoga*.

RESULTS

Table No. I: Ekamoolika prayoga in Prameha mentioned in Sushruta Samhita.

Prayoga	Type	Reference
<i>Amalaki swarasa with Haridra churna and Madhu</i>	<i>Prameha</i>	Chi.11/8
<i>Parijata panchanga kwatha</i>	<i>Udaka meha</i>	Chi.11/9
<i>Agnimantha moola kwatha</i>	<i>Ikshu meha</i>	Chi.11/9

<i>Nimba moola twak kwatha</i>	<i>Surameha</i>	Chi.11/9
<i>Chitraka moola kwatha</i>	<i>Sikatha meha</i>	Chi.11/9
<i>Khadira kashaya</i>	<i>Shanair meha</i>	Chi.11/9
<i>Agaru and Patha kwatha</i>	<i>Lavana meha</i>	Chi.11/9
<i>Haridra and daruharidra kashaya</i>	<i>Pishta meha</i>	Chi 11/9
<i>Saptaparna kashaya</i>	<i>Sandra meha</i>	Chi.11/9
<i>Arjuna twak and Shweta chandana kashaya</i>	<i>Shukra meha</i>	Chi.11/9
<i>Ashwattha moola twak kashaya</i>	<i>Neela meha</i>	Chi.11/9
<i>Aragwadha kashaya</i>	<i>Haridra meha</i>	Chi.11/9
<i>Triphala Kashaya</i>	<i>Kshara meha</i>	Chi.11/9
<i>Manjishta and Shwetha chandana kwatha</i>	<i>Manjishta meha</i>	Chi.11/9
<i>Agnimantha moola kwatha</i>	<i>Vasa meha</i>	Chi.11/9
<i>Shimshipa kashaya</i>	<i>Vasa meha</i>	Chi.11/9
<i>Kadara and Kramuka kashaya</i>	<i>Kshoudra meha</i>	Chi.11/9
<i>Shilajatu</i>	<i>Meha</i>	Chi.13/10-15
<i>Makshika</i>	<i>Meha</i>	Chi.13/17-18
<i>Tuvaraka taila</i>	<i>Meha</i>	Chi.13/34
<i>Sarshapa Taila</i>	<i>Prameha</i>	Chi.31/5
<i>Kusumbha taila</i>	<i>Prameha</i>	Chi.31/5
<i>Atasi taila</i>	<i>Prameha</i>	Chi.31/5
<i>Nimba taila</i>	<i>Prameha</i>	Chi.31/5

Table No. II: *Ekamoolika prayoga* in *Prameha* mentioned in *Charaka Samhita*.

Prayoga	Type	Reference
<i>Haridra churna</i> mixed with <i>Amalaki swarasa</i>	<i>Prameha</i>	Chi.6/26
<i>Kwatha</i> of <i>Pata</i> , <i>Murva</i> and <i>Gokshura</i> with <i>Madhu</i> (Honey)	<i>Kaphaja prameha</i>	Chi.6/28
<i>Sarodaka</i>	<i>Prameha</i>	Chi 6/46
<i>Kusodaka</i>	<i>Prameha</i>	Chi 6/46
<i>Madhudaka</i>	<i>Prameha</i>	Chi 6/46
<i>Triphala rasa</i>	<i>Prameha</i>	Chi 6/46
<i>Sidhudaka</i>	<i>Prameha</i>	Chi 6/46
<i>Madhwika</i>	<i>Prameha</i>	Chi 6/46
<i>Ardraka</i> (Fresh ginger) with equal quantity of jaggery(half <i>Phala</i> i.e 24gm) should be taken on the first day. Then increasing the dose by half <i>Phala</i> i.e 24gm per day to the maximum of 5 <i>phala</i> (240gm) it is taken for month keeping on the diet of milk, vegetable-soup or meat soup and rice	<i>Prameha</i>	Chi 12/47-48
Milk kept in a pot coated with the paste of <i>Chitraka</i> and curdle it. Churn it to get butter and prepare <i>Ghrita</i> out of it (<i>Chitraka ghrita</i>).	<i>Meha</i>	Chi 12/58-59
<i>Chandana</i> mixed with the sugar and honey followed by rice water i.e <i>Tandula</i> as <i>pathya</i> .	<i>Prameha</i>	Chi 19/86
Intake of <i>Purana Ghrita</i> (Ghee)640gm cooked with the paste of <i>Draksha</i> 320gms	<i>Prameha</i>	Chi 26/52
<i>Ikshuvaku</i> seeds paste along with meat soup induce vomiting i.e <i>Shodanartha</i>	<i>Prameha</i>	Kal 3/20
Intake of <i>taila</i> prepared from <i>Danti</i> and <i>Dravanti moola</i>	<i>Meha</i>	Kal 12/10

Table No. III: Ekamoolika prayoga in Prameha mentioned in Astanga Sangraha.

Prayoga	Type	Reference
Intake of <i>Amalaki swarasa</i> mixed with <i>Haridra churna</i> with <i>Madhu</i> in the morning	<i>Prameha</i>	Chi 4/5
Lick the paste or powder of <i>Vibhitaki</i> with honey	<i>Prameha</i>	Chi 14/5
Lick the paste or powder of <i>Rohitaka</i> with honey	<i>Prameha</i>	Chi 14/5
Lick the paste or powder of <i>Haritaki</i> with honey	<i>Prameha</i>	Chi 14/5
Intake of <i>Guduchi swarasa</i>	<i>Prameha</i>	Chi 14/5
Intake of <i>Amalaki swarasa</i>	<i>Prameha</i>	Chi 14/5
<i>Parijata kwatha</i> with honey	<i>Udaka meha</i>	Chi 14/7
<i>Vaijayanti (Agnimantha) kwatha</i> with honey	<i>Ikshu meha</i>	Chi 14/7
<i>Saptachada kwatha</i> with honey	<i>Sandra meha</i>	Chi 14/7
<i>Arishta (Nimba) kwatha</i> with honey	<i>Sura meha</i>	Chi 14/7
<i>Nisha (Haridra) kwatha</i> with honey	<i>Pishta meha</i>	Chi 14/7
<i>Kakubha</i> and <i>Chandana kwatha</i> with honey	<i>Shukla meha</i>	Chi 14/7
<i>Chitraka kwatha</i> with honey	<i>Sikata meha</i>	Chi 14/7
<i>Patha</i> and <i>Jongaka (Agaru) kwatha</i> with honey	<i>Shita meha</i>	Chi 14/7
<i>Khadira kwatha</i> with honey	<i>Shanir meha</i>	Chi 14/7
<i>Triphala</i> and <i>Aravadvadha kwatha</i> with honey	<i>Lala meha</i>	Chi 14/7
<i>Triphala kwatha</i> with honey	<i>Kshara meha</i>	Chi 14/7
<i>Shamyaka (Trivrit) kwatha</i> with honey	<i>Haridra meha</i>	Chi 14/7
<i>Chandana</i> and <i>Manjishta kwatha</i> with honey	<i>Manjishta meha</i>	Chi 14/7
Paste of <i>Madayanthi</i> leaves mixed with honey and consumed with cold water	<i>Rakta meha</i>	Chi 14/7
<i>Agnimantha Kwatha</i>	<i>Vasa meha</i>	Chi 14/8
<i>Amrita (Guduchi)</i> and <i>Chitraka kwatha</i>	<i>Majja meha</i>	Chi 14/8
<i>Khadira, Khadara and Pura(Guggulu) kwatha</i>	<i>Madhumeha</i>	Chi 14/8
Equal parts of <i>Adraka</i> and <i>Guda</i> taken by increasing dose by half <i>pala</i> (24gm) each day, till a maximum of 5 <i>pala</i> (240gm) is reached and continued for one month	<i>Prameha</i>	Chi 19/3
<i>Khadira hima</i> (cold infusion) mixed with honey and <i>Trakshya</i>	<i>Meha</i>	Chi 21/36
Intake of <i>Haridra</i> soaked in <i>gomutra</i> or <i>triphal rasa</i> or <i>Siddha ghrita</i> or plain water	<i>Meha</i>	Chi 21/71
<i>Amrutavalli (Guduchi) swarasa</i>	<i>Meha</i>	Chi 21/72

Table No. IV: Ekamoolika prayoga in Prameha mentioned in Astanga Hridaya.

Prayoga	Type	Reference
200 <i>Pathya (Haritaki)</i> cooked in 1 <i>Drona</i> of <i>Gomutra</i> ; 2 such <i>Pathya (Haritaki)</i> mixed with <i>Madhu</i> consumed at each time	<i>Meha</i>	Chi 8/55-56
<i>Haridra churna</i> with <i>Dhatri (Amalaki) swarasa</i> and mixed with honey	<i>Sarva prameha</i>	Chi 12/5
<i>Guduchi swarasa</i> mixed with honey	<i>Sarva prameha</i>	Chi 12/5-6
<i>Amalaki swarasa</i> mixed with honey	<i>Sarva prameha</i>	Chi 12/5-6
<i>Rohitaka</i> , cut into bits is soaked in the <i>Abhaya kashaya</i> or in <i>Gomutra</i> for seven days and then consumed	<i>Prameha</i>	Chi 15/91-92

<i>Ardraka</i> with equal quantity of <i>guda</i> ; increased by half <i>prakuncha</i> (1 <i>phala</i> i.e 48gm) daily till the total quantity becomes <i>5pala</i> , should be consumed for 1 month	<i>Prameha</i>	Chi 17/6-7
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RASAPANCHAKA OF THE HERBS^{[3][4][5]}

Table No. V: Rasadipanchaka of Herbs used in *Premeha*.

Name of the drug	RASA	GUNA	VIRYA	VIPAKA
<i>Shimshipa</i> (<i>Dalbergia sissoo</i>)	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Nimba</i> (<i>Azadirachta indica</i>)	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Khadira</i> (<i>Acacia catechu</i>)	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Kramukha</i> (<i>Areca catechu</i>)	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Paribhadra</i> (<i>Erythrina indica</i>)	<i>Katu, Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>
<i>Aragvadha</i> (<i>Cassia fistula</i>)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>	<i>Madhura</i>
<i>Arjuna</i> (<i>Terminalia arjuna</i>)	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Swetha Chandana</i> (<i>Santalum album</i>)	<i>Tikta, Madhura</i>	<i>Ruksha, Laghu</i>	<i>Shita</i>	<i>Katu</i>
<i>Manjishta</i> (<i>Rubia cordifolia</i>)	<i>Kashaya, Tikta</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Kutaja</i> (<i>Holarrhena antidysentrica</i>)	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Amalaki</i> (<i>Emblica officinalis</i>)	<i>Amlapradhana Lavanvarjita pancharasa</i>	<i>Ruksha, Laghu, Sara</i>	<i>Shita</i>	<i>Madhura</i>
<i>Haridra</i> (<i>Curcuma longa</i>)	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>
<i>Chitraka</i> (<i>Plumbago zeylanica</i>)	<i>Katu</i>	<i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Parijata</i> (<i>Nyctanthes arbortristis</i>)	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Saptaparna</i> (<i>Alastonia scholaris</i>)	<i>Tikta, Kashaya</i>	<i>Laghu, Snigdha, Sara</i>	<i>Ushna</i>	<i>Katu</i>
<i>Agnimantha</i> (<i>Cledendrum phlomidis</i>)	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Agaru</i> (<i>Aquilaria</i>)	<i>Katu, Tikta</i>	<i>Tikshna, Laghu</i>	<i>Ushna</i>	<i>Katu</i>

<i>agallocha)</i>				
<i>Patha</i> (<i>Cissampelos pareira</i>)	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Ashwatha</i> (<i>Ficus religiosa</i>)	<i>Kashaya, Madhura</i>	<i>Guru , Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Atasi</i> (<i>Linum usitatissimum</i>)	<i>Madhura, Tikta</i>	<i>Guru, Snigdha, Picchila</i>	<i>Ushna</i>	<i>Katu</i>
<i>Kusumbha</i> (<i>Carthamus tinctorius</i>)	<i>Katu</i>	<i>Guru, Ushna, Tikshna</i>	<i>Ushana</i>	<i>Katu</i>
<i>Murva</i> (<i>Marsdenia tenacissima</i>)	<i>Madhura, Tikta</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Gokshura</i> (<i>Tribulus terrestris</i>)	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Shita</i>	<i>Madhura</i>
<i>Ikshuvaku</i> (<i>Lagenaria siceraria</i>)	<i>Tikta</i>	<i>Laghu , Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Danti</i> (<i>Baliospermum montanum</i>)	<i>Katu</i>	<i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Dravanti</i>	<i>Tikta, Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Draksha</i> (<i>Vitis vinifera</i>)	<i>Madhura</i>	<i>Snigdha ,Guru</i>	<i>Shita</i>	<i>Madhura</i>
<i>Haritaki</i> (<i>Terminalia chebula</i>)	<i>Kashayapradhana</i> <i>Lavanavarjita</i> <i>pancharasa</i>	<i>Laghu , Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Vibhitaki</i> (<i>Terminalia bellirica</i>)	<i>Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Rohitaka</i> (<i>Tecomella undulata</i>)	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Guduchi</i> (<i>Tinospora cordifolia</i>)	<i>Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Shyamaka</i> (<i>Operculina turpethum</i>)	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Madyanthi</i> (<i>Lawsonia inermis</i>)	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Khadara</i> (<i>Acacia suma</i>)	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>
<i>Pura</i> (<i>Commiphora mukul</i>)	<i>Tikta, Katu</i>	<i>Tikshana, Sara,</i> <i>Sukshma, Snigdha,</i> <i>Laghu,Vishada</i>	<i>Ushna</i>	<i>Katu</i>
<i>Ardraka</i> (<i>Zingiber officinale</i>)	<i>Katu</i>	<i>Tikshna, Ruksha,Guru</i>	<i>Ushna</i>	<i>Madhura</i>

DISCUSSION

Using single herbs in treatment helps in minimizing the exploitation of commonly used medicinal plants. *Ekamoolika prayoga* approach also contributes to preventing more species from being added to the endangered list of medicinal flora. Most of the drugs used for *Prameha* are of having the properties like *Tikta Katu Kashaya rasa*, *Laghu Ruksha guna*, *Ushna virya*, *Katu Vipaka*, *Tridoshahara* and *Medohara*. In the Ayurvedic management of *Prameha*, the *Rasadi Panchaka* attributes of therapeutically relevant drugs play a crucial role in correcting the underlying metabolic derangements. The predominance of *Tikta* (*Bitter*) *rasa* exerts *Lekhana*, *Dipana*, and *Pachana* actions, which collectively enhance digestion, reduce excess *Meda* (*fat*), and does *Shoshana* of pathological *Kleda*, thereby addressing the core pathophysiology of *Prameha*. *Kashaya* (*astringent*) *rasa* further contributes through its *Shoshana* and *Lekhana* properties, helping absorb excessive bodily moisture and support the reduction of deranged *Kapha* and *Meda*. The presence of *Katu* (*pungent*) *rasa* augments *Dipana*, promotes effective absorption of nutrients (*Bhuktam soshayati*), opens obstructed channels (*Margan vivṛnoti*), and reduces adipose tissue accumulation (*Medasam upahata*)^[6], all of which are essential in restoring metabolic homeostasis. In terms of *Guna*, the *Laghu guna* enhances *Lekhana*, while the *Ruksha guna* facilitates *Kapha Shoshana*^[7], making these substances ideal for mitigating *Kapha-meda* dominance seen in *Prameha*. The *Ushna virya* of many antidiabetic Ayurvedic drugs stimulates *Agni-dipana*, promotes *Srotoshodhana*, and pacifies *Kapha* and *Vata doshas*^[8], thereby improving glucose metabolism and channel patency. Finally, the *Katu vipaka* exerts a post-digestive *Kapha-medohara* effect^[9], sustaining long-term reduction of excess *Meda* and preventing recurrence of the disorder. Collectively, these *Rasadi Panchaka* attributes contribute synergistically to the comprehensive management of *Prameha* by targeting its root causes- *Kapha*, *Meda*, and *Kleda*, and restoring physiological balance.

CONCLUSION

The classical Ayurvedic literature provides a rich repository of *Ekamoolika Prayogas* for the management of *Prameha* (*Diabetes Mellitus*), reflecting the profound understanding of disease pathology and herb-based therapeutics in ancient medicine. The herbs identified from the *Brihatrayee* predominantly exhibit *Tikta-Katu-Kashaya Rasa*, *Laghu-Ruksha Guna*, *Ushna Virya*, and *Katu Vipaka*, collectively imparting *Tridoshahara* and *Medohara* actions essential for addressing the *Kapha-Meda-Kleda* predominance underlying *Prameha*. Their *Rasadi Panchaka* profile supports key therapeutic mechanisms such as *Lekhana*, *Dipana*,

Pachana, *Srotoshodhana*, and metabolic regulation. Modern pharmacological studies further validate these actions, demonstrating hypoglycaemic, antioxidant, and insulin-sensitizing effects in many of the single herbs traditionally prescribed. As a simple, economical, and sustainable approach, *Ekamoolika Prayoga* not only offers effective clinical utility but also helps conserve medicinal plant biodiversity by reducing overharvesting. Thus, integrating these classical single-herb interventions with contemporary scientific insights may offer a promising complementary strategy in the holistic management of Diabetes Mellitus.

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NIL.

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