

**CASE PRESENTATION OF TYPE 2 DIABETES MELLITUS
(MADHUMEHA) WITH COMPLICATIONS*****Dr. Lopamudra Bag**

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Type 2 diabetes mellitus (T2DM) is a progressive metabolic disorder characterized by insulin resistance and β -cell dysfunction, leading to chronic hyperglycemia. Long-standing uncontrolled diabetes increases the risk of complications, including neuropathy, nephropathy, and cardiovascular disease. This case presentation highlights a patient with poorly controlled T2DM, emphasizing the clinical challenges, management strategies, and outcomes.

****METHODS****

A 49year old male with a 5year history of T2DM presented with progressive fatigue, polyuria, and bilateral lower limb numbness. He had poor medication adherence and suboptimal glycemic control (HbA1c: 10.5%). Clinical evaluation revealed diabetic neuropathy and early-stage nephropathy. Laboratory investigations showed fasting blood glucose of 210 mg/dL, postprandial glucose of 295 mg/dL, and microalbuminuria (250 mg/day). His current treatment included metformin and glimepiride, but glucose levels remained uncontrolled. Further **Vasantakusumakar Rasa** (250mg/day, AF) with anupana Triphala swaras, & **Chandraprava Vati** (250mg/day, AF), **Nishakathakadi Kashayam** (15ml BD, BF) & **Triphala Churna** (5gm at bedtime) was added.

****RESULTS****

Lifestyle modifications i.e **TRIANGLE OF DIABETES MANAGEMENT; EXERCISE, DIET & MEDICATION** including a structured exercise program and dietary counseling, were also emphasized. Over six months, the patient's HbA1c improved to 7.4%, with reduced postprandial glucose of 189 mg/dL and stabilization of renal function markers. Neuropathy symptoms were managed with pregabalin and vitamin B12 supplementation.

****DISCUSSION/CONCLUSIONS****

This case underscores the importance of early intervention and personalized treatment approaches in managing T2DM and its complications. The integration of newer pharmacological agents, lifestyle changes, and patient education significantly improved glycemic control and overall prognosis. Future management should focus on long-term adherence, monitoring for complications, and optimizing therapy to prevent further disease progression.