



Prameha/ Madhumeha (Diabetes Mellitus)

Plan - 1

- Deepan-Pachan – 3 days
- Snehapana, Virechana followed by Sansarjana Karma
- Madhutailik Vasti in Yoga Vasti protocol – 8 days. Here Sahacharadi may be used as Matra Vasti.

For Madhumeha, step by step application of all 4 Panchakarma (Vamana, Virechana, Vasti and Nasya) are also advised. This can be done as follows –

Deepana Pachana - 3 days

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Sneha Pana - 3-7 days

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Vamana on 5th, 7th or 9th day

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Sansarjana Karma - 3-5 days

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Rest - 3 days

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Sadyo Virechana - 1 day

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Madhutailik Vasti in Yoga Vasti Protocol - 8 days

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Nasyam with Anu Taila - 3-5 days