



## **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**