

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

## 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 –



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