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Frequency of type-2 diabetic patient opting for alternative system of medicine (Ayurveda or Homeopathy)

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Background: Diabetes is considered as a life long disorder by modern medical science. However, can be managed by changes in lifestyle and diet regulation and alternative system of medicine – Ayurveda, Homeopathy, Yoga, Naturopathy, Unani and Home remedies.

Objective: The present study aims to outline the number of patients opting for alternative system of medication of treatment for type-2 diabetes.

Methodology: 497 patients of Diabetes Mellitus with illness duration >3 months were taken and pre-structured questionnaires were filled. Details of patient viz age, sex, height, blood sugar level, HbA1C level, treatment prescribed,

medication fee were recorded and later transcribed on Microsoft Office Excel for statistical analysis.

Results: Out of 497 patients, 51 patients (including male and female) opted for Ayurveda and 6 patients opted for Homeopathy; out of these patients only 4 had hypertension and only 1 had liver related problem. 100 patients changed their lifestyle and started doing yoga and exercise daily.

Conclusion: Present study concludes that the people are changing their lifestyles and switching from allopathy to other alternativetreatments as less comorbidity is associated with them and are less harmful in the long run.

Biography

Ravi Malhotra is a Professor at SGT university He has completed B Pharm., M . He has achieved Best Teacher award(IIMT) Awarded "Primary Mountaineer certificate"(Delhi Mountaineering Association)

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