

**Diabout study- A new method of diabetes treatment.**

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**From International Conference on Biosciences- Trends in Molecular Medicine.**

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Arumbakkam, Chennai 600 106, India. 7-8 February 2012.

American J of Bio-pharm Biochem and Life Sci 2012 March, Vol. 1 (Suppl 1): PL05

**PLENARY LECTURE**

**Aim:** To correct the abnormal insulin response and to normalize elevated blood glucose level of diabetes by using Diabout- An ayurvedic medicine and to ensure sustained normoglycaemia.

**Method:** Allopathy and Ayurveda followed by Ayurvedha only.

**Ingredients:** Phyllanthus Emblica, Salacia Reticulata, Curcuma Loaga, Leacpa Sundra, Andropogus Muricatus, Dried Ginger, Glycorrhiza Glabra, Cyclea Burmani, Spondias Mangifera, Phaseolus Mungo

**Site of Action:** Intestine and Beta cells of Islets of Langerhans.

**Dosage:** Five to Six grams daily along with 60ml of boiled water, after breakfast.

**Duration of treatment:** Two years to Six years.

**Duration of the study:** The study was conducted since 2003.

**Method of study:** Serial Glucose Tolerance Test in human, conducted every six months showed an improved insulin response, by correcting the abnormal Glucose tolerance test. In animals, Mice, Regeneration of Islet cells and an increase in insulin level is seen.

**Mode of intake of the drug:** Diabout one teaspoon in half a glass of hot water was taken twice daily after breakfast and after dinner and used in conjunction with oral hypoglycemic agents. When fasting glucose level falls below 100mg%, the oral hypoglycemic agents is reduced by half a tablet every 15 days till the patient is only on diabout, that is when the glucose level falls below 80mg%

**Special tests conducted:** When Diabout was subjected to chemical analysis and to heavy metal tests, negative results were obtained.

**Advantages of Diabout therapy:** Prevention of end organ damage, Low level of morbidity. Low cost of treatment.

**Summary:** Diabout therapy is the ideal therapy for most backward and poor communities as it prevents complications and End organ damage.