



Integrated Yogic and Ayurvedic Detoxification approach in *Prameha* (Diabetes Management): A Case Report

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Abstract

Introduction: Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disorder requiring long-term management. Ayurveda correlates T2DM with *Prameha* and recommends *Shodhana* therapies for metabolic correction. This case report evaluates the combined effect of *Vamana Dhauti* and *Virechana* in the management of T2DM. **Case Presentation:** A 55-year-old female with T2DM on Metformin 500 mg once daily presented with burning sensation and numbness in both feet, increased hunger, constipation, mild giddiness and polyuria. Baseline investigations showed fasting blood sugar (FBS) 122 mg/dL, HbA1c 6.96%, weight 63 kg, and BMI 30.4 kg/m². The patient underwent six days of *Vamana Dhauti* followed by *Virechana* after standard preparatory procedures. **Results:** After treatment, burning sensation, numbness, constipation and giddiness resolved completely. FBS improved from 122 to 87 mg/dL, HbA1c decreased from 6.96% to 6.6%, weight reduced from 63 to 59 kg and BMI decreased from 30.4 to 28.5 kg/m². No recurrence of symptoms was observed during follow-up. **Conclusion:** The combined use of *Vamana Dhauti* and *Virechana* showed improvement in glycemic control, body weight, and clinical symptoms, suggesting their potential as complementary therapies in the management of T2DM.

Key words: *Prameha*, *Vamana Dhauti*, *Virechana*

Introduction

Diabetes mellitus, a chronic metabolic disorder characterized by impaired glucose regulation, continues to pose significant challenges to global health and it is a multifaceted, long-term condition that demands ongoing management and comprehensive strategies aimed at reducing risks beyond simply controlling blood sugar levels.^[1] The International Diabetes Federation reported that 11.1% of adults aged 20–79 about 1 in 9 are living with diabetes, with over 40% undiagnosed.^[2] Diabetes is associated with disturbances in carbohydrate, fat and protein metabolism and may lead to severe microvascular and macrovascular complications affecting the eyes, kidneys, nerves, heart, and blood vessels.^[3] Oral hypoglycemics (biguanides, sulfonylureas, meglitinides, DPP-4 inhibitors, alpha-glucosidase inhibitors) and insulin injections are the main therapies for type 2 diabetes. However,

their use is limited due to adverse effects (hypoglycemia, hypokalemia, syncope, drowsiness, headache, hypersensitivity, nausea, vomiting, chest pain, edema, cardiac failure), high costs and the need for continuous administration to control glucose fluctuations.^[4] Conventional management strategies often emphasize pharmacological interventions and lifestyle modifications, yet complementary approaches rooted in traditional Indian systems of medicine are gaining increasing attention.^[5]

In Ayurveda, Diabetes Mellitus is correlated with *Prameha*, classified as a *Santarpanajanya Vyadhi*^[6], and considered a *Kapha-predominant Tridoshaja Vyadhi* involving all three doshas.^[7] *Prameha* has been described under eight *Maharoga*.^[8] It is regarded as one of the most concerning diseases, holding a significant place in medical science due to its widespread occurrence and rising incidence in society.

Nonpharmacological approaches like lifestyle changes and *Yoga* (especially kriya techniques) effectively help control type 2 diabetes without adverse effects. *Yoga*, a traditional mind-body practice, has been popular in India for over 4000 years.^[9]

In yoga, *Shatkriya* refers to six cleansing techniques designed to balance the body's constitution and enhance overall health by purifying the system. The *Hatha Yoga Pradipika* advises performing *Shatkriya* before pranayama, which includes practices such as *Dhauti* (internal cleansing), *Basti*, *Neti*, *Trataka*, *Nauli* and *Kapalabhati*.^[10] Among these, *Dhauti* is especially well known in the form of *Vaman Dhauti* or *Kunjil Kriya*, where warm saline water is consumed and then voluntarily expelled to cleanse the stomach.

Yogic practices such as *Vamana Dhauti* (a cleansing kriya) and Ayurvedic detoxification therapies like *Virechana* (therapeutic purgation) have been indicated in *Prameha* patient which restore systemic balance and enhance metabolic function.^[11] This case report explores the integrated application of these two detoxification modalities, highlighting their synergistic role in improving glycemic control and overall well-being in a patient with diabetes.

Materials and Methods

Study Design

Single case report

Case presentation

A 55-year-old female patient attended the OPD of Swasthavritta Department, ITRA, Jamnagar, on 7th February 2026 with complaints of burning sensation and numbness in both feet, increased hunger, mild giddiness and constipation since the last 3 months. She was a known case of Type 2 Diabetes Mellitus and was taking Tab. Metformin 500 mg once daily.

Personal History

The patient had excessive hunger, altered bowel habits with mainly constipated stools, increased frequency of micturition (10–12 times/day and 3–4 times/night) and disturbed sleep. Tea intake was reported once daily with sugar-free pellets.

Physical examination

Her height was 144 cm, weight 63 kg and body mass index (BMI) was calculated as 30.4 kg/m². Her pulse rate was 80/minute, respiratory rate was 22/minute. General examination revealed absence of pallor, icterus, cyanosis, clubbing and edema. The tongue was coated. Ayurvedic assessment revealed *Vata-Kapha* as the *Sharirika Prakriti* and *Rajas-Tamasa* as the *Manasika Prakriti*.

Time line of Study

The timeline of the patient's outcomes is summarized in Table 2.

Table 2 Time line

Timeline	Event	event
07-02-26 (Before treatment)	Patient came to Swasthavritta OPD and was diagnosed with <i>Prameha</i>	burning sensation and numbness in both feet, increased hunger, mild giddiness and constipation
09-02-26 (Day-1) to 14-02-26 (Day-6)	<i>Vamana Dhauti</i> was done daily	Relief in giddiness and feeling lightness in Body
04-03-26 (Day-6)	<i>Virechan</i> was done	Complete relief in Burning and numbness in feet, No Giddiness, Regular bowel habbit, Regular sleep, feeling lightness in Body, decrease FBS
25-03-26 (Follow up)	Follow up was done	No recurrence of any symptoms

Assessment Criteria

Assessment was based on objective criteria FBS, Wight, BMI and HbA1C. Assessments were conducted on Day 0 (before treatment) and after completion of treatment protocol. Follow up was done on 15th day after treatment.

Therapeutic Intervention

Intervention mentioned in Table 3.

Table 3 Therapeutic Intervention

Sr. No.	Date	Procedure	Medicine	Quantity	Time	Anupana
1.	9/2/26 to 14/2/26 (6 Days)	Vamana Dhauti	Panchatiktak Kwath	3 L/ day	7:30 AM, Empty stomach	-
1 week Gap (15/2/26 to 21/2/26)						
Virechan Plan						
2.	22/2/26 to 24/2/26 (3 Days)	Dipan-Pachan	Haritaki (3gm) + Sunthi (2 gm)	3 gm	Twice a day, Before food	Ushna Jala

3.	25/2/26 to 1/3/26 (5 Days)	Ghrita Pana	Panchatiktak Ghrita	Increaseing dose from 50 ml on D-1 to 250 ml D-5	6:30 AM, Empty stomach	Ushna Jala
4	2/3/26 to 3/3/26 (2 Days)	Sarvang Abhyanga	Tila Taila	Q.S.	7:30 AM, Empty stomach	-
		Sarvang Swedana	Nirgundi kwath	Q.S.		
5	4/3/26	Virechana	Trivruta Avaleha	75 gm	9:00 AM Empty stomach	Draksha Swaras
6	4/3/26 (evening) to 10/3/26 (5 Days)	Sansarjana Krama	-	-	-	-
7	25/3/26	Follow up	-	-	-	-

Follow up and Outcome

The assessment data shows a clear improvement in metabolic health parameters over time. Initially, the fasting blood sugar (FBS) was elevated at 122 mg/dl, but after treatment (AT) it dropped significantly to 87 mg/dl, and at follow-up it stabilized at 100 mg/dl, which is close to the normal range. Weight decreased from 63 kg to 59 kg and remained steady, leading to a reduction in body mass index (BMI) from 30.4 kg/m² (obese category) to 28.5 kg/m² (overweight category), indicating positive progress in weight management. Glycated hemoglobin (HbA1c), a marker of long-term glucose control, improved from 6.96% to 6.6%, reflecting better glycemic regulation as presented in Table 4.

Table 4 Assessment outcome

Parameters	BT	AT	(F/up)
FBS (dl)	122	87	100
WEIGHT (kg)	63	59	59
BMI (kg/m²)	30.4	28.5	28.5
HBA1C	6.96	6.6	-

Discussion

Agnimandya or reduced digestive fire, which leads to incomplete digestion and the formation of *Ama* (metabolic toxins). This imbalance contributes to *Kapha* and *Meda Vridhhi* (excess phlegm and fat), resulting in *Srotorodha* (blockage of metabolic channels such as *Medovaha* and *Rasavaha*). These

obstructions correlate with modern biomedical concepts of insulin resistance and impaired glucose metabolism. *Acharya Charaka* describes two categories of *Prameha* patients: *Sthula Pramehi* (obese type) and *Krisha Pramehi* (emaciated type). For *Sthula Pramehi*, *Samshodhana* therapy is recommended to expel the vitiated doshas.^[12]

If there be excess of fat or phlegm in the body, the six kinds of *Kriyas* should be performed first.^[13] Through the practice of *Dhauti Karma*, ailments such as cough, asthma, spleen enlargement, leprosy and various phlegm-related disorders are alleviated.^[14] *Kunjla Kriya* is a cleansing practice in which *Panchatikta Kwath* is consumed on an empty stomach and then expelled through induced vomiting. it purifies the digestive tracts by eliminating excess bile, mucus and toxins, thereby restoring the body's chemical balance and promoting detoxification. This practice helps relieve flatulence, constipation, indigestion and loss of appetite by reducing excessive fatty tissue.^[15] In particular, *Vamana Dhauti* invigorates and tones the abdominal organs through powerful muscular contractions of the stomach walls.

Among the purification methods, *Virechana* (therapeutic purgation) is considered suitable. Although primarily indicated for excess *Pitta dosha*, *Virechana* also helps eliminate *Vata dosha* through cleansing of the large intestine (*Pakwashaya Shuddhi*) and reduces *Kapha Dosha* due to its sharp, penetrating (*Tikshna*) qualities. In *Panchatikta Ghrita Snehan*, the predominance of *Tikta Rasa* plays a crucial role in digesting *Ama* (metabolic toxins), while its *Sukshma* and *Yogavahi Snigdha Guna* facilitate *Dosha Vilayana*—the loosening and mobilization of vitiated doshas. This processed *Ghrita* may help to reduce the insulin resistance at cellular level as well as the circulating free fatty acids in the blood.^[16] Following this, *Swedana* therapy helps liquefy the doshas lodged in the *Shakha* (peripheral tissues) and directs them toward the *Koshtha* (alimentary tract).^[17] Subsequently, *Trivruta Avaleha* exerts a strong *Rechana* (purgative) effect, aiding in the elimination of *Pitta*, *Kapha*, *Meda* and residual *Ama*. This cleansing process results in *Srotoshuddhi* (purification of bodily channels), which manifests as a sense of lightness in the body. After *Virechana*, the gradual dietary regimen (*Sansarjana Krama*) enhances *Agni* (digestive fire), thereby restoring metabolic efficiency. The combined effect of *Meda* and *Kapha Shamana* (pacification of fat and phlegm) leads to improved metabolism and reduction of diabetes symptoms (*Prameha*). Thus, this therapeutic sequence integrates detoxification, channel purification and metabolic enhancement, ultimately contributing to the prevention and management of metabolic disorders.

Virechana therapy primarily targets the elimination of *Pitta Dosha*, which is considered to reside mainly in the liver and spleen. By reducing excess *Pitta*, *Virechana* may help lower hepatic glucose production and improve impaired insulin secretion, thereby contributing to better regulation of blood sugar levels. Metabolic disturbances such as increased lipolysis, elevated free fatty acids and accumulation of intermediate lipid metabolites can worsen glucose output, reduce peripheral glucose utilization and impair beta-cell function. *Virechana*, through its cleansing action, helps normalize lipid metabolism and excretion, which in turn supports the restoration of beta-cell activity. Beta cells in the islets of Langerhans often become dysfunctional due to cytotoxic T cells, natural killer lymphocytes and nitric oxide (NO).^[18] Ayurvedic purification therapies like *Shodhana Karma* aid in eliminating harmful metabolic byproducts. This process, described as *Malapaham* (removal of toxins) and *Visudha Koshtha* (cleansing of the gastrointestinal tract), contributes to improved metabolic balance and supports overall pancreatic health. Cleansing therapies may help reduce the immune-inflammatory responses that contribute to the dysfunction of beta cells in the islets of Langerhans, thereby supporting and harmonizing their normal activity.^[19]

The integrated approach appears to have addressed both physiological and lifestyle dimensions of diabetes management. By combining yogic practices with Ayurvedic detoxification, the intervention provided holistic benefits such as improving biochemical markers, reducing obesity and supporting

long-term glycemic stability. Overall, these outcomes suggest effective intervention with sustained benefits in both weight reduction and blood sugar control, though continued monitoring is important to maintain and further improve metabolic health.

Limitations

The intervention should be carried out in a large population and for longer follow up period to establish its effect.

Conclusion

The *Virechana* followed by *Vamana Dhauti* are proved effective in enhancing metabolic control, well-being and beneficial as a complementary approach in the management of Diabetes.

Patient Consent

Written informed consent was obtained from the patient for treatment and publication.

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