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Need of the Decade-Studies on Line of Treatment and Underlying Mechanism of Cam for Type 2 Diabetes

Ong Pei Jia* and S. Tripathi
Union Yoga Ayurveda, Singapore

Type 2 Diabetes Mellitus (T2DM), the seventh leading cause of death, is a biggest challenge for mankind. Despite of fascinating advances in pharmaco-therapeutic agents, the prevalence of T2DM is growing every year. Complementary and Alternative medicine (CAM) as classified by National centre of CAM have documented various positive results of T2DM. Whole ancient medical systems like Ayurveda, Siddha and TCM etc use natural herbs either as a single drug therapy or in the form of formulations, depending upon principles of respective medical system. Studies done on various herbs and mind body intervention like yoga, acupuncture etc are found to be beneficial for T2DM. This resulted, large number of physicians either referring to or practicing some of the more prominent and well known forms of CAM.

The concepts proposed and used by these CAM systems (that are kept alive by CAM practitioners for thousands of years) appear very mysterious to the present day biomedical practitioners. These models of therapies seem to have evolved through several phases of internal research just like the present day drug trials that go through 4 phases of intensive statistical evaluation. It appears that today's scientists need to follow the footsteps of research used by the ancient seers of TCM, Ayurveda, Siddha, Yoga or Homeopathy to unravel these mysterious theories.

This review talks about generating evidence not only for the efficacy of these holistic systems but also in carrying out systematic research by biomedical scientist who have the knowledge of both the western and eastern sciences.