

Joint event on

2ND ANNUAL CONGRESS ON DIABETES AND ITS COMPLICATIONS &
8TH ANNUAL CONGRESS ON PROBIOTICS, FUNCTIONAL FOODS & NUTRACEUTICALS

March 25-26, 2019 Hong Kong

Effect of comprehensive diabetes care on HbA1C, blood glucose and body mass index in type-2 diabetes patients: A retrospective study

Rahul Mandole

Madhavbaug Cardiac Care Clinics and Hospital, India

The prevalence of Diabetes Mellitus (DM) is increasing, despite multiple treatment options. Comprehensive Diabetes Care (CDC), a combination of herbal treatment and allied therapies has been advocated by ayurvedic physicians to treat DM. This retrospective study was conducted to evaluate the effect of CDC in DM patients. This was a retrospective study conducted between July 2018 and January 2019. Data of DM patients who were administered 6 CDC sittings over 90 days in the Out-Patient Departments (OPDs) at Madhavbaug Clinics was identified. The variables [Body Mass Index (BMI), HbA1c, Fasting and Post-Prandial Blood Glucose (FBG, PPBG)] were assessed on days 1 and 90 of CDC. Mean age of 129 patients enrolled was 56.78 ± 11.32 years, with majority (81) being males. Mean BMI of patients was reduced significantly on day 90 (24.96 ± 3.61 vs. 27.08 ± 4.27 , $p < 0.001$). Mean HbA1c measured at day 90 was significantly lesser than day 1 (5.95 ± 0.55 vs. 7.54 ± 1.44 , $p < 0.001$). Mean BMI was significantly reduced on day 90 when compared to the baseline (24.75 ± 2.18 vs. 27.0 ± 1.41 , $p < 0.001$). FBG and PPBG significantly reduced on day 90 compared to baseline (101.75 ± 16.94 vs. 133.34 ± 46.47 ; $p < 0.001$ and 134.75 ± 43.04 vs. 186.15 ± 64.74 ; $p < 0.001$ respectively). 60 out of 129 patients (46.51%) converted to GTT negative after 90 days. On regression analysis, odds for GTT positive were increased by 2.11% for every additional diabetes year. CDC treatment led to significant improvement in HbA1c, FBG, PPBG and BMI after 90 days in DM patients.

shikhacrc.madhavbaug@gmail.com

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