AYUSHDHARA
ISSN: 2393-9583 (P)/ 2393-9591 (O)
An International Journal of Research in AYUSH and Allied Systems

Research Article

A COMPARATIVE CLINICAL EVALUATION OF *TRIUSHNADI VATI* AND *SALSARADI PRAMEHA NASHAK YOGA* IN THE MANAGEMENT OF *MADHUMEHA* (TYPE-2 DIABETES MELLITUS)

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Article info
Article History:
Received: 04-02-2026
Accepted: 15-03-2026
Published: 06-05-2026
KEYWORDS:
Madhumeha, Type-2 Diabetes Mellitus, Ayurveda, *Triushnadi Vati, Salsaradi Prameha Nashak Yoga.*

ABSTRACT

Madhumeha (Type-2 Diabetes Mellitus) is a chronic metabolic disorder characterized by hyperglycemia and classical symptoms such as polyuria, polydipsia, and polyphagia. *Ayurvedic* formulations like *Triushnadi Vati* and *Salsaradi Prameha Nashak Yoga* are widely used, but comparative clinical evidence is limited. **Aim:** To evaluate and compare the efficacy of *Triushnadi Vati, Salsaradi Prameha Nashak Yoga,* and their combination in the management of *Madhumeha.* **Materials and Methods:** A randomized controlled clinical trial was conducted on 60 patients, of which 57 completed the study. Patients were divided into three groups: Group A *(Triushnadi Vati)*, Group B *(Salsaradi Prameha Nashak Yoga),* and Group C (combination therapy) for 60 days. Assessment was based on subjective symptoms and objective parameters including FBS, PPBS, and HbA1c. Statistical analysis was performed using paired t-test and ANOVA. **Results:** Groups B and C showed statistically significant improvement ($p<0.01$) in both subjective and objective parameters. Group B demonstrated maximum reduction in FBS (18.34%) and PPBS (23.95%), while Group C showed comparable results. Group A showed mild to moderate improvement. HbA1c reduction was significant in all groups. **Conclusion:** *Salsaradi Prameha Nashak Yoga,* alone and in combination, showed superior efficacy compared to *Triushnadi Vati.* Combination therapy provides synergistic benefits and may be effective for long-term management of *Madhumeha*.

INTRODUCTION

Madhumeha, one among the *Vatika Pramehas,* correlates broadly with Type-2 Diabetes Mellitus. It is a metabolic condition resulting from impaired glucose metabolism, *Medo-dushti,* and *Dhatvagnimandya.* Classical texts prescribe herbs and formulations acting on *Agni-Mandya, Kleda-Vriddhi, Prameha-Hetu,* and *Srotodushti. Triushnadi Vati* and *Salsaradi Prameha Nashak Yoga* are widely used Ayurvedic formulations with *Kapha-Medohara, Agni-Deepaka,* and *Prameha-Hara* actions. However, comparative evidence is limited; hence this study was conducted.

Access this article online	
Quick Response Code	
	https://doi.org/10.47070/ayushdhara.v13i2.2683
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AIM AND OBJECTIVES

1. To evaluate the clinical efficacy of *Triushnadi Vati* in *Madhumeha.*
2. To appraise the efficacy of *Salsaradi Prameha Nashak Yoga.*
3. To compare individual and combined therapeutic effects.

Need of Study

In India, an estimated 77 million adults aged above 18 years are living with Type 2 Diabetes Mellitus, while nearly 25 million more falls into the pre-diabetic category.[1] Globally, India, China, the United States, Indonesia, and Japan rank among the top five nations with the highest diabetic burden.[2]

As reported by the International Diabetes Federation (IDF) in 2021, about 537 million adults between 20 and 79 years were affected by diabetes worldwide. This figure is projected to increase to approximately 643 million by 2030 and may reach nearly 783 million by 2045. A substantial proportion of

these individuals- around three-quarters- belong to low- and middle-income regions, with nearly 240 million adults remaining unaware of their disease status. Furthermore, close to 541 million adults are considered at elevated risk for developing Type 2 diabetes. In 2021 alone, diabetes was associated with nearly 6.7 million deaths and continues to be a major contributor to vision loss, renal failure, cardiovascular events, cerebrovascular accidents, and lower-limb amputations.[3]

MATERIALS AND METHODS

Study Design

Randomized controlled comparative clinical trial.

Sample Size

60 patients, 20 in each group.

Interventions

- **Group A:** *Triushnadi Vati* 250mg × 2 tablets, four times daily × 60 days
- **Group B:** *Salsaradi Prameha Nashak Yoga* 3–5 g, four times daily × 60 days
- **Group C:** Combination of both above regimens × 60 days

Inclusion Criteria

- Patient of DM Type II (Non-insulin dependent diabetes mellitus).
- Patient of either sex.
- Patient who are obese or non-obese.
- Patient with age between 20 to 65 years.
- Patients were included in the study only if they demonstrated the key clinical features of *Madhumeha* described below.

Prabhuta Avila-Mutrata, Kara-Pada Daha, Kara-Pada Suptata, Madhuryam Aasyata, Gala-Talu Shosha, Shithil Angata, Nidra Adhikya, Kshudra Adhikya, Trushna Adhikya, Ati Sweda, Visrasharirgandha, Shrama Shwasa, Ghana Angata, Kesh Nakhativridhi, Dantadhinam Maladhayatam, Panipadyo Dahashch, Chikkanata Dehe.

- Fasting blood sugar (FBS) >125mg/dl upto 250mg/dl.
- Post prandial blood sugar (PPBS) >200mg/dl upto 450mg/dl.
- HbA1c- 6.5 to 9.0%

Exclusion Criteria

- Patient of DM Type I (Insulin dependent Diabetes Mellitus) will be excluded.
- Patient <20 years and >65 years will be excluded.
- Diabetic patient having major complication like neuropathy, cardiomyopathy, carbuncles, diabetic retinopathy will be excluded.
- FBS >250 mg, PPBS >450 mg will be excluded.

Assessment Tools

Subjective Assessment Parameters

Scoring criteria of Assessment

***Prabhuta Mutrata* (Polyurea)**

3-5 times / day, no rarely at night	0
6-8 times / day, 1-2 times / night	1
9-11 times / day, 3-4 times / night	2
>11 times / day, >4 times / night	3

***Avila Mutrata* (Turbidity of urine)**

Clear urine appears	0
Faintly cloudy or hazy urine with slightly turbidity	1
Turbidity clearly present but newsprint can be read	2
Newsprint easily cannot be seen	3

***Kara Pada Daha* (Burning sensation in hand and foot)**

No *Kara Pada Daha*	0
Kara Pada Daha occasional, manageable and not distressing	1
Kara Pada Daha persistent, noticeable but still tolerable	2
Kara Pada Daha continuous and intense, difficult to tolerate	3

***Kara Pada Suptata* (Numbness in hand and foot)**

No *Kara Pada Suptata*	0
Kara Pada Suptata appears occasionally	1
Kara Pada Suptata continuous but its intensity is mild	2
Kara Pada Suptata persistent and marked, with severe intensity	3

***Madhuryamaasyata* (Sweetness in mouth)**

No *Madhuryamaasyata*	0
Mild *Madhuryamaasyata*	1
Moderate *Madhuryamaasyata*	2
Severe *Madhuryamaasyata*	3

***Gala Talu Shosha* (Dryness in mouth and throat)**

No *Shosha*	0
Feeling of thirst on and off, can be manage by glass of water	1
Feeling of thirst severe, can be manage drinking sufficient amount of water	2
Feeling of thirst remains severe, even after drinking sufficient amount of water	3

***Nidra Adhikya* (Excessive sleepiness)**

Sleep is normal, with 6–8 hours of restful sleep in 24 hours and a feeling of freshness afterward	0
Sleep >8-9hrs/24hrs, accompanied by slight heaviness in the body	1
Sleep >9-10hrs/24hrs with noticeable heaviness in the body along with yawning *(Jrimbha)*	2
Sleep >10hrs/24hrs, causing marked heaviness, frequent yawning *(Jrimbha),* and a sense of drowsiness *(Tandra)*	3

***Kshudha Adhikya* (Polyphagia)**

Normal	0
Mild Increase	1
Moderate Increase	2
Severe Increase	3

***Trushna Adhikya* (Polydipsia)**

7-9 times with quantity of 1.5-2.0 litre/24hrs	0
9-11 times with quantity of 1.5-2.0 litre/24hrs	1
11-13 times with quantity of 1.5-2.0 litre/24hrs	2
>13 times with quantity of 1.5-2.0 litre/24hrs	3

***Ati Sweda* (Perspiration)**

Sweating after heavy work, or in hot weather	0
Noticeable sweating after moderate physical activity	1
Sweating is observed with minimal exertion, such as light daily tasks	2
Profuse sweating occurs even at rest or in cool conditions	3

***Shrama Shwasa* (Dyspnoea)**

Dyspnoea occurs only after strenuous activity or prolonged walking.	0
Dyspnoea appears with moderate effort or walking.	1
Dyspnoea appears even light activity or mild exertions	2
Dyspnoea is present at rest, without any physical effort	3

Objective criteria

Blood test

- FBS
- PPBS
- HbA1c

Urine Test

- Routine and Microscopic

Statistical Analysis

Paired t-test for intragroup analysis; ANOVA for intergroup comparison.

Observation (Distribution of 60 patients of *Madhumeha)*

Distribution	Group A	Group B	Group C	Total	Percentage
Registered	20	20	20	60	100
Completed	19	19	19	57	95
Discontinued	01	01	01	03	5

***Prabhuta Mutrata* wise distribution of patients**

Prabhuta Mutrata		Group-A	Group-B	Group-C	Total
No	N	10	10	6	26
	%	17.54	17.54	10.53	45.61
Yes	N	9	9	13	31
	%	15.79	15.79	22.81	54.39

***Avila Mutrata* wise distribution of patients**

Avila Mutrata		Group-A	Group-B	Group-C	Total
No	N	10	14	9	33
	%	17.54	24.56	15.79	57.89
Yes	N	9	5	10	24
	%	15.79	8.77	17.54	42.11

***Kara Pada Daha* wise distribution of patients**

Kara Pada Daha		Group-A	Group-B	Group-C	Total
No	N	10	12	8	30
	%	17.54	21.05	14.04	52.63
Yes	N	9	7	11	27
	%	15.79	12.28	19.30	47.37

***Kara Pada Suptata* wise distribution of patients**

Kara Pada Suptata		Group-A	Group-B	Group-C	Total
No	N	8	8	4	20
	%	14.04	14.04	7.02	35.09
Yes	N	11	11	15	37
	%	19.30	19.30	26.32	64.91

***Madhuryamaasyata* wise distribution of patients**

Madhuryamaasyata		Group-A	Group-B	Group-C	Total
No	N	18	16	17	51
	%	31.58	28.07	29.82	89.47
Yes	N	1	3	2	6
	%	1.75	5.26	3.51	10.53

***Gala-Talu Shosha* wise distribution of patients**

Gala-Talu Shosha		Group-A	Group-B	Group-C	Total
No	N	13	13	11	37
	%	22.81	22.81	19.30	64.91
Yes	N	6	6	8	20
	%	10.53	10.53	14.04	35.09

***Kshudha Adhikya* wise distribution of patients**

Kshudha Adhikya		Group-A	Group-B	Group-C	Total
No	N	10	6	8	24
	%	17.54	10.53	14.04	42.11
Yes	N	9	13	11	33
	%	15.79	22.81	19.30	57.89

***Trushna Adhikya* wise distribution of patients**

Trushna Adhikya		Group-A	Group-B	Group-C	Total
No	N	12	11	11	34
	%	21.05	19.30	19.30	59.65
Yes	N	7	8	8	23
	%	12.28	14.04	14.04	40.35

***Nidra Adhikya* wise distribution of patients**

Nidra Adhikya		Group-A	Group-B	Group-C	Total
No	N	13	9	14	36
	%	22.81	15.79	24.56	63.16
Yes	N	6	10	5	21
	%	10.53	17.54	8.77	36.84

***Pindikodweshtana* wise distribution of patients**

Pindikodweshtana		Group-A	Group-B	Group-C	Total
No	N	8	3	7	18
	%	14.04	5.26	12.28	31.58
Yes	N	11	16	12	39
	%	19.30	28.07	21.05	68.42

***Daurbalya* wise distribution of patients**

Daurbalya		Group-A	Group-B	Group-C	Total
No	N	6	1	1	8
	%	10.53	1.75	1.75	14.03
Yes	N	13	18	18	49
	%	22.81	31.58	31.58	85.97

RESULTS

Effect of therapy on *Prabhuta Mutrata*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.105	1.053	1.053	50.00	0.229	0.053	t=20.00, P=0.000 HS
Group-B	1.947	0.421	1.526	78.38	0.375	0.086	t=25.11, P=0.000 HS
Group-C	2.000	0.474	1.526	76.32	0.513	0.118	t=12.97, P=0.000 HS
Between Group ANOVA F and P-value	F = 7.36 P = 0.001 HS Group - A has significantly lower mean difference (BT-AT) of *Prabhuta Mutrata* than Groups B and C which did not differ from each other.						

HS = Highly significant

Effect of therapy on *Avila Mutrata*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	1.684	0.579	1.105	65.63	0.315	0.720	t=15.28 P=0.000 HS
Group-B	1.737	0.263	1.474	84.85	0.229	0.053	t=37.00 P=0.000 HS
Group-C	1.368	0.158	1.211	88.46	0.419	0.960	t=12.60 P=0.000 HS
Between Group ANOVA F and P-value	F = 3.82 P = 0.028 significant Group-A has significantly lower mean difference (BT-AT) of *Avila Mutrata* than Group-B. However, Groups A-C and B-C did not differ significantly from each other.						

Effect of therapy on *Kara Pada Daha*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.211	1.000	1.211	54.76	0.419	0.096	t=12.60 P=0.000 HS
Group-B	1.737	0.316	1.421	81.82	0.405	0.093	t=22.11 P=0.000 HS
Group-C	1.684	0.316	1.368	81.25	0.496	0.114	t=12.40 P=0.000 HS
Between Group ANOVA F and P-value	F = 1.01 P = 0.371 Non-significant						

Effect of therapy on *Kara Pada Suptata*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.368	1.211	1.158	48.89	0.375	0.086	t=13.47 P=0.000 HS
Group-B	1.947	0.579	1.368	70.27	0.501	0.115	t=18.76 P=0.000 HS
Group-C	1.947	0.526	1.421	72.97	0.507	0.116	t=12.21 P=0.000 HS
Between Group ANOVA F and P-value	F = 1.72 P = 0.189 Non-significant						

Effect of therapy on *Madhuryamaasyata*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	1.842	0.632	1.211	65.71	0.419	0.096	t=12.60 P=0.000 HS
Group-B	1.579	0.211	1.368	86.67	0.562	0.129	t=13.47P=0.000 HS
Group-C	1.211	0.105	1.105	91.30	0.315	0.072	t=15.28 P=0.000 HS
Between Group ANOVA F and P-value	F = 1.92 P = 0.156 Non-significant						

Effect of therapy on *Gala Talu Shosha*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	1.947	0.789	1.158	59.46	0.375	0.086	t=13.47 P=0.002 HS
Group-B	1.789	0.316	1.474	82.35	0.567	0.130	t=14.56 P=0.000 HS
Group-C	1.526	0.263	1.263	82.76	0.452	0.104	t=12.17 P=0.000 HS
Between Group ANOVA F and P-value	F = 2.42 P = 0.098 Non-significant						

Effect of therapy on *Nidra Adhikya*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.579	1.211	1.368	53.06	0.496	0.114	t=12.04 P=0.000 HS
Group-B	2.158	0.579	1.579	73.17	0.621	0.143	t=14.40 P=0.000 HS
Group-C	1.684	0.737	0.947	56.25	0.229	0.053	t=18.00 P=0.000 HS
Between Group ANOVA F and P-value	F = 8.84 P = 0.000 HS Group-B has significantly lower mean difference (BT-AT) of *Nidra Adhikya* than Groups A and C which, however, did not differ significantly from each other.						

Effect of therapy on *Kshudha Adhikya*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.737	1.421	1.316	48.08	0.478	0.110	t=12.01 P=0.000 HS
Group-B	2.526	1.105	1.421	56.25	0.478	0.110	t=21.14 P=0.000 HS
Group-C	2.053	0.789	1.263	61.54	0.452	0.104	t=12.17 P=0.00 HS
Between Group ANOVA F and P-value	F = 0.53 P = 0.589 Non-significant						

Effect of therapy on *Trushna Adhikya*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.000	0.632	1.368	68.42	0.496	0.114	t=12.04 P=0.000 HS
Group-B	1.842	0.316	1.526	82.86	0.507	0.116	t=12.21 P=0.000 HS
Group-C	1.526	0.316	1.211	79.31	0.419	0.096	t=12.60 P=0.000 HS
Between Group ANOVA F and P-value	F = 2.08 P = 0.135 Non-significant						

Effect of therapy on *Ati Sweda*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.053	0.737	1.316	64.10	0.478	0.110	t=12.01 P=0.000 HS
Group-B	2.105	0.368	1.737	82.50	0.501	0.115	t=18.76 P=0.000 HS
Group-C	1.895	0.579	1.316	69.44	0.478	0.110	t=12.01 P=0.000 HS
Between Group ANOVA F and P-value	F = 4.36 P = 0.018 Significant Group-B has significantly higher mean difference (BT-AT) of *Ati Sweda* than groups A and C which did not differ among themselves.						

Effect of therapy on *Shrama Shwasa*

Group	Mean		Mean Diff.	% Relief	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	2.158	0.842	1.316	60.98	0.478	0.110	t=12.01 P=0.000 HS
Group-B	2.105	0.263	1.842	87.50	0.513	0.118	t=21.47 P=0.000 HS
Group-C	1.947	0.684	1.263	64.86	0.452	0.104	t=12.17 P=0.000 HS
Between Group ANOVA F and P-value	F = 8.54 P = 0.001 HS Group-B has significantly higher mean difference (BT-AT) of *Shrama Shwasa* than groups A and C.						

Effect of therapy (% improvement) on subjective parameters

Symptom	Group-A	Group-B	Group-C
Prabhuta Mutrata	50.00	78.38	76.32
Avila Mutrata	65.63	84.85	88.46
Kara Pada Daha	54.76	81.82	81.25
Kara Pada Suptata	48.89	70.27	72.97
Madhuryamaasyata	65.71	86.67	91.30
Gala Talu Shosha	59.46	82.35	82.76
Nidra Adhikya	53.06	73.17	56.25
Kshudha Adhikya	48.08	56.25	61.54
Trushna Adhikya	68.42	82.86	79.31
Ati Sweda	64.10	82.50	69.44
Shrama Shwasa	60.98	87.50	64.86

Overall effect of therapy on subjective parameters

Effect	Group-A		Group-B		Group-C	
	No. of patients	%	No. of patients	%	No. of patients	%
No relief (0-10%)	0	0.00	0	0.00	0	0.00
Mild improvement (11-25%)	0	0.00	0	0.00	0	0.00
Moderate improvement (26-50%)	6	31.58	0	0.00	1	5.26
Marked improvement (51-75%)	12	63.16	3	15.79	5	26.32
Excellent improvement (76 -99%)	1	5.26	16	84.21	13	68.42
Complete relief (100%)	0	0.00	0	0.00	0	0.00

Number of patients with chief complaints before and after treatment

Symptom	Group-A			Group-B			Group-C		
	No. of Patients		% Reduction	No. of Patients		% Reduction	No. of Patients		% Reduction
	BT	AT		BT	AT		BT	AT	
Prabhuta Mutrata	19	17	10.53	19	7	63.16	19	9	52.63
Avila Mutrata	19	10	47.37	19	5	73.68	19	3	84.21
Kara Pada Daha	19	15	21.05	19	6	68.42	19	5	73.68
Kara Pada Suptata	19	17	10.53	19	11	42.11	19	8	57.89
Madhuryamaasyata	19	11	42.11	19	4	78.95	19	2	89.47
Gala Talu Shosha	19	14	26.32	19	6	68.42	19	5	73.68
Nidra Adhikya	19	16	15.79	19	11	42.11	19	13	31.58
Kshudha Adhikya	19	17	10.53	19	17	10.53	19	12	36.84
Trushna Adhikya	19	12	36.84	19	6	68.42	19	6	68.42
Ati Sweda	19	14	26.32	19	7	63.16	19	11	42.11
Shrama Shwasa	19	14	26.32	19	5	73.68	19	13	31.58

Effect of Therapy on Objective Parameters

Effect of therapy on Fasting Blood Sugar (FBS) (mg/dl))

Group	Mean		Mean Diff.	Change (%)	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	163.53	156.21	7.32	4.48	30.99	7.11	t=1.03 P=0.037 NS
Group-B	164.67	134.47	30.20	18.34	41.89	9.61	t=3.14 P=0.006 HS
Group-C	177.28	147.83	29.45	16.61	42.27	9.70	t=3.04 P=0.007 HS
Between Group ANOVA F & P-value	F = 2.14 P = 0.128 Non-significant						

Effect of therapy on Post Prandial Blood Sugar (PPBS) (mg/dl)

Group	Mean		Mean Diff.	Change (%)	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	243.61	223.43	20.17	8.28	59.80	13.70	t=1.47 P=0.159 NS
Group-B	270.46	205.68	64.77	23.95	70.50	16.20	t=4.01 P=0.001 HS
Group-C	276.87	218.98	57.88	20.91	67.10	15.40	t=3.76 P=0.001 HS
Between Group ANOVA F and P-value	F = 2.52 P = 0.090 Non-significant						

Effect of therapy on Glycated haemoglobin (HbA1c) (%))

Group	Mean		Mean Diff.	Change (%)	SD Diff.	SE Diff.	Paired t-test & P-value
	BT	AT					
Group-A	7.65	6.96	0.69	8.96	0.91	0.209	t=3.28 P=0.004 HS
Group-B	7.92	7.05	0.86	10.90	1.05	0.240	t=3.60 P=0.002 HS
Group-C	8.15	7.35	0.80	9.82	1.07	0.246	t=3.25 P=0.004 HS
Between Group ANOVA F and P-value	F = 0.15 P = 0.860 Non-significant						

Effect of therapy on Urine Routine Sugar (URS)

Urine Routine Sugar	Patients	Group-A		Group-B		Group-C	
		BT	AT	BT	AT	BT	AT
0	N	10	14	9	16	13	16
	%	17.54	24.56	15.79	28.07	22.81	28.07
1+	N	6	5	7	3	3	3
	%	10.53	8.77	12.28	5.26	5.26	5.26
2+	N	2	0	3	0	3	0
	%	3.51	0.00	5.26	0.00	5.26	0.00
4+	N	1	0	0	0	0	0
	%	1.75	0.00	0	0.00	0	0.00

OBSERVATIONS & RESULTS (SUMMARY)

Subjective Improvements (Highlights)

- Group B & C showed excellent improvement (76–99%) in most symptoms.
- Group A showed moderate to marked improvement (40–70%).
- Highest relief (%) was seen in:
  - *Prabhuta Mutrata* → B (78%), C (76%)
  - *Avila Mutrata* → C (88%), B (84%)
  - *Madhuryamaasyata* → C (91%), B (86%)
  - *Shrama Shwasa* → B (87%), C (64%)

Overall: Group B > Group C > Group A.

Objective Improvements

FBS

- Group A → ↓ 4.48% (NS)
- Group B → ↓ 18.34% (HS)
- Group C → ↓ 16.61% (HS)

PPBS

- Group A → ↓ 8.28%
- Group B → ↓ 23.95%
- Group C → ↓ 20.90%

HbA1c

- Reduction significant in all groups: A (8.96%), B (10.90%), C (9.82%)

Interpretation: *Salsaradi Prameha Nashak Yoga* shows the strongest antidiabetic effect.

DISCUSSION

The study demonstrates that *Salsaradi Prameha Nashak Yoga* (Group B) provides the most potent glucose-lowering and symptom-relieving effect due to its *Medohara, Kledahara*, and *Agni-Deepana* properties. *Triushnadi Vati,* although effective, exhibits milder activity. The combination therapy (Group C) shows synergistic benefits, indicating that simultaneous action on *Agni-Deepana (Triushnadi)* and *Medohara-Pramehaghna (Salsaradi Yoga)* enhances therapeutic outcomes. This aligns with classical descriptions of *Prameha Chikitsa* focusing on both *Shodhana* and *Shamana* pathways.

CONCLUSION

Salsaradi Prameha Nashak Yoga and its combination with *Triushnadi Vati* exhibit significant therapeutic benefit in *Madhumeha* compared to *Triushnadi Vati* alone. Combination therapy may be recommended where dual action *(Kapha-Medohara + Agni-Deepana)* is clinically required.

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Cite this article as:
Shivangi Rathor, O.P. Vyas. A Comparative Clinical Evaluation of Triushnadi Vati and Salsaradi Prameha Nashak Yoga in the Management of Madhumeha (Type-2 Diabetes Mellitus). AYUSHDHARA, 2026;13(2):205-214.
https://doi.org/10.47070/ayushdhara.v13i2.2683
Source of support: Nil, Conflict of interest: None Declared

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