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Diabetic foot management with science-based evidence-based Ayurveda treatment

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Diabetic foot is an ulcer caused on the foot due to peripheral neuropathy, angiopathy and presence of infection in the diabetic individuals. The majority (60–80%) of foot ulcers will heal, while 10–15% of them will remain active, and 5–24% of them will finally lead to limb amputation within a period of 6–18 months after the first evaluation. Neuropathic wounds are more likely to heal over a period of 20 weeks, while neuroischemic ulcers take longer and will more often lead to limb amputation. It has been found that 40–70% of all nontraumatic amputations of the lower limbs occur to patients with diabetes. The risk of foot ulceration and limb amputation increases with age and the duration of diabetes. Diabetic foot ulceration is a major health problem and its management involves a multidisciplinary approach. *Sushruta Samhita* has mentioned the diabetic wound care management in the chapter “*Prameha pidaka*” where he mentions about 10 types of diabetic ulcers and their pathogenesis. The modern wound care is too costly and the immunosuppression drugs deteriorate the health

of the patient leading to more complications. The ayurvedic wound care not only takes care of wound but also with its systemic approach, it improves the metabolism and immune status and helps in better wound healing and improvement of the general health status of the patient. Also, it reduces financial burden of the patient as wound management can be done on outpatient basis and without much surgical intervention. This paper explains the case study of successful management of diabetic foot with science-based evidence-based Ayurveda.



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