

TO STUDY THE EFFECT OF GASTROHEPATIC PACK IN TYPE II DIABETES MELLITUS

ABSTRACT

BACKGROUND

Nature cure is a constructive method of treatment which aims at removing the basic cause of disease through the rational use of the elements freely available in nature. In hydrotherapy, water applications are made in cold, neutral and hot temperatures to produce thermic and circulatory reactions in the body. Cold hydriatic applications are tonic by reaction and used in eliminative and constructive phases. Hot applications, though atonic by reaction, are helpful in mitigating aches, pains and relieve internal congestions. Hydrotherapy is applied in the form of packs, steam baths, sitz bath, head or foot baths, bandages (wet or dry), fomentations and poultices and rubbings and water potations. GH pack seems to be effective, which is evident in one study which focused on GH pack as an additional treatment in patients with diabetes mellitus.

OBJECTIVES

The aim of the study is to evaluate the Fasting blood sugar level and Post Prandial blood sugar level in type II diabetes mellitus patient before and after the treatment.

MATERIALS AND METHODOOGY

The hot water bag (98 to 104 degree F) is kept on the abdominal region, covering the epigastric region, left and right hypogastric region, left and right lumbar region and umbilical region. The ice bag (55 to 65 degree F) covers the region of lumbar vertebrae L2, L3, L4 and L5. The treatment is administered in supine lying position, where the hot fomentation bag is kept over the abdominal region and then the ice bag on lower back region. The patients are then covered with cotton cloth and wrapped with woollen blanket.

RESULT

The study showed the presence of significant reduction in blood glucose level in patients who had taken GHPK than the blood sugar level of patients who underwent other complementary therapy.

CONCLUSION

The study concludes that GHPK is more effective than other treatment in reducing the treatment of T2 diabetes mellitus by giving a significance reduction in the FBS and PPBS.

KEY WORDS:

GHPK, FBS, PPBS