

Abstract:

Background:

Global prevalence of Diabetes Mellitus is continually rising with social, health, and economic consequences. As a result the burden of complications of diabetes mellitus is on the raise and is the leading cause for the mortality and morbidity related to diabetes mellitus.

The current conventional therapies are not effective in controlling complications in diabetes mellitus from occurring, previous researches have shown that cold hip bath is one of the effective therapies in managing diabetes mellitus type II also preventing complications in a cost effective manner.

Aim:

Identify the effect of cold hip bath on patients with early type II Diabetes Mellitus – A randomized control trial

Methodology:

Total 71 subjects were recruited in for the study who are pre diagnosed with diabetes mellitus type II and who are known diabetic for no more than 5 years. After satisfying the inclusion and exclusion criteria along with informed consent. They were randomly sorted

into intervention and control group. Out of the 71 there were 11 drop outs 6 from intervention group, 5 from control group.

Both groups were assessed for blood sugar both fasting and post prandial levels once every 3 days for a period of 6 weeks.

Results:

The data collected from the values of FBS and PPBS will be analyzed by analysis for change from base line by paired T test for PPBS, analysis for change from base line by Wilcoxon signed rank test for FBS, analysis between the groups by Mann whitney test, Multivariate Analysis of variance for relationship.

Conclusion:

At the end of the study it can be said that the Hip Bath is an effective adjuvant therapy along with conventional medicine to significantly reduce the blood sugar levels