

**A Clinical Study on the Efficacy of Twak
(*Cinnamomum zeylanicum*)
in the Management of Madhumeha
(Non –Insulin Dependant Diabetes Mellitus)**



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(*Āyurvēda*)

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SUMMARY

Madhumeha is a disease affecting all the systems of the body. It occurs due to deranged metabolism and vitiation of various body elements.

The clinical study presented in this thesis was conducted on 120 patients of diabetes attending to Out Patient Department at Ayurveda Teaching Hospital, Borella and Ayurveda Hospital, Meegoda during the period from February 2008 to February 2009.

All these cases were thoroughly interrogated, examined and investigated following a research protocol prepared for the purpose, incorporating both modern and Ayurvedic clinical methods.

A detailed demographic and clinical profile obtained on 75 patients is presented in this thesis. The data recorded in this regard indicated that diabetes was more prevalent in the persons living in Urban areas. There was a relatively higher incidence in the middle class. It was also shown that incidence in persons of *Dvandvaja Prakriti* i.e. *Kapha-Pitta prakriti* is higher.

Out of the above series, 75 patients were selected for the trial. These patients were randomly divided into three groups.

Group A - 25 patients known as of uncontrolled diabetes are already taking some oral hypoglycemic drugs (Metformin 500mg –twice in a day) in spite of their blood sugar had remained uncontrolled.

Group B - 25 patients who were detected for the first time during this study.

Group C - 25 patients who were also uncontrolled diabetes patients. They were already taking oral hypoglycemic drugs (Metformin 500mg –twice in a day) in spite of their blood sugar had remained uncontrolled.

Each patient of Group A and B was given three doses per day containing 2 grams in capsular form of the test drug. In the same way Placebo was given to the patients of group C. By giving the patients instructions on *Viharanas* and food for a period of one and half months the effectiveness of the test drug was studied.

It was revealed that signs and symptoms and blood sugar level of the patients had been reduced by this test drug.

CONCLUSIONS

1. Fine powder of the Bark of *Cinnamomum zeylanicum* possesses a significant antidiabetic property.
2. The *Cinnamomum zeylanicum* has an additive effect of reducing Fasting Blood Sugar of the patients who was on modern oral hypoglycemic drugs.
3. Bark of *Cinnamomum zeylanicum* possesses a significant hypolipidaemic action also.
4. Further study on the mode of antidiabetic effect of *Cinnamomum zeylanicum* is proposed.

REFERENCES
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BIBLIOGRAPHY