



Government of Nepal
Ministry of Health and Population
National Ayurveda Research and Training Centre

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Ref. No.: 51-2080/081

Date: 11th September, 2023

To,

Dr. Biswaroop Roy Chowdhury
India

Subject: Research Conclusion

Respected Sir,

Greetings from NARTC!

Our study *Effect of plant-based diet (DIP Diet) and GK3 Kasaya (decoction) in Madhumeha (type 2 diabetes mellitus)* is a randomized clinical trial and the first integrated approach of plant-based diet and ayurvedic medicines in context of Nepal. Each participant was admitted initially at NARTC hospital and thus, they were accessibility to close monitoring during their wash-out period for 7 days. During 7 days stay at hospital, the participants did not develop any complication and their fasting and random glucose levels did not sharply increase despite withdrawal of conventional medicines. Thus, it might have created good psychological impact in the participants resulting to excellence compliance of the study participants. In regards to GK3 (Guduchi, Kutaki, Kakamachi and Khadira) decoction, previous studies have shown anti-diabetic effect mostly in animal model for each ingredient. So, we could not justify there were synergistic or antagonistic combined form of the herbs and there might be possible chance of drug-drug interaction. We did not perform any pre-clinical studies in GK3 decoction before the clinical trial. The formulation is only based on clinical practice by Ayurveda experts.

We observed significant reductions in HbA1c levels with both the plant-based diet (DIP Diet) with GK3 decoction group and convention diet group. However, the plant-based diet (DIP Diet) appeared to be more effective for glycemic control among T2DM patients compared to the conventional diet. Our effective plant-based diet (DIP Diet) approach can be applied for T2DM patients.

Thanks & Warm Regards.

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