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Diabetes mellitus (Dhayabitus Shakari): Remedies in Unani System of Medicine (USM): A review

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Today, there are 382 million people in the world living with diabetes. A further 316 million with impaired glucose tolerance are at high risk from the disease which is an alarming number that is set to reach 471 million by 2035. Diabetes is on the rise all over the world and countries are struggling to keep pace. The ever increasing trend reveals that even the most advance medical treatments do not have a justifiable cure. Therefore, there is a need of time to relook the concept of diabetes, preventive strategies, line of treatment and management. Scientists have tried the synthetic drugs and now it's time to go back to Mother Nature. One of such Complementary and Alternative Medicine (CAM) based on pure natural fundamentals and resources is Unani System of Medicine (USM). Having originated in Greece about 2500 years ago, Unani System of Medicine (USM) has travelled both time and path across the globe and inherits all the natural regional traditional medicines. Unani System of Medicine (USM) has an entirely different and promising concept to understand all traits of diabetes and offers a range of natural drugs with no side effects to counter this disease and halt its complications. This paper reviews all of those remedies which are considered to be helpful in the management of Diabetes Mellitus (Dhayabitus Shakari).

Biography

Farah Naaz has Post graduation degree in the subject of Unani Medicine from Ayurvedic & Unani Tibbia College, Karolbagh, New Delhi. She is working as a Consultant in Ministry of AYUSH since September 2014. She has attended seven seminars/workshops and published nine papers in reputed journals.

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