

Treatment of Type 2 Diabetes Mellitus Using Chinese Medicine

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ABSTRACT

Type 2 diabetes mellitus (T2DM, also known as maturity-onset, non-insulin-dependent diabetes) is a chronic, systemic disorder characterized by hyperglycemia due to insulin resistance or relative deficiency of insulin, a hormone that normally maintains a balanced blood glucose level. Long-standing hyperglycemia is frequently associated with functional and structural changes in the cells of the body which may lead to complications which involve the eyes, kidneys, nerves, heart and blood vessels. This study is conducted to summarize the treatment of type 2 diabetes mellitus using Chinese medicine in past and modern TCM and also to observe the treatment effects of Chinese medicine in treating type 2 diabetes mellitus based on TCM Syndrome Differentiation. Clinical observation was carried out for 30 days in which the participants were required to daily consume Chinese medicine in extract granules form. Chinese medicine formulas and/or single herbs were prescribed based on the presenting symptoms through Four Diagnostic methods. Blood glucose value was recorded before the clinical observation, on day 16, and day 31. Blood glucose values were compared to observe the effect of Chinese medicine in lowering blood glucose. Presenting symptoms were also compared to observe the changes of body constitution.

Key words: Type 2 diabetes mellitus, Chinese Medicine