

बैद्यराज बी० पी० गुप्ता

बी.ए., एम.एस. (आयुर्वेदाचार्य)  
स्वर्ण पदक प्राप्त दिल्ली विश्वविद्यालय  
जीर्ण एवं जटिल रोग विशेषज्ञ  
पंजीकृत सं० - 4621



हैल्थकेयर सेंटर

299, भारत नगर, दिल्ली-52  
दूरभाष : 27419075  
समय : सायं 6.00 से 8.00 बजे  
रविवार अवकाश

दिनांक 24/3/2006

**CLINICAL STUDY ON AYURVEDIC COMPOUND FORMULATION  
AMREE PLUS (REVISED FORMULATION) ON THE ASPECTS OF  
METABOLISM IN MATURITY ONSET DIABETES (MADHUMEHA)**

**Aim of Study**

To evaluate clinical efficacy of a compound anti-diabetes new (revised) formulations Amree Plus.

**Objectives**

To establish blood glucose lowering effect and symptomatic relieve.

**Medication**

Amree Plus Granules (as per revised composition are enclosed)  
Triphala - as placebo

**Dosage**

2.5 gm thrice daily

**Material & Method**

39 patients were selected for this study by using inclusion and exclusion creation from the Health Care Centre, Bharat Nagar, Delhi during the period from 15<sup>th</sup> Dec. 2005 and each patient was clinically observed for 4 weeks.

Patients were thoroughly screened for their systemic examination and divided into three groups.

Group A – Amree Plus  
Group B – Amree Plus with OHG  
Group C – Placebo (triphala)

निवास : बी-1702, शास्त्री नगर, दिल्ली-110052 दूरभाष : 23642846

बैद्यराज बी० पी० गुप्ता

बी.ए., एम.एस. ( आयुर्वेदाचार्य )  
स्वर्ण पदक प्राप्त दिल्ली विश्वविद्यालय  
जीर्ण एवं जटिल रोग विशेषज्ञ  
पंजीकृत सं० - 4621



हैल्थकेयर सेंटर

299, भारत नगर, दिल्ली-52  
दूरभाष : 27419075  
समय : सायं 6.00 से 8.00 बजे  
रविवार अवकाश

दिनांक २१.३.१६

## CRITERIA IN SELECTION OF PATIENT

### Inclusion

Patient were selected from my clinic and they were thoroughly checked for their blood sugar level and their routine check up for any associated problem. According to their blood glucose level and their tolerability, were put in different groups. The newly detected type – 2 patients were put in group A and patient already taking medication put in group B and patient who have been control in blood sugar were put in group C in control study.

Patients were basically known diabetics specially type 2.

Uncomplicated diabetics.

### Exclusion

Patient of Type 1 were excluded from this study and patients who were having pre-diagnosed renal and other systemic mal functioning were excluded from this study.

Pregnancy with first primester, were also excluded from the study.

### Line of action

39 patients were selected for this study by using inclusion and exclusion criterion, they were put under strict medical observation advise. Patients were advise to follow the medication very strictly.

They were advise to visit clinic every week.

निवास : बी-1702, शास्त्री नगर, दिल्ली-110052 दूरभाष : 23642846

बैद्यराज बी० पी० गुप्ता

बी.ए., एम.एस. (आयुर्वेदाचार्य)  
स्वर्ण पदक प्राप्त दिल्ली विश्वविद्यालय  
जीर्ण एवं जटिल रोग विशेषज्ञ  
पंजीकृत सं० - 4621



हैल्थकेयर सेंटर

299, भारत नगर, दिल्ली-52  
दूरभाष : 27419075  
समय : सायं 6.00 से 8.00 बजे  
रविवार अवकाश

दिनांक 2/3/22

### AMREE PLUS GRANULES

Composition : Each gm. of granules contain extracts of :

Herb	Botanical Name	Qty.
Karela	Momordica charantia	80 mg
Methi	Trigonella foenumgraecum	48 mg.
Gudmar	Gymnema sylvestre	48 mg.
Neem	Azadirachta indica	48 mg.
Haridra	Curcuma longa	48 mg.
Vijaysaar	Pterocarpus marsupium	48 mg.
Bilv	Aegle marmelos	48 mg.
Karanj Beej	Pongamia pinnata	48 mg.
Kali Jeeri	Centratherum anthelminticum	48 mg.
Paneer Dodi	Withania coagulans	48 mg
Kalaunji	Nigella sativus	48 mg
Jamun Patr	Syzygium jambos	24 mg.
Giloe	Tinospora cordifolia	24 mg.
Kundru (Bimbi)	Coccinia indica	24 mg.
Tulsi	Occimum sanctum	24 mg.
Sadabahar	Catharanthus roseus	24 mg.
Kutaki	Picrorrhiza kurroa	24 mg.
Punernava	Boerhaavia diffusa	24 mg.
Gular	Ficus racemosa	24 mg
Bhuiamla	Phyllanthus niruri	16 mg.
Amla	Emblica officinalis	16 mg.
Kalmegh	Andrographis paniculata	16 mg.
Ashwagandha	Withania somnifera	16 mg.
Shatavar	Asparagus racemosus	16 mg.
Bhringraj	Eclipta alba	16 mg.
Sunflower Seeds	Helianthes anus	16 mg.
Chander Prabha Vati (RTS-1)	Ay. Comp. Form.	40 mg.
Sudh Shilajeet (RTS-1)	Purified Asphaltatum Conc.	16 mg.
Swaran Makshik Bhasam (AFI)	Ay. Form. Comp.	16 mg.
Yashad Bhasam (AFI)	Calcinated zinc Conc.	16 mg.
Inderjav	Holarrhina antidysentrica	16 mg
Excepients		Q.S.

निवास : बी-1702, शास्त्री नगर, दिल्ली-110052 दूरभाष : 23642846

बैद्यराज बी० पी० गुप्ता

बी.ए., एम.एस. (आयुर्वेदाचार्य)  
स्वर्ण पदक प्राप्त दिल्ली विश्वविद्यालय  
जीर्ण एवं जटिल रोग विशेषज्ञ  
पंजीकृत सं० - 4621



हैल्थकेयर सेंटर

299, भारत नगर, दिल्ली-52  
दूरभाष : 27419075  
समय : सायं 6.00 से 8.00 बजे  
रविवार अवकाश

दिनांक.....21/3/04.....

### Duration of study

One month

### Dosage

2.5 gm. thrice a daily.

### Result & Observation

No. of Patients	Group A	Group B	Group C
39	15 M - 10 F - 05	12 M - 08 F - 04	12 M - 06 F - 06

A thorough general systemic and local examination of related system was carried out in all these patients, blood sugar including FBS and PP (2 hourly), urine examination were taken into consideration.

We observed 142 mg% F.B.S. as baseline in the patients who were presented as control while mean FBS in treated group were denoted 140 mg% and PP was 290 mg% before therapy.

All the patients were observed for urine sugar as mean like ++ whereas in control it was found +.

### **MEAN REDUCTION IN BLOOD SUGAR LEVEL (FASTING)**

Group	Before Treatment	After Treatment
Group A	168.19 $\pm$ 15.99	124.2 $\pm$ 14.47
Group B	172.5 $\pm$ 16.25	116.33 $\pm$ 15.09
Group C	157.68 $\pm$ 13.45	152.06 $\pm$ 15.44

निवास : बी-1702, शास्त्री नगर, दिल्ली-110052 दूरभाष : 23642846

बैद्यराज बी० पी० गुप्ता

बी.ए., एम.एस. (आयुर्वेदाचार्य)  
स्वर्ण पदक प्राप्त दिल्ली विश्वविद्यालय  
जीर्ण एवं जटिल रोग विशेषज्ञ  
पंजीकृत सं० - 4621



हैल्थकेयर सेंटर

299, भारत नगर, दिल्ली-52  
दूरभाष : 27419075  
समय : सायं 6.00 से 8.00 बजे  
रविवार अवकाश

दिनांक..... 21/3/2018

### POST PRANDIAL BLOOD SUGAR

Group	Before Treatment	After Treatment
Group A	228.4 $\pm$ 7.05	172.9 $\pm$ 6.25
Group B	225 $\pm$ 8.15	150.7 $\pm$ 9.15
Group C	223.07 $\pm$ 7.91	212.83 $\pm$ 8.09

### MEAN REDUCTION IN SERUM CHOLESTEROL LEVEL

Group	Before Treatment	After Treatment
Group A	260 $\pm$ 10.15	215 $\pm$ 7.5
Group B	275 $\pm$ 18.26	230 $\pm$ 15.4
Group C	270 $\pm$ 16.06	235 $\pm$ 9.01

### Observations

1. **Group A** : The patients who are newly detected for their diabetes found to have good control of blood sugar with Amree Plus the score was 168.19 $\pm$ 5.99 mg% in FBS and 124.2 $\pm$ 4.47 mg% in pp and symptomatically they are well and all the associated complaints like tiredness, weakness have been reduced with Amree Plus treatment.
2. **Group B** : Patient who are receiving Amree Plus with OHG have also very good control of blood sugar level. The mean lowering is 172.5 $\pm$ 62.5 mg% in FBS
3. **Group C** : No marked blood sugar lowering was observed in this group, but slight lowering of cholesterol has been observed.

निवास : बी-1702, शास्त्री नगर, दिल्ली-110052 दूरभाष : 23642846

बैद्यराज बी० पी० गुप्ता

बी.ए., एम.एस. (आयुर्वेदाचार्य)

स्वर्ण पदक प्राप्त दिल्ली विश्वविद्यालय

जीर्ण एवं जटिल रोग विशेषज्ञ

पंजीकृत सं० - 4621



हैल्थकेयर सेंटर

299, भारत नगर, दिल्ली-52

दूरभाष : 27419075

समय : सायं 6.00 से 8.00 बजे

रविवार अवकाश

दिनांक..... 21/11/06.....

### Conclusion

The results of revised formulation of Amree Plus are better than the previous formulation, which I was using frequently to my patients.

The revised formulation of Amree Plus showed significant regulation of blood glucose level, lipid metabolism and helps to check associated clinical symptoms like fatigue, excessive thirst, excessive urination etc. Total cholesterol was observed reducing significantly in treated group. Patients reported rise in HDL while decline in TG & LDL. Simultaneously helps to delay triopathic complications by toning the functioning of kidneys, eyes and nerves. Also acts as a cardioprotective.

Amree Plus (revised) is having synergistic action with OHG's and decline in can be safely prescribed along with the OHG's from Sulphonylurea or Bigunide groups.

I am totally satisfied with the results & benefits of revised formulation of Amree Plus.

Dr. B. P. GUPTA  
(Medical Superintendent)  
Aggarwal Hospital  
24/9, Shakti Nagar, Delhi-7

निवास : बी-1702, शास्त्री नगर, दिल्ली-110052 दूरभाष : 23642846