



Central Ayurveda Research Institute, Bengaluru to host Programme on Holistic Management of Diabetes on World Diabetes Day tomorrow

Posted On: 13 NOV 2025 3:33PM by PIB Delhi

Central Ayurveda Research Institute (CARI), Bengaluru, a recognized Centre of Excellence in Madhumeha (Diabetes Mellitus) by the Ministry of AYUSH, Government of India, will observe World Diabetes Day 2025 with a special programme titled “Madhumeha Vimarsha” on 14th November 2025. The event will highlight the ongoing research, clinical work, and outreach initiatives undertaken by the CoE in Research and Clinical Services for Madhumeha (Diabetes Mellitus).

The Centre focuses on developing and implementing an integrative approach to the prevention and management of diabetes through Ayurveda, Yoga, and lifestyle interventions. So far, around 6,000 patients have availed services at the Institute, with more than 25% from the Economically Weaker Sections (EWS).

Beyond clinical care, the Centre has strengthened outreach through digital health initiatives, benefiting over 6 lakh people via e-medical records, teleconsultations, SMS alerts, and information accessible on its website (www.cari.gov.in) and social media platforms.

The Centre has also developed a machine learning-based predictive system for assessing diabetes risk, which has received copyright protection. The system is under validation through a web application and will be developed into a mobile app to enable individuals to monitor their health more effectively.

Speaking ahead of the event, Dr. Sulochana Bhat, Incharge, CARI Bengaluru, said, “Our focus has been on combining traditional wisdom with scientific research to address diabetes in a holistic yet evidence-based manner. The Centre’s initiatives reflect how integrative healthcare can support prevention and improve quality of life for those at risk.”

Collaborative studies with CSIR-CFTRI, Mysuru, and IISc Bengaluru are underway on selected food products and Ayurvedic formulations. An integrated framework for the prevention and management of Madhumeha has been developed and is in press, while a study on Prakriti and diabetic peripheral neuropathy is also under publication.

Tomorrow’s event will feature lectures by Prof. (Dr.) G.G. Gangadharan, Former Director, Ramiah Indic Speciality Ayurveda Restoration Hospital, on “Holistic Management of Madhumeha” and others.

The Ministry of Ayush continues to promote research and clinical initiatives aimed at developing sustainable, inclusive, and evidence-based strategies for managing lifestyle-related disorders such as diabetes.

SR/GS/SG

(Release ID: 2189633) Visitor Counter : 361

Read this release in: Urdu , हिन्दी , Marathi , Tamil , Telugu