Ayurveda is a complete life science which aims to getting the root of the problem with the holistic approach and not just offering symptomatic relief. The principle goal of Ayurveda is preservation and promotion of health after removal of causative factor of disease. It helps in preserving the normal health and curing the diseased. Health is a supreme foundation of virtue, wealth, enjoyment and salvation. It includes revitalization of physiological function since quintessence of Ayurveda is healthy living, it could be aptly considered as a way of life to its efficacy and safety profiles, and perhaps the current trend is a return to nature. Due to its contemporary approach to the disease the world is looking to this science with hope to get the remedies of unsolved health problems, specially the metabolic and autoimmune diseases. There is no doubt the attention is coming back to our ancient Indian heritage Ayurveda to explore its rich to co-fight the challenge of diabetes menace.

Diabetes mellitus is a metabolic disorder and it is seen as a heterogeneous group of diseases characterized by a state of hyperglycemia resulting from defects in insulin secretion, insulin action or both with a diversity of etiologies, environmental, genetic and life style choice jointly. It may be accompanied by other biochemical disturbances and the presence of progressive tissue damage with micro and macro vascular complications. Diabetes is the leading cause of end stage renal disease, a major cause of non-traumatic amputations, responsible for 30% of the preventable blindness and leading cause of cardiovascular mortality.

Diabetes mellitus has become a global health problem inspite of much advanced facilities of modern medical sciences. Diabetes is one of the most common non-communicable diseases (NCDs). It is the fourth or fifth leading cause of death in most high-income countries and there is substantial evidence that it is epidemic in many economically developing and newly industrialized
countries. The epidemiological evidences suggest that the incidence of diabetes is increasing worldwide. The incidence of this disease is increasing day by day due to change of dietary habit, socio-economic status, stress and sedentary lifestyle. According to International Diabetic Federation (IDF), about 382 million people worldwide having diabetes in 2013; by 2035 this will rise by 55% i.e. approximately 592 million. The majority of the 382 million people with Diabetes are aged between 40 and 59, and 80% of them live in low-and middle-income countries. Diabetes caused 5.1 million deaths worldwide in 2013. Every six seconds a person dies from Diabetes. Diabetes is undoubtedly one of the most challenging health problems of the 21st centuries. Facts shows that this immerging global health hazard imparting tremendous socioeconomic burden to the individual as well as to society.

According to the Indian Council of Medical Research-Indian Diabetes study (ICMR-INDIAB), a national diabetes study - 2013, India has 62.4 million people with diabetes. This is set to increase to over 100 million by 2030. The majority of people with diabetes (>90%) have Type 2 diabetes (T2DM). It affects the middle aged working group population and thus poses an even greater threat to the health & wealth of these individuals. This epidemic of diabetes is unfortunately paralleled by a corresponding increase in the prevalence of its complications, both micro vascular and macro vascular, which account for much of the premature morbidity and mortality due to diabetes in India.

Diabetes mellitus is a clinical syndrome with disordered metabolism and inappropriate hyperglycemia due to either an absolute deficiency of insulin or to a combination of insulin resistance and inadequate insulin secretion to compensate. It affects the metabolism of carbohydrate, fat, and protein. The effect of diabetes mellitus includes long term damage, dysfunction and failure of various organs. Diabetes mellitus may be presents with characteristic symptoms such as thirst, polyuria, blurring of vision and weight loss. Such long term metabolic derangement is frequently associated with permanent and irreversible structural and functional changes in the cell body. It has seen that there is no any organ or system spares from the diabetic complications. So that
controlling the blood sugar is not only the matter but prevention of unwanted irreversible and reversible complication also. On the other hand whatever the oral hypoglycemic drugs are available in the market most of them developed resistance in future. So the medical profession is more worried and has reached to the conclusion that prevent attempts to control the sugar with the help of Insulin and insulin promoters along with insulin sensitizers is not enough, hence the newer strategies are being planned for the investigation of the disease. So to overcome this problem it is highly needed to breakthrough on alternative therapy with the alternative approach to the management of diabetes mellitus.

Several pathological processes involved in the development of diabetes. These range from autoimmune destruction of the β-cells of the pancreas with consequent insulin deficiency to abnormalities that result in resistance to insulin action. Several distinct types of diabetes mellitus exist and are caused by complex interaction of genetics, environmental factors and life style choices. There are three main type of Diabetes:

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes

In spite of tremendous development in the modern medical science diabetes till remains as a challenge to health personals. Though different oral hypoglycemic agents are available but most of them develop resistance after a period. Add to this these drugs effects the organs which are also in threat due to increase blood sugar level. So, none of these drugs are capable of maintaining normal glycemia and avoiding the late stage complications of the disease. Researches and surveys showed that it is not possible to combat the disease only with the modern medical science and an alternative therapy is highly essential, preferably herbal medicine as an estimated 80% of the world population till depends in herbal medicine.

Ayurveda is supposed to offer a holistic approach towards the management of disease; hence there is a great hope from this science to get rid of controlling all the endogenous disease in general and diabetes mellitus in
Ayurvedic texts describe Madhumeha under 20 subtypes of Prameha—a group of urinary symptoms, which is similar to the disease Diabetes mellitus. They have described not only the increased urination with sweetness and turbidity as one of the prime symptoms but also the relationship of the disease with obesity and dyslipidemia in glucose metabolism most often occurs as a consequence of biochemical disturbance in the body. It has been also described that the disease may be precipitated as a hereditary problem (Sahaj) which are difficult to cure but those patients who have developed due to the improper diet and behaviors (Apathyanimittaja) may be cured with the help of proper guidance about Ahar (diet), Vihar (life style), Vayama (exercise) and Oushadha (medicine) which are thoroughly described in Ayurveda. They also described its complications like as diabetes mellitus which are mentioned in premonitory sign symptoms (poorvarupa) and complications of Prameha (upadrava). The herbs described in different Ayurvedic texts are very effective in control of hyperglycemia and some of them are established after clinical experiments and new drugs are needed to establish.

Prameha is described among the Astha Mahagada. The severity of the disease is very clear in all most all main classics have been it as MAHATYA IkA, which become fatal very soon, which are further classified on the basis of color, consistency and turbidity of urine. Ultimately all untreated or improperly treated Prameha turns to Madhumeha, the fatal one, where all the vital humors of the body are deranged. One should appreciate the ancient clinicians for their keen powers of observation as against the exclusive dependence of present physicians on laboratory for their diagnosis.

With these considerations attempts have been made in this study to evaluate the efficacy of Lagerstroemia speciosa (Tinish /Jarul/ Ajhar) leaves powder in the management of Madhumeha as a hypoglycemic agent. This herb has been described in Bhavaprakash Nighantu as pramehaghna (anti-diabetes drugs). More over peoples of Assam, Uttar Pradesh, Bangladesh and Philippine also used this herb for the treatment of Diabetes.