The present research study was aimed to analyse the role of lifestyle changes in the development and management of Type 2 Diabetes Mellitus in Kerala through Homoeopathic approach. The objectives of the study were to evaluate the relevance of lifestyle as an adjunct to Homoeopathic medicine in the management of Type 2 Diabetes Mellitus and to analyse the role of dietary changes, lack of exercise, stress and positive family history in the development of Type 2 Diabetes Mellitus. The investigator has adopted survey, co-relational and an experimental research designs for the study. Formal experimental design was adopted with control group for the experimental study. The people of Kottayam and Ernakulam districts of the Kerala state constitute the population for the present study. Those coming under the age group of 25-65 years were included in the cross sectional survey. This research paper selected a stratified random sampling technique for the cross sectional survey. The sample size was 1000. A simple random sampling was selected for the experimental study. The investigator selected 100 diabetic patients as ‘control group’ and 100 diabetic patients as ‘test’ or ‘experimental group’. A standardized questionnaire was prepared for the cross sectional survey and a standard proforma was prepared for the experimental study. The results of the investigation revealed that irregular diet, fast food, overeating, lack of exercise, domestic stress and positive family history are crucial factors in the development of Type 2 Diabetes Mellitus. Homoeopathic medicines are effective in the management of Type 2 Diabetes Mellitus, and lifestyle changes as an adjunct to Homoeopathic medicines are significantly more effective in the management of Type 2 Diabetes Mellitus.

**Key words:** Diabetes Mellitus, Type 2 Diabetes Mellitus, Lifestyle Changes, Fasting blood sugar, Post Prandial blood sugar, Glycosylated haemoglobin, Positive family history.