

ABSTRACT

OBJECTIVE:

To understand the change in blood glucose level and HbA1c following meridian massage

BACKGROUND:

Diabetes is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. The chronic hyperglycemia of diabetes is associated with long-term damage, dysfunction, and failure of different organs, especially the eyes, kidneys, nerves, heart, and blood vessels.

In acupuncture, there are many studies on its efficacy on diabetes. My study aims to understand the efficacy of meridian massage on diabetes

DESIGN AND METHOD:

60 subjects were randomized Using computerized number generation method into Group A (meridian massage; N = 30) and Group B (control; N= 30). The Subjects of Group A received meridian massage once in a week for 3 months along with their regular allopathic medications and Group B continued their allopathy medicines. Data was collected before and after treatment through blood glucose test and HbA1C.

RESULTS:

Meridian massage intervention showed statistically significant changes in fasting blood sugar level ($p = 0.001$), postprandial blood sugar level ($p = 0.001$) and HbA1C ($p = 0.001$).

CONCLUSION:

This trial suggested that meridian massage along with conventional medications is better in reducing serum glucose level and HbA1C level in type 2 diabetes.

