



PROJECT NO: B-04

**FOLLOW UP CLINICAL TRIAL OF TIBETAN MEDICINE IN TREATMENT OF NEWLY DIAGNOSED TYPE II DIABETES.
EXECUTIVE SUMMARY**

Men-Tsee-Khang (Tibetan Medical and Astro.Institute of His Holiness the 14th Dalai Lama) is a cultural, educational and charitable institute registered under the societies registration Act of XXI of 1860. In 1916 His Holiness 13th Dalai Lama established Lhasa Men-Tsee-Khang and later His Holiness the fourteenth Dalai Lama re-established Men-Tsee-Khang in India on the 23rd of March 1961 to preserve and promote the ancient tradition of the Tibetan system of Medicine and Astrology. Having its Head office based in Dharamsala, the institute operates through several departments carrying out activities in the field of Research Works, Training and Health Care. The Sowa Rigpa or (the holistic healing system) has been recognized by the government of India as one of the traditional systems of medicine since September, 2010. The Institute has been providing free medicines to all the staff members of the Central Tibetan Administration (CTA), Tibetans newly arrived from Tibet and AIDS patients. Concessional rate medicines are also provided to all the students, nuns, monks and patients suffering from cancer, Tuberculosis (TB) and Hepatitis B & C in our exile community. Despite the high cost in producing Tibetan medicines, the price is kept low to ensure accessibility for anyone who is in need. Men-Tsee-khang also engages in holding medical camps in the nearby cities and towns around their respective clinics in India. So far we had provided a sum of Rs 25,073,269.81 on charity in 2011-2012 alone. The income derived from branch clinics barely sustains running expenses, so Men-Tsee-Khang's branches rely heavily on the generosity of individuals and organizations, which enables us to continue our projects, charitable activities and researches being carried out. In last (53) years, Men-Tsee-Khang has served and contributed tremendously in the general health care of people in this world irrespective of color, caste and creed through our branch clinics all over India.

The Research & Development department carries out research by incorporating modern scientific methods to study various diseases which are widely prevalent and have had less treatment success from allopathic medicine. The department has carried out much clinical research on different diseases in collaboration with other reputed institutes like the All India Institute of Medical Science (AIIMS), Natural Medicine Research Unit, Israel, etc. Most of the results of the research carried out were very satisfying. Further research on newly diagnosed type II diabetes is needed to check the efficacy of Tibetan Medicine.

The prevalence of diabetes in today's world is at an alarming rate. It is estimated that by the year 2030 India will be largest nation with highest number of people suffering from diabetes. Thus, India leads the world with the maximum number of diabetes subjects, earning it the dubious distinction of "Diabetic Capital of the world." According to the World Health Organization (WHO), more than 220 million people worldwide are suffering from diabetes. In 2005, an estimate of 1.1 million people died from diabetes. WHO projects that diabetes death will double between 2002 and 2030.

The Research Department of Men-Tsee-Khang initiated the clinical trial of Traditional Tibetan Medicine in the treatment of Newly Diagnosed type II diabetes after considering the requirement of follow up research with the All India Institute of Medical Sciences (AIIMS) in the year 1997-2000 with its significant result in controlling blood glucose and glycated hemoglobin (GHb). Presently a clinical trial on Newly Diagnosed Type II Diabetes is in full swing at Nizamuddin Men-Tsee-Khang clinic, Delhi; Bangaluru Men-Tsee-Khang clinic, Karnataka State and Gangkyi Men-Tsee-Khang clinic, Dharamsala.

Since Men-Tsee-Khang

SIZE OF PROJECT: 150 patients (Age Group 30 to 65)

AIMS & OBJECTIVES:

To reconfirm efficacy of Traditional Tibetan Medicine (TTM) in controlling Glycated hemoglobin (GHb).

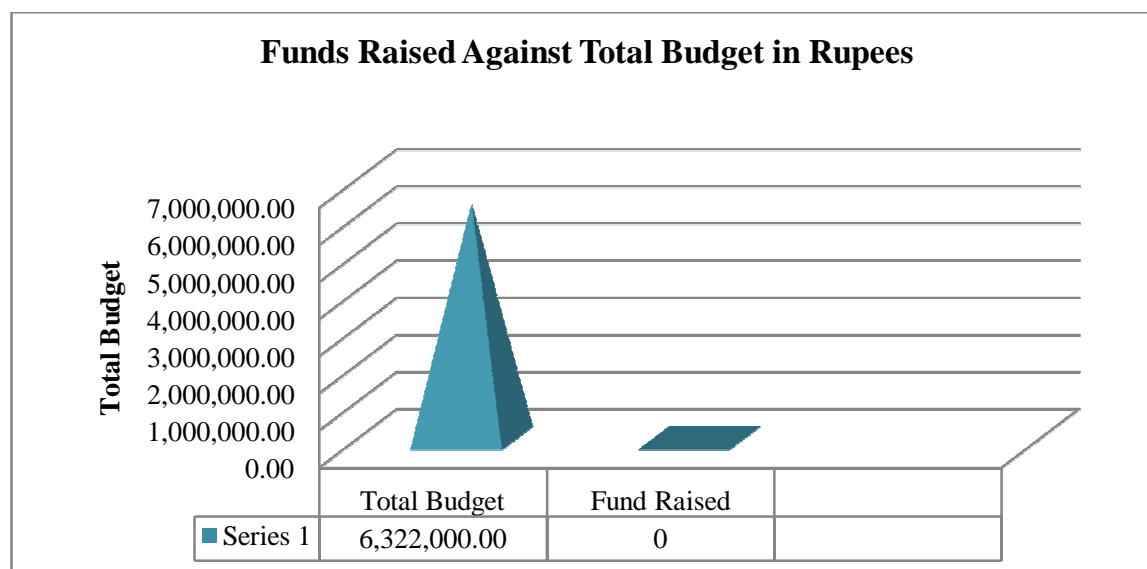
To evaluate the efficacy of TTM for controlling plasma glucose level.
Disappearance of symptoms related to Non-Insulin Dependent Diabetes Mellitus (NIDDM).

BUDGET FOR THE PROJECT:

1	Salaries (Research co-ordinators for four years	4,090,646.00
2	HRA (House rent Allowances)	700,000.00
3	Laboratory test for the patient 1600*150@3times	720,000.00
4	Medicines for patients 150*10@ 6 months	270,000.00
5	<u>Contingency @5 %</u>	244,849.00
6	Others	296,500.00
7	Total Budget in Indian Rupees	6,322,000.00
8	Total Budget in Indian USD	123,961.00
9	Total Budget in Indian EURO	94,359.00

Budget for the project is subject to change as and when required

Exchange rate as on 1st October 2012



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