



Introduction

- Elderly cancer survivors with type 2 diabetes (T2DM) frequently experience challenges such as impaired physical function, anorexia, fatigue, insomnia, and constipation, which severely impact their quality of life (QoL).
- This study assessed the effectiveness of Som Therapy, an integrative Ayurvedic approach, in enhancing QoL among such cancer patients.

EVALUATION OF AYURVEDIC SOM THERAPY ON QUALITY OF LIFE IN ELDERLY TYPE 2 DIABETIC CANCER SURVIVORS

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Methods and materials

- 37 advanced-stage cancer patients with T2DM.
- Treatment given- Ayurvedic Som Therapy for at least 90 days.
- Treatment included- Personalized oral Ayurvedic Som therapy (*Rasayana* formulations), Counselling sessions, Dietary modifications, and lifestyle guidance.
- QoL- Functional Assessment of Cancer Therapy-General (FACT-G) scale.
- Other symptoms evaluated- Anorexia, Fatigue, Insomnia, and Constipation
- Pre and post-treatment scores were analysed using paired t-tests, with significance set at $p < 0.05$.

Conclusions

- Som Therapy significantly improved QoL in elderly cancer survivors with T2DM
- Helped in addressing key symptoms without any adverse effects
- Potential as a safe and effective complementary therapy for symptom management & overall well-being
- Further RCTs are recommended to validate these results and explore their broader applicability.

Results

