

## 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

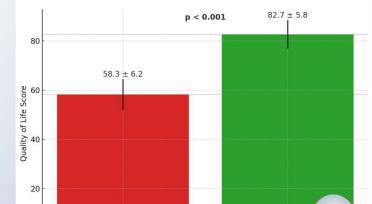
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## Methods and materials

- > 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.</p>

## 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.



Before Treatment

Results

Improvement in Quality of Life of Patients

MULTINATIONAL ASSOCIATION OF SUPPORTIVE CARE IN CANCER



