

## Abstract

Research Title : Diabetes Mellitus with Thai Traditional Medicine Compared to  
Modern medicine  
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This qualitative research aimed to gather information regarding diabetes from a source of primary data, the Royal Book of Medicine, and to obtain expert opinions on the treatment of the disease. The analysis of the book showed that diabetes was recorded in the Kiramananda Scripture in the Tripitaka, the Pali text collection forming the doctrinal foundation of Theravada Buddhism. The scripture, named Madhumeho, has been later cited in Thai traditional medicine texts, namely the Dhatuvivarna Scripture and the Chandasastra Scripture. Interviews with three experts in Thai traditional medicine, namely Mrs. Arunwan Hengtrakul, Mr. Sanchai Mekrittikrai, and Mr. Komsan Dinakara Na Ayudhaya, indicated that the genesis of Medhumeha or diabetes was abnormal phlegm causing bile malfunction. According to the experts, treatment involved a careful analysis of the genesis of phlegm and bile disorders as well as scrupulous consideration of therapeutic approaches to be taken simultaneously, including the consumption of foods suitable and sufficient for one's elements, the intake of the right amount of liquid to reduce thirst, regular exercise, and adequate sleep; the prescription of bitter, neutral, spicy, or fragrant foods and of bitter, intoxicating, spicy, or hot medicines; and the administration of massage, steam, or compression treatment. The present study reveals that expected that the findings can help to build on future research and application in clinical medicine.