

Mayura Hospitals Wins Digital Health Innovation Award at Ayur Mahotsava 2026 for Reversing Diabetes with DNA, Data & AI

Telangana Governor Shri Shiv Pratap Shukla honours Mayura Integrated Hospitals Founder & CEO Dr. Hanu Yedluri, whose “Reversal, Remission, Restoration” system fuses genomics, biomarkers, wearables, family history & diet into one integrated care



Hyderabad, Telangana Sep 29, 2026 ([Issuewire.com](https://www.issuewire.com)) - Mayura Hospitals, India's first AI-powered integrated Ayurveda and Allopathy hospital network, has received the **Digital Health Innovation Award** at the **National AYUSH Festival 2026 – Ayur Mahotsava**, held from 25–27 September 2026 at the International Trade Expo Centre, Noida, Delhi NCR. The festival was organised by the Ayur Vaidya Foundation with the support of the Ministry of AYUSH, Government of India, in association with the AYUSH Export Promotion Council (AYUSHEXCIL).

At the festival, Founder & CEO **Dr. Hanu Yedluri** received the honour from **Shri Shiv Pratap Shukla, Hon'ble Governor of Telangana**, recognising Mayura's work in rewriting how chronic metabolic disease is treated.

The recognition centres on a simple, disruptive idea: diabetes and metabolic disorders should not be managed for life — they should be **reversed**. Mayura is building what it believes is the first care system

of its kind anywhere: one that reads a patient's **DNA, blood biomarkers, round-the-clock wearable signals, family and personal medical history, and Ayurvedic constitution (Prakruthi)** together, and turns that picture into a personalised reversal plan delivered through doctors, diet kits and daily monitoring.

From lifelong management to reversal

India is home to an estimated 101 million people living with diabetes and another 136 million with prediabetes ([ICMR-INDIAB, 2023](#)). For most of them, care means more tablets every year. Mayura was built to change that trajectory.

“Most diabetes care looks at one number, once every three months,” said **Dr. Hanu Yedluri, Founder & CEO, Mayura Hospitals**. “We look at the whole person, every day — their genes, their blood, their heart rate and sleep, their family's history and their plate. When you see the full picture, diabetes stops being a life sentence and becomes a condition you can reverse. This award belongs to our doctors and to the thousands of patients who proved it is possible.”

Reversal, Remission, Restoration: how it works

Every Mayura patient moves through three clinically supervised phases:

- **Reversal** — A 90-day protocol brings blood sugar, insulin resistance, weight and blood pressure back toward healthy ranges. Doctors taper medication step by step as the body responds.
- **Remission** — Patients hold healthy HbA1c levels with minimal or no glucose-lowering medication, tracked continuously so any drift is caught early.
- **Restoration** — Care shifts to rebuilding energy, organ health and metabolic resilience, protecting the heart, kidneys, liver and nerves from long-term damage.

The program combines allopathic medicine, Ayurveda and Panchakarma with Mayura's **3F Protocol** of low-GI nutrition, structured fitness and fasting — designed and supervised by a multidisciplinary team of Allopathy and Ayurveda physicians.

Six data layers, one patient

What sets Mayura apart is how much it knows about each patient before and during treatment:

- **DNA** — Genetic testing with accredited genomics partners reveals inherited risk, metabolism and how a patient is likely to respond to food and medicine.
- **Biomarkers** — Regular lab panels (HbA1c, fasting insulin, lipids, liver and kidney function and more) show what is changing inside the body.
- **Wearables** — The **NadiIQ Smart Ring** tracks heart rate, sleep, activity and vitals around the clock, bringing 24x7 hospital care into the patient's home.
- **Family and personal medical history** — Structured history capture maps hereditary risk across generations.
- **Prakruthi** — An Ayurvedic constitution assessment, being linked with genomic data into an Ayurgenomics layer, personalises diet, therapy and lifestyle.
- **Diet and adherence data** — What patients eat and how their body responds closes the loop.

Mayura's AI engine brings these layers together through a suite of clinical decision-support calculators

calibrated to South Asian body norms. It flags risk, suggests next steps and helps doctors adjust each plan week by week. Every decision stays with a qualified physician.

Food as medicine: clinically designed diet kits

Reversal happens at the dining table as much as in the clinic. Through its nutrition brand **Arogya Ruchulu**, Mayura delivers clinically formulated diet kits — **Sugar Shield** for diabetes, **LeanWell** for weight loss, **Pressure Shield** for blood pressure and **Heart Shield** for heart health. The kits are built around a low-GI flour premix with a laboratory-tested glycaemic index of 4.5, so familiar Indian meals no longer spike blood sugar. Each kit links to an app and a consultation with a nutritionist or doctor.

Results that earned the recognition

- **18,000+** families have trusted Mayura with their care.
- **34+** chronic disorders are addressed, including diabetes, PCOS, thyroid disorders, obesity, fatty liver, hypertension and high cholesterol.
- **78%** of patients achieved medication reduction.
- Patients achieved an average HbA1c reduction of 1.5 percentage points.

Building the world's first unified reversal system

Digital health companies elsewhere use glucose sensors and apps. Traditional hospitals offer consultations and drugs. Mayura believes it is the first organisation globally to unite **genomic insight, Ayurvedic constitution, continuous wearable data, clinical biomarkers, family history and clinically formulated food** inside a single, doctor-led, integrated Ayurveda–Allopathy hospital network.

The award also highlights Mayura's wider ecosystem: **Genareva** (health-tech platform), **Fight Against Diabetes** (a public health movement at fightagainstdiabetes.org), the **NadiIQ Smart Ring**, and **InstaEMI.com** for affordable health financing.

"Being recognised at a national AYUSH platform, and by the Governor of our own state, tells us that India is ready to lead the world in data-driven, integrative medicine," added Dr. Yedluri. "Our next goal is to take this model to every district in Telangana and beyond."

About Mayura Hospitals

Mayura Hospitals is India's first AI-powered integrated Ayurveda and Allopathy hospital network, headquartered in Hyderabad with branches at Miyapur, Sri Nagar Colony, Dilsukh Nagar and IDPL Colony. Guided by its "Reversal, Remission, Restoration" philosophy, Mayura combines modern medicine, Ayurveda, Panchakarma, low-GI nutrition, structured fitness and continuous monitoring to reverse diabetes and other chronic metabolic disorders. Its ecosystem spans investigations (DNA and lab tests), diet and nutrition (Arogya Ruchulu), care management (Mayura Hospitals), fitness and vitals (NadiIQ Smart Ring) and health finance (InstaEMI.com). Learn more at www.mayurahospitals.com.

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