

## **Diabetes and Its Management**

**Diabetes Mellitus is one of the most costly burdensome chronic diseases of our time and is condition that is increasing in epidemic population in the whole world. The complications resulting from the diseases are a significant cause of morbidity and mortality and are associated with failure of various organs such as the eyes, kidneys and nerves. Diabetics are also at a significantly higher risk for coronary artery disease, peripheral vascular disease and stroke and they have a greater likelihood of having hypertension dyslipidemia and obesity.**

**What is Diabetes?**

**Diabetes is a serious disorder of the glands, of pancreas to be exact, called Madhumeha in Ayurveda. It is one of the most insidious disorders of the metabolism and, if left undiagnosed, may lead to rapid emaciation and ultimately death.**

**What are the types of Diabetes?**

**According to Ayurveda Diabetes is of two types: Diabetes Mellitus- Insulin dependent Juvenile Diabetes (IDDM-Type I) in which the body is unable to produce insulin and Non Insulin Dependent Adult Onset Diabetes (NIDDM-Type II) in which the pancreas produces insulin, but it is insufficient for reducing the blood glucose to normal levels.**

**What are the common symptoms of Type- 1 Diabetes? Some of the common symptoms of Type- 1 Diabetes are:**

**Excessive Thirst Frequent urination Unexplained weight loss Irritability Weakness Fatigue**

**What are the common symptoms of Type- 2 Diabetes? Some of the common symptoms of Type- 2 Diabetes are:**

- **Loss off weight Numbness in hands or feet.**
- **Uncontrolled infections Pain in the limbs**
- **Inflammatory chest infections**
- **Dimness of vision,**
- **Excessive thirst Body weakness**

**What are the different tests for Diabetes?**

**Urine Test: Some chemicals are added to a few drops of urine. Colour change indicates presence of glucose in urine.**

**Blood Test: In this, blood is taken to test the glucose level. This is more accurate test to confirm diabetes**

**Which parts of my body are affected by Diabetes?**

**Blood Vessels: Higher level of glucose damage the blood vessels. As a result of this most of the diabetic complications occur in blood vessels.**

**Heart: Diabetes affects the heart by: Increasing the amount of fat in blood and increasing the amount of homocysteine in blood.**

**Kidney: In diabetes because of increased levels of glucose, kidneys have to do extra work to retain essential substances and separate waste products to produce urine. This affects the small blood vessels and their capacity to filter. After many years of work, it leads to kidney failure.**

**Eyes: Diabetes affects blood vessels of the eyes. Damage to these blood vessels leads to eye problems like: Damage to retina, Cataract or total loss of vision**

**Foot: Damage to blood vessels reduces blood flow to the feet and increases risk of developing foot ulcers and infections.**

**Nerves: High glucose level for a long time damages nerves. Nerve damage reduces sensation in some parts of body which may lead to: Numbness and tingling, Fainting and dizziness**

**Home Remedies for Diabetes:**

**The best remedy for this disease is the bitter gourd, better known as 'karela'. Eat this vegetable as often as you can or have at least one tablespoon of karela juice daily to reduce blood sugar levels in your blood and urine.**

**Amla, due to its vitamin C content is effective in controlling diabetes. A tablespoon of its juice, mixed with a cup of fresh bitter-gourd juice, taken daily for two months will secrete the pancreas and enable it to secrete insulin.**

**Take ten tulsi leaves, ten neem leaves and ten belpatras with a glass of water early morning on an empty stomach. It will work wonders in keeping your sugar levels under control.**

**The leaves of Butea tree are very useful in diabetes. They reduce blood sugar and are useful in glycosuria.**

**Take two teaspoons of powdered Fenugreek seeds with milk. Two teaspoons of the seeds can also be swallowed whole, daily.**

**Eat 10 fresh fully grown curry leaves every morning for three months. It prevent diabetes due to heredity factors. It also cures diabetes due to obesity.**