



Pave the way to say bye to diabetes - A life style disorder

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The world, today is witnessing the erratic increase of different life style disorders like diabetes, hypertension, cardio-vascular diseases, Dyslipidemia etc. The complications of these diseases have become the most contemporary and challenging health problems. In recent years, India has managed to control communicable diseases like malaria, cholera and polio. But, the nation has to now deal with a new breed of life style related diseases. The mental stress, lack of physical activity/ sedentary life style, unhealthy diet have contributed to the development of these life style diseases.

In the current days, Diabetes mellitus (*Madhumeha*) tops the list among the life style related disorders with its prevalence increasing year after year. It is evident that with more of sophistication in our lives and negligence of daily and seasonal regimens we are inviting these dreadful diseases. Even the rural population is not escaped from the clutches of this disease. The international diabetes federation (IDF) reported that the total number of diabetic persons in India is 50 millions out of the world's 285 millions in 2009. The number is increasing every day causing economic burden to the country.

Effect & Impact of Diet & life style on diabetes mellitus

Dr. Ritesh Gupta, an endochronologist opines that the total calorie intake of an average youth has increased over the past many years. Diet has gone for a transition from simple home made food to easily available processed food. Smoking and alcohol intake is becoming more common in younger generation. They believe that smoking acts as a stress buster. But it is just a myth. It decreases a person's stamina in the long run and leads to various auto-immune diseases. Further, reiterating the fact that youngsters are becoming more lethargic and sedentary. According to the latest available records of health survey, 13% of the women and 9% men in India are over weight. Obesity is a meta-life style disease and increase the chance of other lifestyle diseases.

Ways to prevent & palliate diabetes

Nidana parivarjana (Being away from the causative factors) is a prime *Mantra* to prevent as well as treat diabetes. It incorporates Diet Exercise and lastly Drugs.

I. Diet :- The diet should be with decreased carbohydrate & fatty items. The proteins, fresh and green leafy vegetables should be abundant. Switching over to whole grain or multi millet flour is highly beneficial. Because millets are proved to be having following benefits .

- A) Delays glucose absorption
- B) Controls blood glucose level
- C) Increases peripheral tissues insulin sensitivity

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D) Decrease serum cholesterol and triglycerides values

E) Aids in weight control

F) Lowers Blood pressure and Insulin requirement

Research studies have shown that high fiber with low carbohydrate diet will reduce 40% of the insulin dose.

II. Regular exercise (walking /swimming /yoga asanas) Help to burn off extra calories and keep sugar under control.

III. Abstinence of smoking and alcohol Helps to check free-radical production and thus prevent the cell ageing.

Ayurveda also gives a detail description about all these life style diseases. The role of certain measures like food, daily and seasonal regimen, good conduct, yogasanas etc. are elaborated with their preventive and palliative properties towards diabetes. Various Herbal, Herbo-mineral, Metallic/Mineral formulations are envisaged with their role in the management of diabetes and its complications. *Nishamalaki churna, Amrutadi churna, Naga Bhasma, Vanga Bhasma, Yashada Bhasma, Trivanga Bhasma, Shuddha Shilajatu, Rajata Bhasma, Swarna makshika Bhasma, Chandra prabha vati, Swarna vanga, Vasanta kusumakara rasa* are few of the examples for such preparations mentioned by our *Acharyas* to treat both diabetes & its complications.

Many research works have been carried out experimentally and clinically to establish the Anti diabetic action of different herbal/mineral /herbo-mineral preparations. The study of Dr. Sripal *et.al* revealed that *Vanga Bhasma* (as Tin oxide having particle size of 12.20nm-23.47nm, with trace elements calcium and iron and organic legands) along with *Guduchi satwa* has not only reduced the glucose levels

in diabetic animals but has reduced serum Triglyceride, Total cholesterol, LD and VLDL when compared with untreated diabetic animals.

Likewise, in the study of Dr. Naveen Kumar *et.al* *Manashila jarita Naga Bhasma* was found effective in reducing increased glucose level & cholesterol in test animals. But, these values were highly significant when administered with *Nishaamalaki churna*. This indicates the synergistic effect of the combination of *Naga Bhasma & Nishamalaki*. In the same way *Shuddha Shilajatu, Trivanga Bhasma, Vasanta kusumakar Rasa* etc. drugs are scientifically screened by different research scholars at different places for their beneficial effects in the management of diabetes & its complications. However, such works are to be documented and published in national and International journals. They are to be made available and accessible to people, with in and outside India.

Hence, it is apparent that unless we take a serious note of this deadly epidemic and change our eating habits and lifestyle, more and more people get entangled into the poisonous tentacles of this threatening octopus. Over the past 30 years, the status of diabetes has changed from being considered as a mild disorder of the elderly to one of the major causes of morbidity and mortality, affecting the youth and middle aged people. India tops the list of countries with a very high mortality rate among diabetics with one person dying from diabetes for every 7 seconds & thus earning the crown of diabetes capital of the world.

A Break should be applied to this negative recognition before it gets worsen .One should realise that **HEALTH IS TRUE WEALTH** and should implement strict healthy life style adaptation which is a soul solution to prevent diabetes, By this we can ensure India **ADIABETIC FREE COUNTRY**.

