



Diabetes

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# WHAT IS DIABETES?

Diabetes is a chronic condition characterised by high levels of blood glucose (sugar) in the body. It occurs when the body either does not produce enough insulin or cannot effectively use the insulin it produces.

In Ayurveda, diabetes is referred to by two interchangeable terms: ***Prameha and Madhumeha***.

Prameha is a complex syndrome that encompasses

-  Obesity
-  Metabolic Syndrome
-  Diabetes Mellitus

All Prameha cases eventually progress to Madhumeha, which represents an advanced stage of Prameha.



# WHAT IS PRAMEHA?

The term '**Prameha**' is derived from the Sanskrit words '**Pra**,' meaning **abundant**, & '**Meha**,' meaning the **passing of a large quantity of urine**.

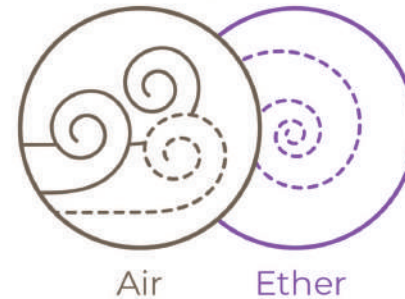
While excessive & sweet urine is the main symptom of the disease, prameha involves all **3 Doshas & 10 Dushyas**, including Shukra (reproductive tissues) & Oja (vital essence).

Ayurvedic texts recognize the complex nature of Prameha as a '**Maha Roga**' (a major disease).

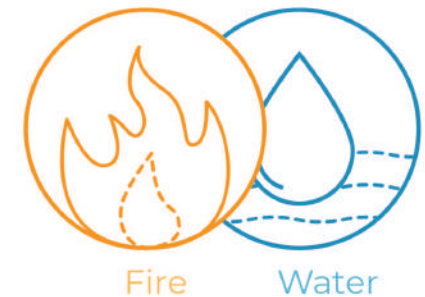
Various dietary, lifestyle, and psychologic factors are involved in the etiology of Prameha, particularly in relation to disturbances in fat and carbohydrate metabolism. The ancient Ayurvedic knowledge regarding Prameha can be utilized to expand the current understanding of obesity, metabolic syndrome, and diabetes.

## DOSHA'S

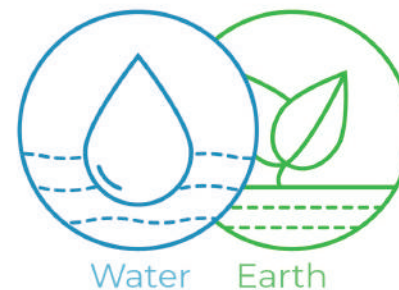
### VATA



### PITTA



### KAPHA



The ten vitiating factors or **Dushyas** are:



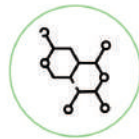
**RASA**  
(body liquid + plasma)



**SHONIT**  
(blood)



**SHUKRA**  
(reproductive tissues)



**MAMSA**  
(muscle proteins)



**MAJJA**  
(bone marrow)



**MEDA**  
(loose lipids)



**LASIKA**  
(lymph)



**VASA**  
(muscle fats)



**KLEDA**  
(body fluids)



**OJAS**  
(immunity)

**Diabetes mellitus** is the world leading disorder now a days & has been termed as **Silent Killer**. **Medadhātu** is the dominant Dushyas in all types of Pramehas.









**Ten Dushyas are involved in samprapti of Prameha.**

Symptoms reflecting in patient depends up on how much Dushti occurs. There is intense need to know the graveness of the disease and to understand the proper relation of Dosha, Dushya in etiology of Prameha. The top countries for number of persons with Diabetes are India, China, and United States of America & today **India has more Diabetes than any other country in the world.**

# SYMPTOMS OF DIABETES

According to Ayurveda, diabetes is primarily manifested as **Prabhootavilamootrata**, which is characterised by polyuria with turbidity in urine.

However, Ayurveda has also identified certain premonitory Symptoms, called **Purvarupa**, which have long-lasting & high prognostic value. These symptoms include

-  *Laziness*
-  *A sweet taste in the mouth*
-  *A feeling of stickiness in the body*
-  *Slimy mucous deposit on the tongue, palate, pharynx & teeth*
-  *Corpulence of the body/feeling of heaviness*
-  *Dryness of throat & palate*
-  *Excessive sleep*
-  *Increased perspiration.*



# CAUSES OF DIABETES








According to Ayurveda, the cause of *Prameha or Madhumeha* is multifactorial. It can be attributed to both inherent tendency at birth and imbalances acquired later in life.

Acharya Charaka says that the causative factors of diabetes are *related to diet and lifestyle choices* that increase *Kapha* (one of the three doshas), *Meda* (body fats), and *Mutra* (urine), such as consuming foods and following habits that possess properties such as being unctuous, cold, heavy, slimy, sweet and smooth. These factors can cause a significant burden on cellular metabolism, leading to the accumulation of intermediate metabolites, eventually leading to excessive production of body fats, body fluids, urine, sweat, and the deposition of fat at various sites in the body.







# DIAGNOSIS OF DIABETES




Assessments may be done for symptoms like

-  Thirst
-  Drowsiness
-  Appetite
-  Sweating
-  Weakness
-  Eye Problems
-  Cardiovascular Health

There are various tests that can help assess blood glucose levels, such as

-  HbA1C Test
-  Fasting Plasma Glucose Test
-  Oral Glucose Tolerance Test
-  Random Plasma Glucose Test

Ayurveda recommends assessing various factors such as

-  Dosha Involvement
-  Dhatu Involvement
-  Stage of disease Progression





# RISK FACTORS OF DIABETES

Several risk factors increase the likelihood of developing type 2 diabetes



Family History of Diabetes



Being Overweight



Sedentary Lifestyle



Following an Unhealthy Diet



Advancing Age



High Blood Pressure



Smoking



Belonging to Certain Ethnicities



Impaired Glucose Tolerance (IGT)



History of Gestational Diabetes



Poor Nutrition During Pregnancy

# DIETARY RECOMMENDATIONS FOR DIABETES

## FLOURS & GRAINS



Barley kernels or  
Barley Flour Products



Green Gram



Kodo Millet

## VEGETABLES



Green Leafy  
Vegetables



Bottle Gourd



Snake Gourd



Bitter Gourd (Karela)

## FRUITS



Indian Blackberry or  
Jamun Bel



Apple



Guava



Phalsa



Pomegranate

# AYURVEDIC HERBS FOR DIABETES



## TRIPHALA

Triphala is a herbal formulation of Amla, Bibhitaki and Haritaki. It is known to be one of the best herbal remedies for reducing blood glucose levels.



## GARLIC

Garlic possesses anti-bacterial properties. It is also an excellent diuretic. It increases the volume & flow of urine.



## TURMERIC

Turmeric & its active compound curcumin helps regulate blood glucose levels & improve lipid profiles.



## AMLA

Amla has antidiabetic, hypolipidemic & antioxidant properties. It helps reduce lipid peroxidation & inhibits the production of advanced glycosylated end products.



## MORINGA POWDER

Studies have shown that regular consumption of Moringa powder can help maintain healthy sugar levels.



## GUDUCHI

Guduchi is an anti-diabetic agent which is known to have good blood glucose-lowering effect

# AYURVEDIC SPICES FOR DIABETES



## CINNAMON

Complimentary agent for controlling symptoms of diabetes



## GINGER

Used in treating degenerative conditions like Diabetes



## BLACK PEPPER

Beneficial in the management of Diabetes



## FENUGREEK SEEDS

Used to manage hypertriglyceridemia in diabetic conditions



## CORIANDER

Known for its anti-hyperglycaemic activity properties



## HING

Helps in managing blood sugar levels when used in the right proportion along with other herbs



## CUMIN

helps stimulate insulin production in the body which can help keep blood sugar levels in check



## TEJPATA

Possess antioxidant properties hence helps regulate blood glucose levels

# LIFESTYLE RECOMMENDATIONS FOR DIABETES



Follow a regular sleep schedule & create a conducive sleep environment for sleeping. This can positively impact blood sugar control.



Engage in regular exercises, such as walking or yoga, to promote flexibility, improve blood circulation, and help control blood sugar levels.



Stress has a significant impact on blood sugar levels. Therefore, practice stress management techniques like meditation, Pranayama, yoga, etc.



Follow a structured daily routine or Dinacharya to promote balance & harmony in the body. Include practices like waking up early, tongue scraping, oil pulling & nasal cleansing (Nasya).




# AYURVEDIC THERAPIES FOR DIABETES



## PANCHAKARMA

is a comprehensive detoxification & rejuvenation therapy that involves 5 Ayurvedic procedures

### BENEFITS -





-  Purifying The Body
-  Improving Metabolism
-  Restoring Balance



## ABHYANGA

is a traditional Ayurvedic oil massage that involves the application of warm medicated oils to the body.

### BENEFITS -

-  Improve Circulation
-  Relieve Muscle Tension
-  Promote Relaxation
-  Overall Well-Being



## SWEDNA

refers to the traditional therapeutic application of steam or herbal steam baths.

### BENEFITS -

-  Detoxification
-  Promotes Sweating
-  Improves Blood Circulation
-  Reduces Excess Kapha & Meda (fat)

# YOGA FOR DIABETES

Some of the best Yoga Asanas for diabetes include



**Utthita Trikonasana**  
*(Extended Triangle Pose)*



**Parivrtta Trikonasana**  
*(Revolved Triangle Pose)*



**Prasarita Padottanasana**  
*(Wide-Legged Forward Bend)*



**Ardha Ustrasana**  
*(Half Camel Pose)*



**Dhanurasana**  
*(Bow Pose)*



**Ardha Matsyendrasana**  
*(Half Lord of the Fishes Pose)*



**Bhujangasana**  
*(Cobra Pose)*



**Viparita Karani**  
*(Legs-up-the-Wall Pose)*



**Paschimottanasana**  
*(Seated Forward Bend)*



**Pawanamuktasana**  
*(Wind-Relieving Pose)*

Practising **Pranayama** like these are highly beneficial -



**Nadishodhana**  
*(Alternate Nostril Breathing)*



**Bhramari Pranayama**  
*(Bee Breath)*

Some of the best **Kriyas** for diabetes include



**Agnisara Kriya**  
*(Fire Activating Technique)*



**Kapalabhati Kriya**  
*(Skull Shining Breath)*



# LIVAYUR

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