

DIABETES

Diabetes is a chronic metabolic disorder characterized by high levels of sugar (glucose) in the blood. It occurs when the body either does not produce enough insulin or cannot effectively use the insulin it produces. If not properly managed, diabetes can affect many organs including the heart, kidneys, eyes, and nerves. Early diagnosis, proper treatment, and healthy lifestyle habits are important to maintain normal blood sugar levels and prevent complications.

Ayurveda and Diabetes (Madhumeha)

In Ayurveda, diabetes is described as “Madhumeha”, which is a type of Prameha disorder. It occurs due to imbalance of Kapha, Pitta, and Vata doshas, improper diet, sedentary lifestyle, and metabolic disturbances.

Ayurvedic treatment focuses on controlling blood sugar levels, improving metabolism, and strengthening body tissues through natural therapies.

Causes of Diabetes

- Excessive intake of sugary and processed foods
- Sedentary lifestyle and lack of exercise
- Obesity and unhealthy diet
- Genetic factors
- Mental stress and irregular lifestyle

Types of Diabetes

Type 1 Diabetes

Occurs when the body produces little or no insulin.

Type 2 Diabetes

The most common type, where the body cannot properly use insulin.

Gestational Diabetes

Occurs during pregnancy due to hormonal changes.

Ayurvedic Care | Natural Healing | Personalized Treatment

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Ayurvedic Management of Diabetes

Ayurveda focuses on a holistic approach to control diabetes and prevent complications.

Lifestyle Recommendations

- Regular physical activity
- Stress management
- Weight control
- Proper sleep routine

Diabetes and Diet

Diet plays a very important role in managing diabetes.

Recommended Foods

- Whole grains (millets, oats, brown rice)
- Green leafy vegetables
- Bitter vegetables like karela and methi
- High-fiber foods
- Fresh fruits in moderate quantity

Foods to Avoid

- Sugary foods and sweets
- Refined flour (maida) products
- Soft drinks and processed foods
- Excess fried foods
- High carbohydrate snacks

Maintaining a balanced diet, regular exercise, and proper medical guidance can help individuals manage diabetes effectively and lead a healthy life.

Visit Us

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