



Prevention of Diabetes

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Abstract :

Diabetes is the capital of all disease. Its leads medical condition characterized by high level of sugar (glucose) in the blood. It is a serious condition that can cause various health complication, including never damage, kidney disease, heart disease and blindness, among others. The treatment and prevention of diabetes is depends on the condition of patients and type of diabetes. This paper focuses on the disease of diabetes and prevention steps to be taken to healthy life.

Key words : Diabetes, Yoga, Prevention, lifestyle, Exercise, Healthy Food.

Introduction:

India leads he second highest position in the world to 77 million diabetes. The 116 million diabetic patient in china leads with top position in the world. One in six people with diabetes in the world is from the India. The India is occupied the number in the top 10 countries in the world for people with diabetes. Diabetes is a chronic disease, that occurs due to deficiency in insulin secretion at pancreas or when the body cannot effectively use the insulin its produces. This condition is known as diabetes. Insulin is a hormone that regulates blood sugar. The normal blood sugar range is before meal 90-110 and after meal 120-160 mg per 100ml. The blood sugar can differ depending on your age. Diabetes is a failure of the body's energy regulating system and it effects every part of the body. It's leads to causes of kidney failure, heart attacks and strokes and damage the nerves and blood vessels. A key part of diabetes prevention is self-management.

Objective :

The main objective of illness studies of diabetes and awaring the citizen about complications and prevention methods of diabetes in Iadia and abroad also.

Methods:

A. Sources of the Date:

Following are the sources of data.

1. Books
2. Journals

3. Conference Proceedings
4. Websites.

B. Collection of Data:

The different books, journals and conference proceeding are available in college library and personal library which also assisted the author in the collection of data. The author also collection of data at various websites through internet connection.

C. Tools used:

Computer and Android Mobile phone.

Types of Diabetes:

Type 1 Diabetes (IDDM/Juvenile Diabetes)

Insulin Dependent Diabetes melitus (IDDM) is also known as type 1 diabetes or juvenile diabetes. Its typically appears in adolescence which usually starts before 15 years of age. Type 1 diabetes is a choronic condition in which the pancreas produces little or no insulin. This type of diabetes can occur in adults also.

Type 2 Diabetes (NIDDM/AODM/MODY)

Non-insulin Dependent Diabetes Mellitus (NIDDM/ Adult-Onset Diabetes Mellitus (AODM/ Maturity Onset Diabetes of the Yong (MODY) is also known as type 2 diabetes. Its starts usually before the age of 25 years. This type of diabetes stops the body from using insulin properly, which can lead to high levels of blood sugar. The causes of type 2 diabetes can seriously damage the whole-body system, especially nerves and blood vessels.

Contribution factors of Diabetes:

- Heredity
- Over weight (obesity)
- Irregular diet patterns
- Emotional stress
- Improper section of hormones
- Pregnancy induced gestational diabetes.

Symptoms of Diabetes:

Symptoms of type 1 diabetes may occur suddenly. In type 2 diabetes, the symptoms can be mild and may take many years to be noticed. Symptoms of diabetes include.

- Polyuria – increased frequency if urination
- Polydipsia – increased thirst
- Polyphegia – increased hunger.
- Feeling tired all the time
- Blurred Vision
- Slow- healing sores.

- Irritability
- Fluctuation in weight due to increased hunger or metabolic reasons.
- More prone to infections.
- Poor wound healing
- Stomach pain

Natural prevention of Diabetes.:

Diabetes is a disease that result in too much sugar in the blood. (high blood glucose) Diabetes is a long-lasting health condition which your body doesn't make enough insulin or can't use it as well as it should. Diabetes isn't cure yet, but losing weight, eating health food and regular active exercise being can really helpful for prevention the diabetes in natural way. The understanding blood glucose level range can be a key part of diabetes self-management or natural prevention. There are many natural preventions that you can take to reduce the risk of diabetes. Guidelines for preventing or lowering our risk of developing type 2 diabetes are:

1. Weight control:

Life expectancy diminishes with excess weight, Excess weight is the single most important Cause of type 2 diabetes. Life insurance statistics bear out the fact that on extra inch at the waistline is a year less of the lifeline. Losing 7-10% of your current weight can cut your chances of developing type 2 diabetes in half. The body weight can control and reduces to choose the right food on a regular basis and regular exercise. Exercises decreases insulin requirements of a diabetic. By avoiding sugar intake and with regular Brik walk and consumption of not more than 1500 calories a day, many diabetics can effectively control blood sugar levels within the safer limits.

2. Eat healthy foods:

Eat more natural fiber –rich food, low in fats and proteins. Fiber –rich foods promote weight loss and lower the risk of diabetes. Eat a variety of healthy fiber rich foods, which include: fruits, such as tomatoes and fruit from trees, whole grain products, potatoes, pulses , salads, sprout and vegetables, on rising in the morning, take one teaspoonful of broken fenugreek grnules (Methi dana) with water, not in powder form. Avoid refined and processed food. You can help yourself to be fit and not fat by: avoiding animal fats, cream milk, hard cheese, blended oils/ ghee, butter/ frying food, roasting and stuffing and cream products. Sauces of good fats include : vegetable fats, dry or fresh skimmed milk, cottage cheese, vegetable oils like sunflower , nuts and seeds, alomnds, peanuts, flaxeed, pumpkin seeds and fally fish such as salmon , mackerel, sardines tuna and cod.

3. Stress manages at with Yoga:

A certain amount of stress is desirable to give the required stimulation and motivation. Too much stress however, affects our wellbeing and health as enumerated above. It also affects our everyday performance and every day performance and out ward social behavior adversely. Diabetes is the long-term complications that can arise when blood sugar is consistently high. Stress is an automatic physical reaction to danger, demand or threat stress can make it harder for people with diabetes to regulate their blood sugar. When stress occurs, muscles tighten, blood pressure raises, the heart speeds up, and extra adrenalin hormones rushes through the body that cause the person's blood sugar levels to raise. Adrenaline (epinephrine) is a hormone our adrenal glands make to help you prepare for stressful or dangerous situation. Yoga is considered be a promising, cost – effective option in the treatment and prevention of diabetes, with data from several studies suggesting that yoga and other mind body therapies can reduce stress related hyperglycemia and have a

positive effect on blood glucose control. Stress can lead to type 2 diabetes. Regular practicing yoga help with diabetes management. Hatha yoga is beneficial to people with type 2 diabetes because it can experience lower blood sugar levels and improved insulin resistance. Includes other types of yoga that is kundalini and Bikram which could be beneficial for people with diabetes.

4. Change of lifestyle:

Adopting a healthy lifestyle can help you manage your diabetes. In recent years we find that many people are just after money and luxurious life style. They do not have any time to think about their health and fitness. Now days what we eat is also totally different from what we were eating in past. We want modernization everywhere right from the kitchen to the office. And also, we don't have enough time to sleep as now a days most of the companies are working in shift basis. May be an individual can cope up with these things till this in thirties, But when he reaches 40, he is likely to have psycho somatic disorders like diabetes, because of lack of physical fitness, faulty food habits and sleeping habits, etc. This problem could be solved only by changing the life style by participation in physical / recreational activities and participating in healthy social gathering. A physically active lifestyle is important to prevent diabetes as well as to treat it. It helps to utilise sugar, reduce blood levels of sugar and consequently reduce the need for hypoglycemic drugs or insulin. Such a life style prevents / course ability and improves insulin sensitivity. Do not miss and opportunity of physical activity, e.g., use stairs instead of going up by list, use cycle in steal of car or motor cycle, have an exercise schedule and follow it regularly. All children and adults should gradually build 30 minutes of physical activists of moderate intensity on most preferably all days to the week. Do not take sugar in any form. Restrict the consumption of fats, particularly animal fats, using vegetable oils as cooking medium. Fish and chicken are preferable to red meat, but do not take them in excess your diet should be mainly vegetarian. Take low fat milk a part from all these, Yoga and meditation plays a vital role in solving the problems created by modern life style.

5. Physical Activity daily life:

Include physical activity and exercise in your daily routine at least 30 minutes physical activity a day on most days of the week can significantly low your risk of developing diabetes. Exercise is employment of muscles cause movement. The physical activity can play a vital role to weight management. Regular 30 minutes of exercise is losing 5% to 10% of your body weight, which decrease your risk of diabetes. Walking is the simplest and most natural of all activities. All physical activity is therefore exercise Jogging , games like tennis and football are of course exercise as commonly understood. The simplest and logical thing to do is to build physical activity into your life routine, just as a housewife does by cleaning the rooms, making the beds, washing the clothes etc. Always use the bicycles or foot for short journey. Go to the upper floors by the stairs instead of using the lift. Go to your place of work on foot or bicycle, because cycling provides pleasure and is an excellent exercise. It is economical and environmentally sustainable, and is a friendly means of transport for short journey.

- Yoga:

Yoga is a series of mental physical and spiritual disciplines that originated in ancient India over 5000 years ago. Yoga in itself is a science of health management than method of treatment. Yoga is considered to be a promising, cost effective option in the treatment and prevention of diabetes. When yoga is combined with certain heling and therapeutic modalities. The data from several studies. Suggesting that yoga and other mind body therapies cane reduce stress-related hyperglycemic and have a positive effect on blood glucose control. It does this by removing tension, calming the mind and improving vitality. Yoga generally enhances our lives on all levels, which can also treat or prevent the diabetes or in the case of type 2 diabetes. Hatha yoga is very beneficial for prevent the diabetes. There are several forms of yoga, but

following hatha yoga asanas that will help with prevention of diabetes or type 2 diabetes they are Surya Namaskar, Dhanurasana, Paschimottanasa, Viparita Kani, Shavasana, Bhujangasana, Mandukasana, Ardha Matsyendrasana, Hatasana, Sarvangasana, Setu Bandhan Asana, Pawanmuktasana, Purvottanasana and Adomukhi svanasana etc.

- **Pranayam :**

Pranayam is the process of control of the life force through the act of breathing. The ancient practices like pranayama can help in the prevention and management of diabetes. Pranayam is a Sanskrit word. Prana is the force, Oxygen and breath. Ayam means to lengthen, to spread, to control and retain. Thus, pranayama means lengthening controlling and retaining of the “life force”. Breathe in, breath out and control breathing, these three processes together are known as Pranayama. Breathing exercise can be effective in the reduction of body mass index , weight and waist hip reatio. Sixty days of pranayama and yoga has shown to effectively reduce weight and body mass index. Pranayama practices fill the lungs with fresh oxygen, which enhances oxidation and assistes in burning fats, thereby controlling diabetes.

Anulom – Vilom, Nudi shodhana pranayama and Kapalshati is the useful and beneficial pranayama for controlling diabetes.

- **Yoga Kriya:**

Today is one of the major health problems in many countries including India is type 2 diabetes. Yogic practices help in maintaining good health by improving the resistance to diseases. Yoga is being explored as an alternative therapy for management of diabetes. Kunjal kriya is a yogic cleansing technique which involves voluntarily including vomiting after drinking saline water (5%) on empty stomach. Kunjal Kriya can help to prevention of diabetes related completions.

- **Meditation:**

Meditation ensures inner peace and harmony. Its marring an inner journey. Meditation is one of the best stress busters, which helps to minimizing the diabetic patients. Meditation reducing blood sugar level and decreasing the risk of cardiovascular disease. A 10 -15-minute meditation helps in reducing your stress and keeps your blood sugar level in check. Research at University of southern California have reviewed data from 28 randomized controlled trials and found that meditation and yoga are as effective at lowering blood sugar levels as diabetes medication. The Indian technique of meditation is becoming increasingly popular both at home and abroad. It is practiced in many ways such as mindfulness meditation and Transcendental Meditation. The technique is bes-learnt in a meditation center, many of them are now functioning in India and abroad is transcendental meditation. Transcendental meditation involves the reputation of a sound cold a mantra to help focus your attention and clear your mind. The principle is to use a mental device which may be a ‘mantra’, a single word or a visual symbol or relax the mind. Transcendental meditation mantra is the sound ‘Om’. Every day 15 to 20 minutes practice of transcendental meditation can helpful for diabetes prevention and medication.

- **Medication:**

Diabetes is a disease that causes to high levels of blood glucose (Sugar) in the body. Treatment may vary depending on your diagnosis, health and other factor. Doctor prescribes different medication to treat type 1 and type 2 diabetes. The different types of treatment or medication is available for diabetic patient, like allopath homoeopathy and ayurvedic also. But it’s still important the natural prevention to manage your height with balance diet and regular exercise and to keep your blood sugar level steady as best you can.

Conclusion:

Diabetes is a serious chronic disease that affects millions of people worldwide. In the year of 2021 over 400 million people were affected by diabetes. In India 77 million adults are living with diabetes. According to researchers, the number is expected to increase to 134 million by 2045. Diabetes can create various health complications and should be treated promptly to prevent long-term damage to the body. Individuals can take various prevention steps to manage the condition effectively and lead a healthy life.

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