

NATURE CURE FOR DIABETES

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According to nature therapy, diabetes is the result of problem in the digestive system, which can be overcome easily and within a short duration with regular practice of Yog, change in life style, daily routine and diet control.

Generally, people engaged in sedentary work suffer from this disease. The insulin produced from pancreas reduces both in quality and quantity, and results in high sugar level and excess glucose flows out through urine.

What are the reasons?

- ⊙ Excess of mental work and less physical work.
- ⊙ Unhealthy life style and irregular eating habits.
- ⊙ Consumption of heavy, oil and sweet food.
- ⊙ Diabetes is considered to be a hereditary disease as it passes on from parents to children.
- ⊙ Unnatural change in the life style.

Symptoms of diabetes

- ⊙ Itching in the body, slow healing of wounds, sugar passing out from urine, thick and sticky urine, frequent urination, excessive hunger and thirst, dryness of skin, poor eyesight, weariness and fatigue are some of the common symptoms of diabetes. These should not be neglected in any way.

Other ailments caused due to diabetes

Nervous disorder, impotency, kidney and liver problem, low sexual power, poor eyesight, etc. can be caused due to diabetes. These should be treated.

Cure of diabetes

- ⊙ The patient should be given proper rest and should take controlled diet. These should be kept in mind at the time of treating diabetes. He should be stress free. The digestive system should function normally and the diseases caused due to diabetes should also be controlled.

Yogic cure

- ⊙ Practice of Kunjal kriya, Naouli, shankh prakshalan is beneficial in this case.
- ⊙ Uddiyan bandh cures digestion related problems.
- ⊙ Practice of Kati Chakrasana, Ardhamatysendrasana, Vajrasana, Bhujangasana, Paschimottasana, Shalabhasana, Dhanurasana, Mandookasana and padahastasana are very beneficial.
- ⊙ Practice Bhastrika, Ujjayi, Nadi shodhan and Brahmari pranayam are very beneficial in case of diabetes.
- ⊙ The patient should practice all the steps of Surya Namaskar for benefit.

Nature cure

- ⊙ Tie wet mud bandage on the stomach.
- ⊙ Hot-cold fomentation on stomach is beneficial.
- ⊙ Enema
- ⊙ Cold hipbath, hot-cold hipbath.
- ⊙ Wrap the spine and take spinal bath.
- ⊙ Body massage twice a week.
- ⊙ Sunbath is beneficial along with drinking solar water half an hour before meals twice daily. (Fill a glass bottle with water and keep

it under the sunlight for eight hours to prepare this water).

- ⊙ Morning walks are ideal, the body should get drenched with perspiration.

Diet control

- ⊙ Proper diet control is necessary depending upon the age, work and condition of the patient.
- ⊙ A person of normal weight who does not do any physical work should take 2000 calories; person involved in medium physical work should take 2500 calories and in case of excessive physical work the calorie intake should be 3000 calories.
- ⊙ The diabetics with low weight need more calories compared to other patients.
- ⊙ Overweight people should eat less than 2000 calories to prevent fat.
- ⊙ The best way to fix the calorie intake is to get the urine tested.
- ⊙ Diabetics can eat curd and maintain their physical strength.
- ⊙ Take one to two ounces bitter gourd juice in the morning to control diabetes.
- ⊙ Take fat free milk (250-400 ml) or buttermilk or sprouted gram, Moong, take 30 mg fenugreek seeds or 50 gm fresh myrobalan juice.
- ⊙ Eat chapattis made with wheat and gram, 250 gm green vegetable, 25 to 50 gm salad, 25 gm lentil (kidney beans), 150 gm curd or diluted curd.
- ⊙ Take 30 gm roasted gram in the evening along with glassful vegetable soup or diluted curd.
- ⊙ Avoid curd at night.

Important tips for diabetics

- ⊙ Mix soybean, fenugreek and gram flour in wheat flour and eat chapattis made out of this flour. Mix the flours in the following proportions: Wheat flour-7.5 kg, Gram flour-1.5 kg, Soybean flour-0.9 kg, Fenugreek- 0.1 kg
- ⊙ Avoid all types of sweets and sweet food, clarified butter, refined flour and food made with it, processed food, smoking, gutka, alcohol is completely prohibited.
- ⊙ Bitter gourd, wood apple, black plum, neem leaves are beneficial in controlling diabetes.
- ⊙ Green leafy vegetables, chulai, bathua, coriander, mint leaves, cabbage, cucumber, gourd, wood apple leaves, coconut, radish, tomato, lemon, carrot, ginger, onion, butter milk, soaked almond are also beneficial.
- ⊙ Avoid intake of starch, rice and excessive mental work and indigestion. Do not sleep during daytime, drink water in gulps.
- ⊙ Barley is also beneficial for diabetes patients. Mix barley flour and gram flour in 5:1 ration and eat regularly for eight to ten days. The glucose does not pass out through urine.
- ⊙ Roast barley and make a fine powder, make chapatti and eat it for relief.
- ⊙ A diabetes patient should walk and jog regularly to control sugar level naturally. Brisk walk is beneficial if the person cannot run due to some reasons.
- ⊙ Practice Agnisar, dhouti, Bhastrika pranayam, uddiyan bandh along with Paschimottasana to strengthen the lungs and other pranayam for permanent relief.

Home remedies

- ⊙ Grind six-gram fenugreek seeds

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- coarsely and soak in 250 gm water. Crush it nicely in the morning and sieve it with cloth and drink it follow this remedy for two months regularly in order to overcome diabetes completely.
- ⊙ Mix spoonful aniseed and two spoonfuls fenugreek seeds and soak in a ceramic bowl in 200 ml water. Sieve with cloth in the morning. Those who suffer from excess heat due to fenugreek and ulcer patients should take fenugreek with aniseeds.
- ⊙ Chop four leaves of black plum and grind. Sieve the juice in eight-gram water and drink regularly for ten days. Take it every two months for ten days. This juice is very beneficial in case of sugar passing out through urine.
- ⊙ Chew four leaves of black plum twice daily in the beginning stage of diabetes to give relief from the third day itself.
- ⊙ Put 60 gm ripe black plums and put in 300 gm of hot boiling water. Cover the vessel with lid. Crush them nicely after 30 minutes and divide into three portions. Take one portion three to four times during the day to reduce sugar level.
- ⊙ Dry the black plum seeds in shade and prepare a powder. Take three

gram twice daily with fresh water to overcome diabetes. Continue this medicine for 21 days regularly.

Dr. Sarita Hill Golden and her associates conducted a detailed study on the thickening and stiffening of arteries. This study was conducted on 6814 men and women in the age group of 45 to 84 years. These people were tested for atherosclerosis and type II diabetes thrice in three years and symptoms of depression. Besides the data related to their weight, blood pressure, diet and exercise pattern along with smoking habits were collected.

After the detailed study, Dr. Golden and her team reached to the conclusion that those who showed symptoms of depression in the beginning had shown 42 percent downfall in diabetes level after three years. Overweight people and those who did not exercise and smokers were detected with 34 percent more diabetes. Not only that, those who were taking medicines for curing diabetes in the beginning, had shown a downfall of 54 percent in depression.

According to the researchers, the patients get habituated to such things due to depression that the symptoms of diabetes become serious. For example, overeating, not doing exercise, smoking etc. the blood pressure becomes irregular due to this problem. The researchers advised the treatment of diabetes and depression together. Diet control, regulated daily routine and Yog can help in controlling this problem.

Risk of diabetes due to depression

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