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Adyanta Ayurveda



Ayurvedic Treatment for Diabetes | Ayurveda for Diabetes

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Ayurvedic Treatment for Diabetes: Diabetes has become a global health concern, affecting millions of people worldwide. **According to WHO** (<https://www.who.int/india/health-topics/mobile-technology-for-preventing-ncds>) **in India in 2024**, there are **77 million** people above the age of 18 are suffering from Diabetes (type-2). And **25 million** from prediabetes. **Diabetes is a metabolic disease**, that **causes high blood sugar**. In this condition, the pancreas won't be able to produce insulin. Diabetes is a chronic condition that occurs when the **body fails to regulate blood sugar levels effectively**.

While modern medicine offers various treatment options, ayurveda for diabetes, the ancient Indian system of medicine, provides a holistic approach to managing diabetes it also includes ayurvedic medicine for diabetes.

Many people have turned to alternative medical practices like Ayurveda in their search for efficient therapies because they believe it offers a comprehensive strategy for managing and possibly even curing diabetes. For individuals searching for the best Ayurvedic treatment for diabetes, Adyant Ayurveda, the best Ayurvedic hospital, offers a promising road to providing the best care.

When you follow a **proper diet**, a **regular lifestyle**, and a **peaceful mind**, it **strengthens your digestive system** and **helps to control your blood sugar level**. Ayurveda for Diabetes involves Panchakarma treatments, Diet, and Internal medication to get perfect results. In this blog, we also include the best ayurvedic medicine for diabetes which you can use to cure diabetes.

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Ayurvedic Treatment for Diabetes: Understanding Diabetes

Before searching for the ayurvedic treatment for diabetes let's understand the diabetes. In Ayurveda, diabetes is described as “**Prameha**,” an imbalance in the body's energies (doshas) **caused by unhealthy lifestyle choices, stress, and a poor diet**. It is categorized into “**Type 1**” (due to immune-related factors) and “**Type 2**” (caused by insulin resistance). The ancient healing system views diabetes as a condition affecting the entire body, not just the pancreas.

Ayurvedic treatment for diabetes aims to restore harmony within the doshas, using personalized diet plans, lifestyle modifications, and herbal remedies. By addressing the root causes and promoting overall well-being, Ayurveda for Diabetes offers a holistic approach to managing diabetes and improving the quality of life.

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Why Choose Adyant Ayurveda for the Best Ayurvedic Treatment for Diabetes?

In the bustling city of Bangalore, Adyant Ayurveda shines as a beacon of hope for individuals battling diabetes. With over **24 years of experience** and a team of esteemed practitioners across **four locations in Bangalore** i.e **Jayanagar, Rajrajeshwari Nagar, Kalyan Nagar, and Indiranagar**—Adyant Ayurveda stands at the forefront of Ayurvedic diabetes management. Let's delve into the profiles of the renowned **best ayurvedic doctor in Bangalore** (<https://adyantayurveda.com/ayurvedic-doctor/>) spearheading the fight against diabetes:

Dr. Shri Lakshmi (Adyant Ayurveda, Jayanagar):

Dr. Shri Lakshmi, a distinguished Ayurvedic healer at **Adyant Ayurveda's Jayanagar branch** (<https://adyantayurveda.com/gallery/best-ayurvedic-clinic-in-jayanagar/>), brings a wealth of expertise in diabetes management. With a compassionate approach and profound knowledge of Ayurvedic principles, Dr. Shri Lakshmi devises personalized Ayurvedic treatment for diabetes plans to address the root causes of diabetes and promote holistic well-being.

Dr. Preeti J (Adyant Ayurveda, Rajrajeshwari Nagar):

At **Adyant Ayurveda's Rajrajeshwari Nagar** (<https://adyantayurveda.com/gallery/best-ayurvedic-clinic-in-rajrajeshwari-nagar/>) facility, **Dr. Preeti J** stands as a beacon of hope for those grappling with diabetes. With her extensive experience and dedication to patient care, Dr. Preeti J offers comprehensive Ayurvedic solutions tailored to each individual's unique needs, aiming to restore balance and vitality to the body.

Dr. Vidya (Adyant Ayurveda, Kalyan Nagar):

Dr. Vidya, stationed at **Adyant Ayurveda's Kalyan Nagar branch** (<https://adyantayurveda.com/best-ayurvedic-clinic-in-kalyan-nagar-2/>), is revered for her expertise in diabetes management through Ayurveda. Armed with a deep understanding of Ayurvedic principles and therapies, Dr. Vidya empowers her patients to take control of their health and overcome diabetes naturally, fostering a path toward lasting wellness.

Dr. Sujatha Shrikant (Adyant Ayurveda, Indiranagar Branch):

Dr. Sujatha Shrikant, a prominent figure in the field of Ayurveda, leads the charge against diabetes at **Adyant Ayurveda's Indiranagar branch** (<https://adyantayurveda.com/gallery/best-ayurvedic-clinic-in-indiranagar/>). With

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decades of experience and a commitment to holistic healing, Dr. Sujatha employs a blend of traditional Ayurvedic wisdom and modern insights to offer effective solutions for diabetes management.

Why Adyant Ayurveda is the Best Ayurveda Clinic (<https://adyantayurveda.com/best-ayurveda-clinic-in-bangalore/>) for Diabetes in Bangalore, Karnataka, India?

Decades of Experience: With over **24 years of experience**, Adyant Ayurveda has honed its expertise in diabetes management, garnering trust and confidence among patients seeking natural solutions.

Expert Practitioners: Adyant Ayurveda boasts a team of highly skilled Ayurvedic doctors, including **Dr. Shri Lakshmi**, **Dr. Preeti J**, **Dr. Vidya**, and **Dr. Sujatha Shrikant**, who are renowned for their proficiency in diabetes care.

Holistic Approach: The clinic adopts a holistic approach to diabetes management, addressing the root causes of the condition through personalized treatment plans encompassing **herbal remedies**, **dietary modifications**, **lifestyle changes**, and **therapeutic interventions**.

Patient-Centric Care: Adyant Ayurveda prioritizes patient well-being, providing compassionate care and individualized attention to each individual seeking Ayurvedic treatment for diabetes.

Proven Success: The clinic's track record of success stories speaks volumes about the efficacy of its treatments, instilling confidence in patients and reaffirming its position as a leader in Ayurvedic diabetes management.

Diabetic Complications

Diabetes is a chronic condition that, if not managed properly, can lead to various complications affecting different parts of the body. Before Ayurvedic treatment for diabetes here are some common diabetic complications you should know:

1. Cardiovascular complications:

- **Coronary artery disease (CAD):** High blood sugar levels can damage the arteries, increasing the risk of heart attack and stroke.
- **Peripheral arterial disease (PAD):** Narrowing of arteries supplying blood to the legs, leading to pain, numbness, and difficulty walking.

2. Nerve damage (neuropathy):

- **Peripheral neuropathy:** Damage to nerves in the arms, legs, and feet, causing numbness, tingling, and loss of sensation.
- **Autonomic neuropathy:** Damage to nerves that control involuntary body functions like digestion, bladder control, and heart rate.

3. Kidney disease (nephropathy): High blood sugar levels can damage the tiny filters in the kidneys, leading to kidney dysfunction and, in severe cases, kidney failure requiring dialysis or transplantation.

4. Eye complications:

- **Diabetic retinopathy:** Damage to the blood vessels in the retina, potentially leading to vision loss or blindness.
- **Cataracts:** Clouding of the eye's lens, causing blurred vision.
- **Glaucoma:** Increased pressure in the eye, which can damage the optic nerve.

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5. Skin complications:

- Bacterial and fungal infections, including slow-healing wounds and sores.
- Necrobiosis lipoidica diabetorum: A skin condition causing reddish, raised patches.

6. Foot complications: Peripheral neuropathy, combined with poor circulation, can lead to foot ulcers, infections, and in severe cases, amputation.

7. Hearing loss: Diabetes can potentially cause hearing impairment due to damage to the blood vessels and nerves in the inner ear.

8. Alzheimer's disease: There is an increased risk of developing Alzheimer's disease and other forms of dementia in people with diabetes.

Effective management of blood sugar levels, regular monitoring, and adopting a healthy lifestyle can help prevent or delay the onset of these complications. Early detection and prompt treatment of any complications are crucial for managing diabetes and maintaining overall well-being.

Types of Diabetes

There are mainly three types of Diabetes, before the ayurvedic treatment for diabetes let's understand the main four types of diabetes: **type 1**, **type 2**, **gestational diabetes**, and **Pre-diabetes**.

Type 1 Diabetes

This type of diabetes is an **autoimmune condition** in which the immune system unintentionally targets and kills the pancreatic cells that make insulin. **Insulin shots are essential for type 1 diabetics to stay alive.** When a person is younger and in need of an external insulin injection to survive, this form frequently manifests.

Type 2 Diabetes

With **90%** of cases being this kind, it is the most prevalent type of diabetes. When the body stops producing enough insulin or develops insulin resistance, it happens. **Obesity**, a **poor diet**, and a **lack of physical activity** are **all lifestyle variables** that are frequently connected to **type 2 diabetes**. It is more common in adults, and obesity, unhealthy eating habits, and sedentary lifestyles are all closely associated with it.

Gestational Diabetes

Pregnancy-related cases of this kind of diabetes typically go away after giving birth. However, type 2 diabetes in later life is more likely to **strike women** who have experienced gestational diabetes. **Hormonal changes** and **genetic factors** are thought to play a role in gestational diabetes, while the exact causes are still unclear. It can also be treated with ayurvedic treatment for Diabetes.

Pre-diabetes

Blood sugar levels are higher than normal in pre-diabetes, but not yet high enough to be classified as type 2 diabetes. Your risk of type 2 diabetes, heart disease, and stroke are all increased by pre-diabetes.

Ayurvedic Treatment for Diabetes: Causes of Diabetes

According to Ayurveda, Excessive sleep, sleeping in the daytime, being physically inactive, excessive intake of sweets, and curds, a diet that aggravates Kapha, etc. There are different causes of diabetes recognized by modern medicine and Ayurveda can treat with Ayurvedic treatment for diabetes:

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- **Type 1 Diabetes:** Type 1 diabetes, also known as insulin-dependent diabetes mellitus (IDDM), is caused by an autoimmune reaction in which the body's immune system attacks and destroys the beta cells in the pancreas that produce insulin. The exact cause of this autoimmune reaction is not known, but it is thought to be a combination of genetic and environmental factors.
- **Type 2 Diabetes:** Type 2 diabetes, also known as non-insulin dependent diabetes mellitus (NIDDM), is caused by a combination of genetic and lifestyle factors. The pancreas still produces insulin, but the body is unable to use it effectively (insulin resistance), leading to high blood sugar levels. Risk factors for type 2 diabetes include obesity, physical inactivity, unhealthy diet, family history of diabetes, and age.

In Ayurveda, both types of diabetes are believed to be caused by an imbalance of the **three doshas – Vata, Pitta, and Kapha** – leading to impaired pancreatic function and inadequate insulin production. The imbalance of the doshas is caused by a combination of genetic and lifestyle factors, such as an unhealthy diet, a sedentary lifestyle, stress, and environmental toxins.

Causes of Gestational Diabetes

Gestational diabetes is a type of diabetes that develops during pregnancy and usually goes away after delivery. The exact cause of gestational diabetes is not fully understood, but it is believed to be caused by a combination of hormonal, genetic, and lifestyle factors.

During pregnancy, the placenta produces hormones that help the baby develop but also block the action of insulin in the mother's body. This is called insulin resistance, and it allows more glucose to build up in the blood. In most women, the pancreas is able to produce enough insulin to overcome insulin resistance, but in some cases, it cannot, leading to high blood sugar levels and gestational diabetes.

Some of the factors that increase the risk of gestational diabetes include:

- Being overweight or obese
- Family history of diabetes
- Previous history of gestational diabetes or prediabetes
- Age over 25 years
- Polycystic ovary syndrome (PCOS)
- Having a large baby in a previous pregnancy
- Having high blood pressure or high cholesterol

The good news is that gestational diabetes can be managed with an ayurvedic treatment for Diabetes, a healthy diet, regular exercise, and sometimes medication.

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Ayurvedic Treatment for Diabetes: Symptoms of Diabetes

If you want the best Ayurvedic treatment for diabetes then before that you have to understand its symptoms. Let's understand the symptoms of **Type-1** and **Type-2** Diabetes symptoms which are listed below:

Type 1 Diabetes Symptoms

- Frequent Urination (Polyuria)
- Excessive Thirst (Polydipsia)
- Unexplained Weight Loss
- Fatigue
- Blurred Vision

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- Extreme Hunger
- Ketones in Urine

Type 2 Diabetes Symptoms

- Frequent Urination (Polyuria)
- Excessive Thirst (Polydipsia)
- Unexplained Weight Loss or Weight Gain
- Fatigue
- Blurred Vision
- Slow-Healing Wounds
- Frequent Infections

Understanding Diabetes in Ayurveda

Ayurvedic treatment for diabetes views diabetes as a metabolic disorder caused by an imbalance in the body's **doshas** – **Vata**, **Pitta**, and **Kapha**. According to Ayurveda, there are four subtypes of diabetes known as Prameha, each associated with a specific dosha.

Vataja Prameha: Increased urination, a dry mouth, and weight loss are the hallmarks of this form of diabetes, according to Vataja Prameha. An imbalance in the Vata dosha is the root of it.

Pittaja Prameha: An imbalance in the Pitta dosha, which results in symptoms like increased thirst, a burning feeling, and inflammation, causes this form of diabetes.

Kaphaja Prameha: This form of diabetes is brought on by an imbalance in the Kapha dosha and is characterized by symptoms including increased mucus production, weight gain, and lethargy.

Sannipataja Prameha: This type of diabetes is caused by an imbalance in all three doshas and shows symptoms of Vataja, Pittaja, and Kaphaja Prameha.

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Best Ayurvedic Medicine for Diabetes

Ayurvedic treatment for diabetes can also be treated with the Ayurvedic medicine for diabetes. These medicines are listed below:

- **Bitter Melon:** Bitter melon is well-known for its anti-diabetic properties. It aids in lowering blood sugar levels, increasing insulin sensitivity, and promoting healthy pancreas function.
- **Gymnema Sylvestre:** Gymnema Sylvestre is an Ayurvedic herb that helps regulate blood sugar. It reduces sugar cravings, stimulates insulin production, and improves the body's ability to utilize glucose efficiently.
- **Cinnamon:** Cinnamon is a versatile spice with numerous health benefits, including the capacity to control blood sugar levels. It boosts insulin sensitivity, reduces insulin resistance, and benefits diabetes control.
- **Fenugreek:** Fenugreek seeds are widely used as Ayurvedic medicine for diabetes. They include soluble fiber and chemicals that aid in the reduction of blood sugar levels, glucose tolerance, and insulin resistance.
- **Triphala:** Triphala is an Ayurvedic herbal formulation made from three fruits: **Amla**, **Bibhitaki**, and **Haritaki**. It aids in digestion, and detoxification, and helps regulate blood sugar levels.

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Panchakarma Treatment for diabetes / Ayurvedic treatment for Diabetes

The specific Panchakarma treatment for diabetes is an Ayurvedic treatment for Diabetes which can vary depending on an individual's constitution (**Prakriti**), current imbalances (**Vikriti**), and overall health status. **Here are some Panchakarma treatments** that may be considered beneficial for managing diabetes:

Vamana: This therapy involves **therapeutic vomiting** and is generally recommended for individuals with **excess Kapha dosha**. It helps to eliminate toxins from the upper respiratory and digestive tracts. Vamana can help improve digestion, reduce body weight, and balance blood sugar levels.

Virechana: In ayurvedic treatment for Diabetes; Virechana is a **purgation therapy** that primarily targets Pitta dosha and is beneficial for individuals with diabetes associated with excess heat and inflammation. It helps cleanse the liver and intestines, promoting better digestion and metabolism.

Basti: Basti, or medicated enemas, can be beneficial for balancing Vata dosha and managing diabetes. It involves the use of herbal oils and decoctions to cleanse the colon and nourish the body. Basti treatments may help regulate bowel movements and improve insulin sensitivity.

Panchakarma is a comprehensive Ayurvedic treatment that is said to help manage various health issues and improve overall well-being. It is a therapy procedure that aims to detoxify the body. Depending on the processes chosen by the Ayurvedic practitioner, the entire Panchakarma therapy takes seven to fifteen days.

The Benefits of Panchakarma for Ayurvedic Treatment for Diabetes

- Enhanced Glycemic Control:** Panchakarma helps regulate insulin secretion, improve glucose metabolism, and enhance the body's ability to utilize glucose effectively. This can lead to better glycemic control for individuals with diabetes.
 - By addressing the root cause of the disease, Panchakarma offers a comprehensive approach to diabetes management.
- Reduced Insulin Resistance:** Panchakarma therapies aid in improving the sensitivity of cells to insulin, reducing insulin resistance commonly observed in individuals with type 2 diabetes.
 - The holistic nature of Panchakarma therapy helps address both physical and emotional factors contributing to insulin resistance.
- Holistic Approach:** In ayurvedic treatment for Diabetes Panchakarma treats diabetes by considering the whole person, addressing imbalances not only on a physical level but also on emotional and spiritual levels. This comprehensive approach promotes overall well-being and can positively impact diabetes management.
- Minimized Diabetic Complications:** Panchakarma therapies target specific complications associated with diabetes, such as neuropathy, constipation, and respiratory problems. By addressing these complications, Panchakarma therapy can improve the quality of life for individuals with diabetes.

Ayurvedic Treatment for Diabetes: Lifestyle Recommendations for Diabetes Patients

Ayurvedic Treatment for diabetes also involves lifestyle recommendations. These recommendations should be followed by each and every diabetes patient. Here are some Ayurvedic lifestyle recommendations listed below:

- Follow a balanced diet:** A well-balanced diet includes fresh, nutritious foods while avoiding processed and sugary items.

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- **Practice mindful eating:** Practise mindful eating by thoroughly chewing your meal, eating slowly, and avoiding overeating.
- **Engage in regular exercise:** Include moderate physical activity in your daily routine.
- **Manage stress:** To achieve relaxation and equilibrium, use stress management practices such as meditation, deep breathing exercises, and yoga.

Ayurvedic Treatment for Diabetes: Diet for Diabetes Patients

Diet is one of the important pillars in ayurvedic treatment for Diabetes, to get a healthy life. In diabetic patients, the digestion system will be weak, and toxins build up in the body. So, one can have a fibrous food-rich diet as they are easy to digest. Reduce the intake of food that has a high glycaemic index, don't avoid it completely.

Diabetes Patients should **avoid junk foods, oily and fried food, pasta, aerated** beverages like **Coke**, and **Pepsi**, **caffeinated drinks** like **tea, coffee, dairy products**, etc. Maintain timely meals, sleep, and exercise every day. Broken wheat can be taken daily, instead of rice. Avoid meats, as they may increase inflammation. Warm water can be used for drinking purposes. Light fruits like apples, pomegranates, and berries can be taken. Ghee can be used along with meals, as it strengthens the digestive fire.

Accessible Ayurvedic Home Remedies for Diabetes Patients

Ayurvedic treatment for diabetes can be also done at home in the initial stage with some home remedies, that can assist in managing diabetes in addition to medical care. These include ingesting Amla, Fenugreek Seeds, Cinnamon-Infused Water, Bitter Gourd Juice, and Neem Leaves. These organic treatments have been shown to increase insulin sensitivity and control blood sugar.

Managing High Cholesterol with Diabetes

Diabetes is frequently associated with high cholesterol levels, which increase the risk of cardiovascular issues. **Ayurvedic treatment for diabetes** and excessive cholesterol levels herbal therapies, dietary adjustments, regular exercise, and stress management strategies are available.

Ayurvedic Treatment of Eye Problems Related to Diabetes

Diabetes can lead to a variety of eye problems, including glaucoma, cataracts, and diabetic retinopathy. **Ayurveda treatment for eyes** due to diabetes provides specialized medicines to prevent and treat these issues. These therapies include eye exercises, herbal eye drops, and nutrition recommendations.

Yoga for Diabetes

Yoga can help you control your diabetes. This is primarily due to the fact that Yoga combats the causes of Diabetes. Diabetes is commonly caused by stress and obesity. Regular yoga practice combined with meditation reduces stress and slows the accumulation of fat in the body. **Pranayam, Surya namaskar, Balasana, Vajrasana, Sarvangasana, Halasana**, and **Dhanurasana** are a few effective postures. Consult with the best doctor for Ayurvedic treatment for diabetes.

Ayurvedic Treatment for Diabetes: Conclusion

Ayurveda provides a complete approach to diabetes management by addressing the underlying causes and imbalances in the body. Ayurveda seeks to restore balance and manage blood sugar levels through customized treatments, dietary adjustments, and lifestyle changes. **Adyant Ayurveda** offers the best Ayurvedic treatment for diabetes or Ayurvedic medicine for diabetes assuring long-term management and enhanced quality of life for diabetics.

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Incorporating Ayurveda home remedies and controlling related illnesses such as high cholesterol and eye problems increases Ayurveda’s effectiveness in diabetes management. Individuals living with diabetes can achieve total well-being by incorporating Ayurveda alongside modern medication.

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