

New **EXPLORE AYURVEDAGRAM BALI (/bali)**

DIABETES

Ayurvedic Treatment for Diabetes in India



Diabetes is one of the most common health conditions that affects over 10% (<https://www.statista.com/statistics/271464/percentage-of-diabetics-worldwide/>) of the adult population globally. Also known as madhumeha in Sanskrit and Ayurvedic terminology, diabetes can make life challenging for various reasons. First of all, it largely affects the eating choices that one can make. Secondly, the spikes in blood sugar levels can lead to various health related concerns. Also, diabetes is known to majorly affect the ocular health, cardiovascular health, nervous system, feet and kidneys as well.

Fortunately, the condition can still be managed by taking various measures and through a prescribed treatment.

What is Diabetes in Ayurveda?

Before we start discussing the **Ayurveda treatment for diabetes**, let's take a look at what diabetes means in Ayurveda.

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In Ayurveda, diabetes is connected with
the most common type of diabetes is Dia



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wellness, naturally

normality. All-in-all, there are twenty types of diabetes concerns. Out of those twenty, (https://www.ncbi.nlm.nih.gov/pubmed/11584673)

Treatment of Diabetes in Ayurveda

Going by the ancient texts, the **diabetes treatments in Ayurveda** include herbal medications, Panchakarma treatment, its various processes (Vamana, Virechana, Vasti, etc.) and many more. However, the procedure opted for the treatment largely depends on the severity of the condition that the individual is facing.

Additionally, it's crucial to note that the aim of these remedies is to enhance insulin sensitivity of type - 4 glucose receptors. As a result, the insulin resistance is lowered and its secretion levels are boosted, also enhancing the regeneration of beta cells.

Speaking of details, you can find some relevant information regarding the most suitable Ayurvedic treatments for diabetic (https://www.ayurvedagram.com/pages/ayurveda-helps-diabetes) individuals.

Herbal Medication

As mentioned above, there's a number of herbs that are said to help manage diabetes. In this section, find a list of Ayurvedic herbs for diabetes. These may help maintain blood sugar levels and manage diabetes.

- **Turmeric (Haldi):** Curcumin found in haldi is known to have properties that help manage blood sugar levels. As a result, it may be able to help manage diabetes as well.
- Ginseng
- Fenugreek
- Psyllium
- Cinnamon
- Aloe vera
- Bitter melon
- Bitter gourd (karela)
- Milk thistle

One can notice that many of the herbs and fruits in the list have a bitter taste. This bitter property is said to help maintain sugar levels.

Panchakarma Therapy

Panchakarma (<https://www.ayurvedagram.com/pages/panchakarma-treatment>) is one of the most comprehensive Ayurvedic treatments that's said to help manage various health concerns and enhance the overall well being. It's a therapy process that aims at detoxifying the body through five smaller processes.

The entire Panchakarma therapy takes seven to fifteen days, depending on the processes opted by the Ayurvedic practitioner.

Ayurvedic Treatment for Diabetes in Bangalore

If you have been looking for a place to find a suitable Ayurvedic treatment for diabetes, Ayurvedagram retreat in Bangalore is the place to be at. With experienced Ayurvedic practitioners on board, Ayurvedagram has always ensured the most suitable treatment procedures based on the overall well-being of the individual undergoing the treatment.

Ayurvedagram is one of the renowned and most reputable Ayurvedic retreats in India and has been helping people build and maintain holistic wellness for decades.

For more details regarding Ayurvedagram's Ayurvedic treatments for diabetes (<https://www.ayurvedagram.com/>), get in touch with us via mail or give us a call.



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Yoga for Diabetes:

Yoga helps in controlling diabetes. This (https://www.ayurvedagram.com/75th-anniversary-2024/) check on the causes of Diabetes. Stress and obesity are main causes that can lead to Diabetes. Regular yoga practice with meditation, pranayama, and asana helps to bring down the fat accumulation in the body. Pranayam, surya namaskar, balasana, vajrasana, sarvangasana, halasana, dhanurasana (https://www.ayurvedagram.com/dhanurasana-bow-pose/) are few of the postures that are effective.

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Ayurvedic Treatment for Diabetes at Ayurvedagram:

Customized **Kerala therapies** (https://www.ayurvedagram.com/kerala-therapies) as prescribed by our doctors, regular yoga and physical exercise, individually tailored low carbohydrate diet and low stress level in day-to-day life goes a long way in maintaining normal blood glucose level.

The treatment of diabetes in Ayurveda calls for dietary changes that can help control blood glucose levels. The dietary recommendations suggested for the Ayurvedic treatment for diabetic patients include:

- The food consumed should be astringent or bitter. Bitter gourd, moong, barley are recommended to be included in the diet.
- The diet should include plenty of fruits and vegetables that have rich fiber content.
- Spices like turmeric, cumin, coriander, and cardamom should be used while cooking.
- Instead of eating three heavy meals, 5 or 6 small meals can be eaten to prevent blood sugar level spikes.

The Ayurvedic treatment for Type II Diabetes involves the use of herbal remedies that can help control blood glucose levels. Some of the popular herbs used in diabetes treatment in Ayurveda include:

- **Gymnema** or **Gurmar** is one of the main herbs used to treat diabetes as it has the property of 'destroying sugar' by curbing the craving for sugar.
- **Fenugreek** or **Methi seeds** have high fiber content and it regulates blood sugar levels.
- **Jamun** is a fruit that helps to reduce blood sugar levels. It is one of the potent medicines used in Ayurveda.
- **Neem** and **Tulsi** are two other common herbs that are helpful in treating diabetes as they help to improve insulin management by the body.
- **Giloy** or **Guduchi** is yet another powerful herb that helps manage blood sugar levels and helps to improve general immunity.

There are a variety of tried and tested classical formulations as well as proprietary formulas that can help reverse this metabolic disorder if discovered early. Ayurvedagram offers an authentic ayurvedic approach to help manage diabetes with a dedicated team of ayurvedic experts and counsellors. Reach out to us to know more.

FAQ

1. Can diabetes be cured by Ayurveda?

Diabetes is described in Ayurveda as Prameha, and it is essentially a metabolic disorder that is caused by the body's inability to break down glucose. Even though the complete cure of diabetes is debatable, treatment of diabetes in Ayurveda by maintaining healthy blood glucose levels is feasible. Ayurvedic supplements, holistic purification treatments, and remedial massages are given by expert Ayurvedic practitioners to help you lead a healthy lifestyle and control diabetes.

2. How can I get rid of diabetes permanently?

There is no permanent cure for diabetes but you can control high blood sugar levels by using Ayurvedic remedies. It is recommended by Ayurvedic practitioners to take Ayurvedic tablets and herbal supplements to maintain the body. You can also incorporate healthy practices like avoiding alcohol and smoking, reducing carbohydrates, avoiding consumption of excess oil, and regular exercise to keep diabetes in check.

3. What is the best treatment for diabetes?

Customized Ayurvedic therapies by Ayurvedagram are great for the treatment of diabetes as they involve herbal supplements, and Panchakarma procedures help in enhancing insulin sensitivity, reduce insulin resistance, and boosts insulin secretion to regenerate beta cells. Treatment of Diabetes in Ayurveda also involves a diet of fruits and vegetables rich in fiber, spices like cumin, coriander, turmeric, and cardamom, eating small meals throughout the day, and consuming herbs like Gymnema to curb sugar cravings, Fenugreek to regular blood sugar levels, neem and Tulsi to enhance insulin management, and Guduchi to manage blood sugar levels by boosting immunity.

4. Can prediabetes be cured by Ayurveda?

According to Ayurveda, pre-diabetes symptoms include Dantaadeenam malaadhyatwam (decreasing oral hygiene), Paani paadayoho daaha (a burning sensation in the feet and palms), and Chikkanata dehe (a sticky feeling in the whole body). Pre-diabetes symptoms can be controlled through herbal (tel: 9445071954) supplements like Tumeric, Amla, neem leaves, curry leaves, and natural Ayurvedic remedies prescribed by your Ayurvedic practitioner.

5. Which foods are safe for diabetes?

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Certain vegetables like cabbage, carrot, cucumber, lettuce, tomato, radish, and beetroot, and citrus fruits are great for diabetics. You can also consume whole grains, sorghum, and millets. Ayurvedic supplements like amla, cinnamon, turmeric, fenugreek, neem, green tea, and aloe vera to keep blood sugar levels under control. Nevertheless, you are always welcome at Ayurvedagram to consult the experts and get proper and the best treatment of diabetes in Ayurveda.

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Help people with Diabetes get treated by filling the [form \(https://www.ayurvedagram.com/askdoctor\)](https://www.ayurvedagram.com/askdoctor).
<< Go Back (<https://www.ayurvedagram.com/treatments>)

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The Vaidyan Speaks

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Last Name*

Age*

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Gender

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Subject

Present health problem*

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(<https://arxiv.org/abs/1808.07325>)

(<https://keralaayurveda.biz/>)

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