

## A review of Ideal Diabetic Diet through Ayurveda

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### Abstract

Diabetes is the most common metabolic disease of the modern world in which blood glucose level is increases due to malfunctioning of the Pancreas. According to *Ayurveda* there are 20 types of *Prameha* (Diabetes) and all forms of Diabetes, if not treated at the appropriate time, become changed to *Madhumeha* (Diabetes mellitus). Considering the causes, lack of physical exercise, severe pressure of mental work and stress, faulty lifestyle and wrong dietary pattern are some of the factors that lead to Diabetes. On the other hand consuming the ideal diet is essential for the management of Diabetes. The goal of a diabetic diet is to avoid any surges in the blood glucose by maintaining ideal body weight through proper nutrition. The diabetic diet is an otherwise normal balanced diet with a few modifications and proper spacing between food intakes. Some herbs which have been used in Diabetes can be taken as foods as well as drugs; the difference is the amount and the method of using. Some of them are Barley, Green gram, onion, Bitter gourd, old rice, Bael (*Aegle marmelos*), turmeric (*Curcuma longa*), Neem (*Azadirachtha indica*). Roasted rice and wheat which are more useful. The diet should be prominent in *Tikta rasa* (bitter taste) and avoid *Madura rasa* (Sweet taste) which increasing *Kapha dosha*. Hence Diet planning is the cornerstone of managing diabetes. So Diabetes is considered as a lifelong disorder by modern medical science however, can be controlled and managed by changes in lifestyle and diet regulation.

### Biography

P.R.Waratenne has completed her MD (Ay) from Banaras Hindu University, India and is the Ph.D scholar in National Institute of Ayurveda, Rajasthan Ayurveda University, Jaipur and her research field is on Acne. She is a senior lecturer in the Institute of Indigenous Medicine, University of Colombo, Sri Lanka. She has published more than 15 papers in different journals and is an associate editor of Sri Lanka Journal of Indigenous Medicine.