

Management of Diabetes through lifestyle modification, Ayurvedic medicines, Panchkarma, diet correction & Yoga – Aasana – Dhyana – Pranayam

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Abstract

I have been treating patients of diabetes since 2007; I have come across many facts which help in better glucose management which were hidden since long. In modification of lifestyle, I make patients physically more active, there are some medicines in Ayurveda, which are able to reduce blood sugar level remarkably and washes out all previously accumulate sugar in the body, they also work simultaneously on nephropathy, neuropathy, retinopathy, non-healing wounds, ulcers, cellulites, gangrene etc. Panchkarma is completely unique concept of Ayurveda. It has five different methods of cleaning body internally. Panchkarma is made of Vaman – medicated & planned vomiting, Virechan – medicated purgation, Basti – Enema of medicated oils, Nasya – putting medicated oil/ghee in nose & Raktamokshan – impure bloodletting. In diet correction, I am on an extremely different path than the present scenario, usually patients are recommended frequent meals but I recommend just two meals, Ayurveda strongly recommends fasting (partial/complete) to these patients and they also give tremendous results, just to acknowledge you – Ayurveda says excessive consumption of curd may be one of the reasons of causing as well as worsening diabetes. Yoga, Aasana, Dhyana & Pranayama help in healing patients physically as well as mentally. Above all these thing together improves quality of life.

Biography

I have completed my B.A.M.S. (Bachelor of Ayurvedic medicines & Surgery) in 2007 from Shree O. H. Nazar Ayurveda collage, Surat, India. Presently I am working as Medical Officer (Ayurveda) Class II at an AHC (Ayurvedic

Health Centre) in the state Government of Gujarat. I have treated many challenging cases at my private as well as Government clinic. My special work is on non-healing wounds, ulcers, cellulites, gangrene due to diabetes and I have succeeded in saving limbs of many patients. Even today my OPD consists of around 80% patients of diabetes.