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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Diabetes and its Management

By Sahil Mehta

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Diabetes Mellitus is one of the most costly burdensome chronic diseases of our time and is condition that is increasing in epidemic population in the whole world. The complications resulting from the diseases are a significant cause of morbidity and mortality and are associated with failure of various organs such as the eyes, kidneys and nerves. Diabetics are also at a significantly higher risk for coronary artery disease, peripheral vascular disease and stroke and they have a greater likelihood of having hypertension dyslipidemia and obesity.

What is Diabetes?

Diabetes is a serious disorder of the glands, of pancreas to be exact, called Madhumeha in Ayurveda. It is one of the most insidious disorders of the metabolism and, if left undiagnosed, may lead to rapid emaciation and ultimately death.

What are the types of Diabetes?

According to Ayurveda Diabetes is of two types: Diabetes Mellitus– Insulin dependent Juvenile Diabetes (IDDM–Type I) in which the body is unable to produce insulin and Non Insulin Dependent Adult Onset Diabetes (NIDDM–Type II) in which the pancreas produces insulin, but it is insufficient for reducing the blood glucose to normal levels.

What are the common symptoms of Type– 1 Diabetes?

Some of the common symptoms of Type– 1 Diabetes are: Excessive Thirst Frequent urination Unexplained weight loss Irritability Weakness Fatigue

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What are the common symptoms of Type– 2 Diabetes?

Some of the common symptoms of Type– 2 Diabetes are: Loss off weight Numbness in hands or feet. Uncontrolled infections Pain in the limbs Inflammatory chest infections Dimness of vision, contrast Excessive thirst Body weakness

What are the different tests for Diabetes?

Urine Test: Some chemicals are added to a few drops of urine. Colour change indicates presence of glucose in urine.

Blood Test: In this, blood is taken to test the glucose level. This is more accurate test to confirm diabetes

Which parts of my body are affected by Diabetes?

Blood Vessels: Higher level of glucose damage the blood vessels. As a result of this most of the diabetic complications occur in blood vessels.

Heart: Diabetes affects the heart by: Increasing the amount of fat in blood and increasing the amount of homocysteine in blood.

Kidney: In diabetes because of increased levels of glucose, kidneys have to do extra work to retain essential substances and separate waste products to produce urine. This affects the small blood vessels and their capacity to filter. After many years of work, it leads to kidney failure.

Eyes: Diabetes affects blood vessels of the eyes. Damage to these blood vessels leads to eye problems like: Damage to retina, Cataract or total loss of vision

Foot: Damage to blood vessels reduces blood flow to the feet and increases risk of developing foot ulcers and infections.

Nerves: High glucose level for a long time damages nerves. Nerve damage reduces sensation in some parts of body which may lead to: Numbness and tingling, Fainting and dizziness

How do I know if my diabetes medicines are working?

Learn to test your blood glucose. Ask your doctor about the best testing tools for you and how often to test. After you test your blood glucose, write down your blood glucose test results. Then ask your doctor teacher if your diabetes medicines are working. A good blood glucose reading before meals is between 70 and 140 mg/dL.

Ask your doctor about how low or how high your blood glucose should get before you take action. For many people, blood glucose is too low below 70 mg/dL and too high above 240 mg/dL.

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One other number to know is the result of a blood test your doctor does called the A1C. It shows your blood glucose control during the past 2 to 3 months. For most people, the target for A1C is less than 7 percent.

Home Remedies for Diabetes:

The best remedy for this disease is the bitter gourd, better known as `karela'. Eat this vegetable as often as you can or have at least one tablespoon of karela juice daily to reduce blood sugar levels in your blood and urine.

Amla, due to its vitamin C content is effective in controlling diabetes. A tablespoon of its juice, mixed with a cup of fresh bitter–gourd juice, taken daily for two months will secrete the pancreas and enable it to secrete insulin.

Take ten tulsi leaves, ten neem leaves and ten belpatras with a glass of water early morning on an empty stomach. It will work wonders in keeping your sugar levels under control.

The leaves of Butea tree are very useful in diabetes. They reduce blood sugar and are useful in glycosuria.

Take two teaspoons of powdered Fenugreek seeds with milk. Two teaspoons of the seeds can also be swallowed whole, daily.

Eat 10 fresh fully grown curry leaves every morning for three months. It prevent diabetes due to heredity factors. It also cures diabetes due to obesity.

More on

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What is Diabetes?

By Peter Lenkefi

Diabetes is a disorder of metabolism the way our bodies use digested food for growth and energy. Most of the food we eat is broken down into glucose, the form of sugar in the blood. Glucose is the main source of fuel for the body. Diabetes causes glucose to back up in the bloodstream. As more and more glucose remains in the bloodstream blood glucose or blood sugar levels can rise too high.

There are two major types of diabetes. Consider the following information as it relates to both type 1 diabetes and type 2 diabetes. In type 1 diabetes (also called juvenile-onset diabetes or insulin-dependent diabetes), the body completely stops producing any insulin. Insulin is a hormone that enables the body to use glucose to produce energy. Sufferers of type 1 diabetes must take daily insulin injections in order to survive. Type 1 diabetes usually develops in children or young adults; however, it can occur at any age. Type 2 diabetes (also called adult-onset diabetes or non insulin-dependent diabetes) results when the body doesn't produce enough insulin and/or is unable to use insulin properly. Type 2 diabetes happens when your body either cannot produce enough insulin or does not use the insulin it makes properly. Insulin is a hormone produced by the pancreas. Many of the foods we eat such as bread, potatoes, rice, pasta and fruit are converted into sugar and give us the energy we need to maintain life. Insulin gets the sugar into the cells. Diabetes is a life-long condition. High blood glucose levels over a long period of time can cause blindness, heart disease, kidney problems, and amputations. Good diabetes care and management can prevent or delay the onset of these complications.

To manage your diabetes well, it is very important that you:

Don't smoke

Keep your blood glucose levels in your target range

Keep your cholesterol and other blood fats in your target range

Keep your weight in a healthy range

Keep your blood pressure close to target level

Take your medication as prescribed

For more more information about diabetes please visit

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