

DIABETES

Etiology: Diabetes is the name given to the deficiency of body tissues' utilization of glucose in the blood resulting in increase in residual blood glucose. It has been established that if insulin hormone is given externally, the glucose utilization increases and blood glucose level decreases. The insulin hormone is manufactured by the pancreas gland in the body. So the deficiency of insulin production results in diabetes. To make up the fall in production of insulin, external insulin is given. The additional dose of insulin further suppresses the production by pancreas gland and therefore the additional dose goes on increasing over a period of time. In later years, even injection of insulin may be necessary. Some times diabetes is not dependant on insulin (non insulin dependant diabetes mellitus). In such case extra dose of insulin is not able to control blood glucose. Blood glucose is measured in fasting as well as post partum (i.e. after 2 hours of taking meal) to analyse the glucose absorption pattern. Also random blood glucose is some times measured any time in the evening. The fasting glucose limit is taken as 60-110 mg / dl, PP limit is 100-160 mg/dl, and random level is taken as 120 mg/dl.

Treatment: Normally treatment of diabetes is done by BC-7, 5 tabs 4 times a day till such time the blood glucose level comes within limits. If the patient is on any other medical system especially allopathic, the medicine may be continued till the glucose level is brought to the limits, after which the other medicine may be reduced gradually and may be stopped completely. The other type of diabetes not dependent on insulin can also be treated through the same biochemic medicine, as this medicine basically strengthens the body systems to normalise its biochemical reactions. The biochemic medicine may be taken as maintenance dose for a long time if glucose level is perfectly within limits. Other tissue salts may also be added depending on symptoms. The fruits should also be taken in good quantity as the fructose in the fruits helps utilization of blood glucose in the tissues. The fruits taken empty stomach may reduce the blood sugar to very low level, therefore fruits intake in the morning may be restricted to 100 grams. However in the evening fruits may be taken as much as 500 grams or more.

Yoga and Exercise: More than medicine, the patients should concentrate on exercise to burn calories an reduction of calorie intake. Normal labour requires around 2000 calories of food per day, whereas a sedentary life style person requires only 1200 calories of food per day. A normal exercise of walking can burn 300 calories per hour, similarly sexual exercise of 30 min can also burn 300 calories. So the patient may maintain proper exercise pattern to suit his personal requirements and thus can avoid medicines all together.

Supplementary Advice: The dangerous level of blood glucose starts above 200 mg/dl resulting in high blood pressure and may result into heart attack or brain hemorrhage. The glucose level of lower than 60 mg/ dl is much more dangerous, because the body is not able to maintain its minimum requirements of energy and also kidney gets a signal to stop filtering and urination is stopped. This results in increase in blood urea and serum uric acid poisoning the whole body and may result in coma (unconsciousness) which shall require immediate dialysis. Therefore diabetic patients should take care of timely food intake and in case of feeling of low glucose level, biscuits or direct sugar may be taken immediately.