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Diabetes

“You are only as sick as your secrets”, this is just true for diabetes”

Diabetes Maths:

Diabetes and terrorism have one thing in common—both can be controlled but not be eliminated

- Reduce lifespan: Men lose 7.5 years, women 8.2 years
- Multiple Risks: Women twice at risk to contract heart diseases and already heart patients, twice as likely to die and Men twice at risk, 1.7 times more likely to die
- Add up: India has about 46 million diabetics, 60% are above 50 and by 2030, that number will touch 80 million
- The longer the duration of diabetes, the faster is the aging and degeneration process
- Diabetes and depression is the worst combination
- Meditation may lower blood pressure and reduce insulin resistance in people with heart disease

Diabetes, the fifth leading killer in developed countries and very soon India will be the capital of diabetes. Diabetes is a disease in which the body's failure to regulate glucose, or blood sugar, can lead to serious and even fatal complications. In fact, it is the pancreas that is at fault. But the commonest cause is that affluent humankind today seems to have put itself in the midst of flood plenty atmosphere where the pancreas of human beings,

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poor thing that it is, finds it difficult to cope with the enormous amount of junk food calories that they eat.

While high blood sugar might harm in the very long run, overzealous lowering of blood sugar to ridiculously low levels, in the fond hope of controlling it adequately, might even kill the person instantaneously! “Take away insulin,” as one doctor puts it, “and you shut tight the draft of the stove”. In the pancreas there are groups of special cells - probably a million of them.



These may get out of kilter. You begin to have great thirst and you are troubled with frequent and excessive urination. Fatigue attacks you easily. Perhaps you notice that a small cut is slow to heal. And you are hungry most of the time, but despite all you eat you loose weight. For lack of insulin the body is unable to burn its food and is drawing on its reserve fats for fuel. Actually you are in the process of starving.

In this process runs on unchecked, the diabetic one day collapses into a state of coma, from which nothing will revive him but insulin and fluids. Mashed-up cattle pancreas from the slaughterhouse is still the only source of insulin, but the chemists have refined and purified it so that today simple or “unmodified” insulin comes as a clear watery liquid or as crystals.



Does diabetes go by hereditary rules? Yes and no. Like any other abnormality in the human system, diabetes depends on the human genes. If a person with a similar gene acts to control his or her blood sugar and bother to get up from his easy chair right from younger days by being very careful in the dietary habits and works very hard to expand sugar in his skeletal muscles, then the gene will not be able to penetrate and invite diabetes.

Are there different types of diabetes? Yes, sometimes children are born with very poor pancreatic function and they do not secrete enough insulin. Then it appears in the form of insulin dependent diabetes. Rarely it is present as the usual adult onset diabetes in the young but with enough insulin still present there to do its job. Then it is called Maturity Onset Diabetes of the Young (MODY). But the usual presentation is in obese middle-aged people who eat a lot and exercise very little, the so called adult onset diabetes. Then some of the drugs that doctors give to for various illnesses might provoke to appear as secondary diabetes, for which there could be other endocrine causes as well.

Though it is, some vested interests seem to be trying to sell this epidemic to the gullible public to frighten them. Fear is one of the reasons why human blood sugar goes up temporarily. It was meant to go up, when we were still



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hunter-gatherers in the forests, in any dangerous situation to run away from the danger. Today the danger seems to be inside our “civilized” society itself from where one cannot run away, where people who want to sell their drugs to control diseases either invent new diseases or spread the scare of epidemics of old well-known abnormalities like diabetes. Drug companies entice gullible doctors to do “research” for them. They then collect the data to *sex it up* and *doctor it* to be published as they wish, of course, with those doctors’ as authors. The doctors’ ego is satisfied.

In the name of globalization we should not leave our ancient eating habits and jump on to the bandwagon of preserved foods that are very rich in calories and sodium salt, both of whom will eventually destroy human health.

Remedy in General:



Antiquity of traditional medicine dates back to over 4000 years, as evidence in the *Atharva Veda* (the science of life”). The aim of traditional medicine including Yoga, according to *Charak* is to maintain the health of healthy person and relieve the suffering. The ancient Indian physicians had a sound knowledge of diabetes. They described the clinical features and complications of diabetes vividly. Both *Sushruth* and *Charak* and *Yoga* emphasized the importance of diet and exercise in the management of diabetes.

Mental relaxation is as important to keep the sugar under control as are all the other methods.

What Else?

- Less insulin in brain is key to long-life
- Good old-fashioned diet and exercise might keep you young by reducing the action of insulin in brain
- Diet, exercise, yoga; and lower weight keep your peripheral tissues sensitive to insulin, that means body needs to make less insulin
- High BP and lazy pancreas have direct link to Syndrome X (metabolic syndrome or central obesity), therefore Suryanamaskar and Aerobic type exercises are meant to reduce Hyperlipidaemia or Cholesterol in blood and fatty acids
- Insulin dependent Diabetes Mellitus (DM), yogasanas help prevent an increase in insulin requirement
- In NIDDM (non-insulin dependent diabetes mellitus) they (Yoga) help normalize blood sugar due to high intensity work-out i.e. exercises
- For young Diabetic, intense dynamic practice of yoga increase cellular activity of muscle, needs more sugar



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- Internal organs directly affected by geometric shape in yogasanas and the danger of hypoglycemia is not there because of conscious control over cellular system

How Yoga, i.e. Pranayama and Meditation will help further?



- To avoid complications of different organs
- How to stay happily with a disease, and accept it
- Medical effectiveness and cost effectiveness, to reduce the number of drugs and side effects of drugs
- Yoga is not just for living longer, its' about living better and not out of fear of dying but to increase joy of living
- It will help you to increase your productivity and lasting happiness while decreasing your anxiety, stress and risk of illness
- If the doctors treat only apparent problem without dealing with the underlying causes, then: (a) new problems may occur (b) old problem may recur (c) treatments tend to be more difficult & expensive with greater side effects
- Yoga is not just art of living, but art of dying and loving the life
- Benefits of exercise and *suryanamaskar*: Mobility of joints, stamina, flexibility of muscles, insulin requirement, revitalization of pancreas
- *Pranayama* help to improve oxygen perfusion to tissues, to remove stress from systems as when you are stressful, you are stressful everywhere in body, worry transforms from organ to organ
- Progression of blockages (in legs or heart) are arrested with by many postures
- Oxygen delivery and pure for sure bio-energy to tissues is systematic and sure
- *Pranayama* useful for all complications, e.g. cardiac autonomic dysfunction, retinopathy and peripheral arterial occlusive conditions and frozen shoulders and to remove free radicals from systems
- Best anti-stress medicine is in fact is right under your nose, i.e. Pranayama; by which heart rate slows, BP decreases, muscles relax, anxiety ceases and the mind calms, improving longstanding patterns of poor digestion and to get off addictive anti-anxiety drugs and improving sleep and energy cycles



May your Diabetes prove “Sweet” to your life

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